

# *Sample Pages from the Resource*

## *“Thriving in Difficult Places” – Volume 2*

Dear Reader

This file consists of various sample pages from various chapters of Volume 1. This enables you as reader to see how Volume 2 is compiled. Below are sample pages from every chapter. Each sample is inconclusive in itself, thus, for example, only 5 issues could be shown in one sample paragraph instead of the 15 actual listed issues in the book. The full scope of every chapter can be derived from the Table of Contents on the website <http://www.thriving.member.com>.

## Volume 2

Chapter 1: TCKs and Family Life [ <i>Actual page numbers in book&gt;&gt;</i> ]	1
Chapter 2: Dysfunctional Family Background .....	75
Chapter 3: Single ... But Not Sorry .....	145
Chapter 4: Loneliness ... But Not Alone.....	173
Chapter 5: Self-Care – To End Well .....	201
Chapter 6: Raising Friends and Support .....	231

## Chapter 1 – TCKs and Family Life

### Third Culture Kids or Adult Foreigners in Scripture



*[Sample paragraph from book.]*

Although one cannot in a real sense speak of “Missionary Kids” in Scripture, it is a fact that some of those who led God’s people in Scripture grew up in (or married into) cross-cultural settings that trained and later enabled them to lead effectively. They therefore can rightfully be called “Third Culture Kids” or “Global Kids”. When we look at their lives, they give us courage to make peace with our past, submit to God, trusting Him to bring the best out of it, embracing our new circumstances, and follow the Lord as He guides us to influence people and cultures for Him. It is simply amazing to see how many of them have become leaders, heroes or preservers of their nation. Some of these persons in Scripture were as follows:<sup>1</sup>

- **Abraham:** God told him to pack and go to the land he will be shown. This must have been very scary, but Abraham obeyed and became the father of his nation until today (Genesis 12:1-7).
- **Moses:** Moses was brought up in two cultures – in that of his poor, biological, Jewish mother and on the other hand in the heathen culture of his royal foster parents in the Egyptian court (Exodus 2:1-14). God’s plan to bring the Jews out of Egypt was served well with his cross-cultural upbringing and training in royal circles.

- **Joseph:** Joseph was his father's beloved son (Genesis 37:3). From this safe environment his status plummeted to that of a slave, taken to Egypt, falsely accused and imprisoned in a strange culture. With Joseph's willingness to return to the hurtful and traumatic events of his life through forgiveness and reconciliation to his family of origin, God used Joseph's experiences and training at the right time to preserve the Jewish nation (Genesis 45:5).

*[End of Sample of "Third Culture Kids or Adult Foreigners in Scripture". All samples below are inconclusive.]*

## How to Help Grieving TCKs



This topic has been covered in detail in the Grief Chapter and its accompanying PowerPoint. However, in short:

- **Listen to your child:** This is vital. If they cannot share with words, use pictures, collages, stick figures, acting, mime or story-telling. Spend extra time with your child so that you earn the right to hear his or her heart.
- **Normalise their feelings.** To preach, condemn them, belittle or stop their tears and for them to suppress their feelings is harmful. Avoid saying, "Please don't cry." Allow and even encourage healthy expression – grief is not unspiritual. Let them know that grief is a normal part of life.
- **Routine:** Maintain the normal, daily routine.

*[The rest of this section is omitted in this sample.]*

## Challenges Experienced by MKs/TCKs



*[Sample paragraph from book.]*

- **Constant loss and grief:** Many losses will be experienced along the way of the TCK. These losses were listed above in this chapter. Permission must be given by the parent for the child to grieve these losses without preaching, spiritualising the loss, belittling, teasing, ridiculing or expecting them to be super-spiritual. If the losses were not appropriately grieved, unresolved grief could wreak havoc in their adult lives.
- **Watched, stared at, pinched, touched**
- **Culture shock**
- **Change in accent**
- **Toddlers' delayed speech**
- **Language challenges**
  - **Field language(s)**
  - **Mother tongue**
  - **Academic language**
- **Confused identity**

