

Sample Pages from the Resource

“Thriving in Difficult Places” – Volume 3

Dear Reader

This file consists of various sample pages from various chapters of Volume 1. This enables you as reader to see how Volume 3 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>.

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Chapter 1 – Grief and Loss

Occurrences of Grief Recorded in Scripture



- **Garden of Eden:** The first loss recorded in Scripture: loss of relationship with God in the Garden of Eden, causing them to hide from God – a change in relationship, grieving God (Genesis 3). In Eden, man also lost his dominion over the garden, and over the woman (Isaiah 3:12).
- **The Father Gave His Son:** God’s loss was immense as He gave His only begotten Son to die on our behalf (Isaiah 54:4-7). Jesus felt the pang of grief as He saw God turning His face from Him as He bore the sin of the entire mankind, causing Jesus to ask in grief: “*My God, my God, why have you forsaken me?*” (Matthew 27:46c) Even nature responded by it becoming dark and an earthquake happening (Matthew 27:51-52).
- **Man of Sorrows:** Jesus was called “*the man of suffering*” (Isaiah 53:3) and in other translations, “*man of sorrow*”. He was tested in all things, and a perfect High Priest, enabling us to approach the throne of grace with great confidence (Hebrews 4:14-16).

- **Jesus, Martha and Mary wept for Lazarus:** Lazarus' death and Jesus weeping with Lazarus' grieving sisters (John 11:31-36).

[End of Sample of "Occurrences of Grief in Scripture." Only 4 of 19 occurrences are included above in this inconclusive sample.]

How to Help the Grieving Missionary Kid Or Third Culture Kid



- **They cannot repeatedly listen to the facts:** Children cannot bear to hear grieving recollections incessantly with every person visiting the grieving spouse or returning missionary – this is boring for them. Instead of forcing them to be present for every visitor, allow children to “escape” periodically (and even for longer periods) by visiting friends’ children for as much as they need it.¹
- **Let them express grief creatively:** Help Missionary Kids (and their parents) to process their grief of loss, transition, trauma and death by drawing, painting, poem writing, journaling, pictures, clay, cut and paste activities, miming, acting, stick figures, paper dolls representing their family members, and so forth. These are tools to help them to express their emotions and to talk about their losses. Help them express how they perceive the impact of their loss and grief on themselves and their family. In the end, we can help them to bring their grief and pain to the Cross of Christ.
- **Prepare them:** Prepare MKs or TCKs for any grief that is anticipated, e.g. death, transitions, furlough, going to boarding school, crises, and re-entry. Prepare them with enough detailed information about the next place or phase.
- **Take favourite things along:** Allow them to have their favourite toys, books or DVDs with them as they transition. These things will bring a sense of normality, history and roots.

Third Culture Kids lose possessions, pets, peers and places.

[The rest of the 13 helpful things in the handbook that one can do for grieving MKs/TCKs are omitted in this sample.]

Recommended Resources



- Adult Bereavement Services. 2001. *Adult Grief Directory* [online], available at http://www.heron.nhs.uk/specialist_directory/bereavement/index.htm Norwich, Norfolk, UK: Heron, NHS Great Yarmouth and Waveney, UK. Some of the issues available are Grieving, What to Say, What Not to Say, Rights of the Bereaved, Funerals and Post Mortems, Multi-Cultural Issues, and more.
- Alcorn, Randy. 2004. *Heaven*. Carol Stream, IL: Tyndale House Publishers, Inc. The author has spent years of research on what the Bible teaches about Heaven and is a helpful resource of 560 pages (hard cover and on Kindle). The author also wrote *Heaven – Biblical Answers to Common Questions*. 2006; *Heaven – Christian Growth Study Plan*. 2008. LifeWay Press; *Heaven - Group Leaders Kit*. 2010, co-authored by Teresa

Haymaker and including a DVD, by Lamplighter Media & Lifetogether Publishing (Carol Stream, IL: Tyndale House Publishers, Inc.).

Briggs, Lauren. 1985. *What You Can Say ... When You Don't Know What to Say: Reaching Out to Those Who Hurt*. Eugene, OR: Harvest House Publishers.

Bright, Ruth. *Grief and Powerlessness: Helping People to Regain Control of Their Lives*. 1996. London, England and Bristol, PA: Jessica Kingsley Publishers Ltd.