*Contents omitted in this sample*

*[The remainder of the challenges of MKs/TCKs are omitted in this sample.]*

## **Self-Help for Parents** *[Sample paragraph from book.]*

### **Pre-Field Self-Help for Parents**

- **Wives' involvement:** When you are making the mutual decision that it is right and you are called to go to the mission field, one of the first things to decide about before going is the measure of involvement and role of the wife on the field, even before submitting an application at any agency. This is a very personal decision, and although many agencies feel they can lay down the law in this respect, it is not that simple a matter and often causes resentment. If your agency's guidelines are not acceptable, do not merely assume that they will later change their minds or that things will just later pan out the way they should be. You may need to consider application at another agency. *[The rest of this paragraph is omitted in this sample.]*
- **Consultative leadership style**
- **Prepare your child**
- **Include them in selection process**
- *[The rest of the "Pre-field Self-Help for Parents" bullets are omitted in this sample.]*

### **On the Field: Self-Help for Parents of TCKs** *[Sample paragraph from book.]*

- **Involve children in orientation**
- **Establish a daily routine**
- **In your new home** *(8 sub-paragraphs omitted)*
- **Hiring a household helper**
- **Daily debriefing**
- **Find a coach or field mentor**
- **Decide how much you will bend**
- *[30 other bullet points are omitted in this sample.]*

*Please see the Table of Contents for more information on this chapter, including Re-Entry Self-help for the TCK and self-help section for the parent at re-entry. Volume 1 also contains a whole chapter on re-entry.*

## **Chapter 2 - Dysfunctional Family Background**

### **Dysfunctionality in Scripture**

*[Sample paragraph from book.]*



Who in Scripture was possibly from a dysfunctional background? The list below is by no means comprehensive:

- **Moses:** He was raised in (or "belonged to") two families (Exodus 2:1-10). On the one hand, he was raised in secret in the godly home and in the culture of his biological

Jewish parents. He was from the tribe of Levi, the priestly tribe. On the other hand, he publicly belonged to the daughter of Pharaoh, raised and educated in the heathen Egyptian culture. The one home was probably poor, while the other was a privileged, royal home where everything desired was at his disposal. All of this would have been enough to greatly confuse any young man in his identity: where he belongs, his values and worldview. These would have shaped and affected his relationship with, and view of, the living God. His own dysfunctionality was clearly demonstrated when he killed an Egyptian (Exodus 2:12). Nevertheless, despite his dysfunctional background and personal choices, he later was esteemed as the meekest or humblest man on earth (Numbers 12:3), and God powerfully used Moses to deliver the nation of Israel from the hand of the Egyptians, leading 3 million Jews through the desert for 40 years.

- **Joseph:** His father had ten sons with one woman, and two sons with Rachel. Joseph's mother, Rachel, died when she was young, at the birth of the youngest son, Benjamin (Genesis 35:18). Joseph therefore grew up in a one-parent home, where he was the favourite of 12 sons, hated and sold by his brothers. Nevertheless, God used Joseph to save the nation of Israel from annihilation. Barnes says there are few families more dysfunctional than the one in which Joseph was raised.<sup>2</sup>
- **Esther:** Since her parents had both died ... *[Rest of this paragraph is omitted.]*

*[More on "Dysfunctionality in Scripture" is omitted in this sample.]*

### *Other headings in the chapter, "Dysfunctional Family Background":*

- Rules in the Dysfunctional Family System *[Contents omitted]*
- Roles in the Dysfunctional Family System
- Four Main Areas of Wounding
- Survival Techniques of Those from Dysfunctional Homes
- Positive Qualities of those Who Survived
- The Magnitude of the Problem
- Too Wounded for Ministry?

## **Stressors in Cross-Cultural Situations**

### **Widen the Cracks** *[Sample paragraph from book.]*



When the missionary from a dysfunctional family background enters another culture on a long-term basis for cross-cultural mission work, the stress level will be high. All four of the areas of wounding, damage or usual vulnerabilities are now fully exposed, as follows:<sup>3</sup>

- They have lost control.
- They do not belong: In fact, they will never really belong to the new culture.
- They can no longer validate themselves through performance and effort; they've become like a baby in the new culture.
- Their self-esteem plummets. Their identity is shaken to the core. They have lost all the usual crutches or props that upheld their self-image before, e.g. education, status, income, etc. They cannot speak the language and don't know how to build

relationships. They do not know how to be productive, cook, buy or use the transport system. *[Rest of contents is omitted]*

*The following sections of this chapter are also available:*

- Insight into the Problem is Vital for Recovery *[Contents omitted]*
- Christian Values Misinterpreted
- The Effect of Dysfunctional Family Roles in Ministry
- The Dysfunctional Workplace
- Toxic Leaders
- Dysfunctions of a Team
- Self-Help Steps to Recovery
- How to Help Those from Dysfunctional Backgrounds
- Class Discussions
- Recommended Resources

## Chapter 3 – Single ... But Not Sorry

### Challenges of Singles in Missions *[Sample paragraph from book.]*

- **You are "second-rate":** Attitudes within the mission toward singles as "second-rate", "inferior", "leftovers of society" or "less complete". The influence of marriage-oriented societies poses abnormal problems for singles,<sup>4</sup> even in missions. Some mission agencies even refuse to consider workers' applications from singles. Singles feel they are sometimes treated like children, regardless their age, experience or length of commitment to the field. A single missionary in the age bracket 36-45 says she struggles with the issue of *"...single workers who have ably managed their life at home, now joining a team and having to ask for permission for things that they are accustomed to decide for themselves."*<sup>S-0559</sup> *[The rest of this paragraph is omitted in this sample file.]*

*"No one who hopes in you will ever be put to shame ..." – Psalm 25:3a*

- **Loss of extended family:** The loss of parents, aunts, uncles, grandparents and other extended family can be far more difficult for singles that do not have immediate family on the field with them. They will at times also be very concerned for the welfare of their immediate family when things go wrong at home. They could feel helpless being so far from home, walking all alone with this burden. They need to be reminded to place their families in God's hands, knowing His care and comfort.<sup>5</sup>
- **Loneliness:** Loneliness can be more prevalent amongst singles. Hay et al.<sup>6</sup> say that single missionaries often feel lonely, but they can learn to support each other. Before Amy Carmichael left for India, she feared ... *[The rest of this paragraph is omitted in this sample file.]*



- **Overwork**
- **Plagued with doubts**
- **Few potential life partners**
- **Misunderstood**

*Paragraphs omitted.*

*[The rest of the bullets under “Challenges of Singles ...” are omitted.]*

## Self-Help for Singles to Thrive in Missions



*[Sample paragraph from book.]*

- **Embrace and accept your singleness.** You are not weird – Christ was single too, and yet He was not weird or incomplete. You are not “half a person”, waiting to ...  
*[The rest of this paragraph is omitted.]*
- **Flee from self-pity:** Contentment is something that the Apostle Paul saw as a huge benefit (Philippians 4:11-13). Out of 700 singles in the Philippines who completed a questionnaire, only 42% indicated that they were living contented lives. 43% were mostly content, and 15% felt that their lives were miserable.<sup>7</sup> Be content with the relationships that God gives you.
- **Cultivate a solid and intimate relationship with God**
- **Quit on dwelling on self**
- **Process your own loneliness**
- **No option in accommodation**
- *The rest of “Self-Help for Singles ...” bullets are omitted.*

*Contents omitted.*

## Chapter 4 – Loneliness ... But Not Alone

### Factors that Can Contribute Toward Feelings of Loneliness in Missionaries



*[Sample paragraph from book.]*

- **The breakdown of relationships** causes loneliness via conflicts, depersonalisation, alienation, separation and isolation from each other.
- **One in a crowd:** People often feel that they have become merely a number in a crowd, identified by a bar code. One missionary said,

*“Loneliness is the result of the absence of personal intimacy or meaningful activity.” – J. Oswald Sanders*

*“I have found that it is a common experience to feel alone even in the middle of community. I think if all mission organisations spent some more intentional time caring for their individual missionaries then we could retain a lot more.”<sup>S-0548</sup>*

- **Lack of an intimate, love-relationship with God:** This creates a foundational love deficit in our hearts, leading to feelings of loneliness or aloneness. We are made for intimate fellowship with God.
- **Being part of a small missionary team:** Within a small team, compatibility is reduced, with a lack of privacy. There is also a lack of options in relationships and for accountability.

- **Poor financial support** can cause loneliness. Some feel abandoned or overlooked by sending churches, friends, supporters, and even by God. Leisure activities often cost money, and when a missionary cannot go along with group activities on the field, they could feel left out and isolated.
- **Geographical isolation** *[Contents omitted in this sample.]*
- **Disharmony in values and theological issues**
- **Being from a different age group**
- **The missionary turnover**

*[Thirty-one other contributing factors of missionaries' loneliness are omitted in this sample.]*

## Helping the Lonely Missionary

*[Sample paragraph from book.]*



- **Determine causes:** Help and guide the missionary to determine the causes of her feelings of loneliness.
- **Apply self-help principles:** Help your worker to apply the principles (the list is inconclusive) mentioned above, however, it is important to keep in mind that it is not possible to always prevent all feelings of loneliness. Help workers to become comfortable with their aloneness and solitude, and not to fear it. Help them to have a plan of action in mind when feelings of loneliness continue, utilising it to their benefit. If they are depressed or suicidal, find help for them.
- **Increased intimacy:** Has the missionary established an increased level of intimacy with God during his/her time of loneliness and isolation? This is the primary purpose of God during his/her periods of isolation. One missionary said,
 

*"It is a wonderful privilege to serve God this way, but it can be very lonely, also because the majority of people don't think, live, talk or dream the way missionaries do. That is why my relationship with God and my family are the two most important things that will keep me going on the field."* <sup>S-0774</sup>
- **Listen to and pray for** the missionary and help her to express her feelings without judgement, correction or preaching at him/her. If they are depressed, ask whether they are at times feel suicidal or wishing for death. If affirmative, find help.
- **Teach** about attaining social and ... *[The rest of this paragraph omitted.]*

*[Nineteen other ways of helping lonely missionaries are omitted in this sample.]*

*MORE BELOW*

## Chapter 5: Self-Care - To End Well

### Benefits of Self-Care



*[Sample paragraph from book.]*

- Avoids burnout and manages stress.
- Brings effectiveness - quality, not quantity. It sharpens your axe!
- Maintains your own health: *mental, physical, relational and spiritual*.
- "Time out" meets your needs.
- It maintains spiritual fitness.
- It brings focus to your feelings and emotions in a healthy way.<sup>8</sup>
- It brings joy and ensures an overflow into ministry, making you pleasant and increasing your capacity for stress.
- Productivity increases.
- You are taking responsibility for your own care instead of expecting others to do all the caring that you need.
- It cures us from the Messiah complex.
- You are more fulfilled.
- Your marriage and family are healthier, and this may positively affect your (and their) longevity on the field.



*["M" = Missionary]*

### *Other headings in the Self-Care chapter:*

- When do we need Self-Care? *[Contents omitted.]*
- Guidelines and Tools for Self-Care
- Where Can We Practise Self-Care?
- Areas of Self-Care for All
- A Self-Care Chart (to be completed)
- Self-Care for Mission or Aid Workers, Leaders and Pastors
- Self-Care Checklist for Mission/Aid Workers and Their Leaders
- Self-Care for Member Care Providers
- Self-Care for Those Working in Very Remote or Inaccessible Areas
- Self-Care for Traumatic Circumstances
- Quarterly Self-Evaluation and Care
- Annual Self-Evaluation and Care
- Self-Help in Self-Care
- Helping Others in Self-Care
- Class Discussions
- Recommended Resources



## Chapter 6 - Raising Friends and Support

### The Challenges of Missionaries From Developing Nations



*[Sample paragraph from book.]*

Non-western missionaries who have been working abroad in missions, or working as part of a multi-cultural team, are often viewed by their family and peers in their home culture as rich, even if the contrary is true. These family members may lessen the possibility of financial support from home and, when they express expectations for gifts, finances and other benefits, they may cause pressure and a feeling of isolation in missionaries from developing nations. This may especially be true when the non-western missionary is married to someone from a more affluent society or culture. One missionary said,

*"People from first world countries seem to be the only missionaries who serve a 'rich God' who always provide enough money, whereas people from third world countries seem to be serving 'another God' who cannot provide enough to live by ..."* <sup>S-0612</sup>

Regardless of whether or not non-western missionaries work in their own country or abroad, they may find the raising of support a real challenge for the following reasons:

- **Potential supporters earn comparatively little** *[Contents omitted.]*
- **Fear of being branded as "shameless"**
- **Expression of prayer requests not allowed by the culture**
- **Fear of rejection, offence and loss of relationship**
- *[Thirteen more difficulties of workers from developing nations in raising friends and their own support are omitted from this sample.]*

### *Other headings in the Raising Friends and Support chapter:*

- Consequences of the Lack of Financial, Prayer and Moral Support for Missionaries
- Difficult Issues Regarding Finances
- Biblical Basis of Raising Support, e.g. To Ask or Not to Ask
- Self-Help: How to get Started in Raising Support
- Newsletter Guidelines
- A Sending Cell is Vital
- The Sending Cell and its Tasks
- Helping Your Missionary to Raise Support
- Class Discussions
- Appendices – Samples of Ministry Pamphlet, Portfolio, Letter of Appreciation, Form for Drafting Letter of Thanks, Prayer Support Plan, Emergency Prayer Chain, Soliciting Moral Support.

## Recommended Resources In Raising Friends and Support



[Sample paragraph from book.]

**Free PowerPoint Presentations** on Raising Support available online at <http://home.snu.edu/~hculbert/ppt.htm>

Barnett, Betty J. 2003 (2<sup>nd</sup> ed.). *Friend Raising: Building a Missionary Support Team that Lasts*. Seattle, WA: YWAM Publishing. ISBN No. 1-57658-283-3. Besides the excellent material in her book, Betty's Self-Evaluation Form (p. 161), Budget (p. 164), Friendship Record (p. 165), etc. are good self-help tools.

Bassoff, Michael, & Chandler, Steve. 2001. *RelationShift: Revolutionary Fundraising*. San Francisco, CA: Robert D. Reed Publishers. ISBN 1-885003-93-5 (199 pages). This is not a Christian book, but excellent in giving practical ideas on how we can build our fundraising on cultivating relationships with our donors – giving more than we receive.

De Kock, Fielies. *Die Sendinggereedskapkas* (e-book on CD in the Afrikaans language only) - ISBN: 0-620-36770-9. It is about how the Sending Church can help, pray for, care for and support their missionaries, the Sending Cell, newsletters, short-term outreaches, etc. For more information or ordering contact Fielies de Kock at [fieliesdekock@gmail.com](mailto:fieliesdekock@gmail.com), or Skype her at 'fieliesdk', or call her mobile phone at +27-79-692-2328.

Dillon, William P. 1993. *People Raising – A Practical Guide to Raising Support*. Chicago, IL: Moody Press. ISBN 0-8024-6447-5. Also see Dillon's free newsletter [online] at <http://peopleraising.com/newsletter>.

Flanagan, Joan. 1992. *The Grass Roots Fundraising Book - How to Raise Money in Your Community*. Chicago, IL: Contemporary Books. ISBN No. 0-8092-5746-7.

Free online software for videos, MP3's, conversion PAL to NTSC, etc. Available from <http://www.newfreeware.com/graphics/0-1.html>.

[Twenty-one more practical recommended resources to help workers raise their own friends and support are omitted from this sample.]

*Sample Pages from Volume 1 and 3  
are available*

at <http://www.thrivingmember.com>.

## Endnotes: Resources Used in This Sample File

[As in handbook.]

<sup>1</sup> Knell, Marion. 2007. *Burn-Up or Splash Down: Surviving the Culture Shock of Re-Entry*. Tyrone, GA: Authentic Publishing, 167-169.

<sup>2</sup> Barnes, M. Craig. 1996. *When God Interrupts - Finding New Life Through Unwanted Change*. Downers Grove, IL: InterVarsity Press, 112.

<sup>3</sup> Boyd & Lindquist, Dysfunctional Families As Missionaries. In: *Link Care Center Newsletter No. 210*, 1-3.

<sup>4</sup> Foyle, Dr Marjory F. 1988 (2<sup>nd</sup> print). *Overcome Missionary Stress*. Wheaton, IL: Evangelical Missions Information Service, 29.

<sup>5</sup> Sellar, Sue. A New Initiative in Darwin. In: *The Real Australian*. Sydney, NSW, Australia: The Bush Church Aid Society. Winter 2002, 3.

<sup>6</sup> Hay, Rob et al. 2007. *Worth Keeping: Global Perspectives on Best Practice in Missionary Retention*. Pasadena, CA: William Carey Library, 154.

<sup>7</sup> Sala, *Living Joyfully as a Single in a Couples' World*, 5.

<sup>8</sup> Archibald, Vanessa. *Self-Care for Missionaries* (Power Point for Lecture). Missionary Care Course, Adelaide, Australia, Oct. 2007, Slide 9.

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