[18 Other recommended resources regarding grief are omitted in this sample.]

Please see the Table of Contents for more information on this chapter.

Chapter 2 - Disappointments, Failure, Suffering and Miscarriage of Vision

Categories of Challenges



When looking at the challenges of missionaries, the following categories are discussed in the handbook in this chapter:

- Failure
- Disappointments
- Suffering or testing
- Persecution
- Spiritual warfare
- Spiritual miscarriage

Keep God's Encouragement in Focus



The Scriptures below are all paraphrased or summarised:

- Psalm 73:26: God is the Strength of our hearts.
- Psalm 95:7: The Lord looks after us; we belong to the flock under His care.
- Psalm 118:17-18: No pain, no gain – we learn and grow when suffering.
- Matthew 12:20: The Lord is gracious to us when we are weak. He will not snap off a broken reed and will not snuff out a smouldering wick.

[the rest of the bullets and paragraphs in this section are omitted in this sample.]

When We Fail – Helping Yourself

- **Is it real or false guilt?** Distinguish whether you are suffering from real or false guilt; real or imagined failure. Failure is not normally about failing at a job or task, but real failure comes when I fail in my relationship with God, with others and with myself.
- **Seek forgiveness:** If it is real guilt, coming from the conviction of the Holy Spirit, seek God's forgiveness with repentance (1 John 1:9-10).
- **Receive forgiveness:** Ensure that you have truly received the forgiveness of God and others, and that you have forgiven yourself fully for the failure too. Those debts are cancelled (Colossians 2:13-14). Receive the forgiveness that God offers with joy and grace, or your guilt could lead to depression with mental torture of regret.
- **Restitution:** Seek forgiveness from those whom your failure has affected, hurt or disappointed – make restitution (Luke 19:8).

"In love's service, only wounded soldiers can serve." – Brannan Manning

[Eight more bullets of the section "When We Fail - Helping Yourself" are omitted in this sample.]

Helping Others during Miscarriage of Vision *[Sample from book.]*

- **Avoid asking them, "What is next?"** Missionaries sometimes have to suddenly return home due to visa refusals, deportation, situations of war, unrest or other traumatic experiences – a myriad of reasons. They will simply be in a state of shock at the sudden change after years of preparation, involvement and sacrifice. They do not understand what is happening and will have no idea what is next. Your well-meaning question, "What is next?" will seem unfeeling, even cruel. It will increase pressure . . .
[Rest of paragraph is omitted]
- **Debriefing:** They will need to be debriefed very well indeed. It has already been said in the previous point above, but it never tires me to say, "Listen to them." Some may need to talk for hours about their ordeal. Look out for signs of trauma and stress. Some may need specialised help due to traumatic experiences.
- **Make them comfortable:** Their confusion, shock and bewilderment may at times seem overwhelming. If they re-entered involuntarily or suddenly, or they were relocated to another field, orientate them well and help them to settle down as comfortably as possible.

[Nine more bullets and paragraphs of the section "Helping Others during Miscarriage of Vision" are omitted in this sample.]

Chapter 3 – Conflict Management

4 Sections in this chapter:

This chapter consists of four sections:

- I. Conflict Management
- II. Loving Confrontation
- III. Cross-Cultural Conflict
- IV. Mediating in Conflict

"Our inability to resolve conflicts leads to the undermining of trust and the destruction of relationships." - Leanne Roembke

Definitions of Conflict

- Conflict defined: *"(to strike); a fight; a collision; a struggle; a contest; opposition of interest, opinions, or purposes; mental strife, agony ..."* - Concise Oxford English Dictionary²
- *"Conflict is actual or perceived opposition of needs, values and interests. A conflict can be internal (within oneself) to individuals."* – Wikipedia³
- *"Conflict is a difference of opinion, fight, struggle, opposition, incompatibility and competing desires. Conflict arises when the action, desire, conviction or interest of one person or group hinders, obstructs or interferes with those of others (James 4:1-4). The most severe conflict is war."* – Barry Austin & Stephen Mayers⁴

[The rest of the definitions of conflict are omitted.]

Causes of Conflict

Disagreements or conflicts have a large variety of causes:

- **Values, beliefs, priorities and traditions differ:** Paul instructs us not to quarrel about small things, because our opinions will differ, and what is reality to another is not necessarily my own (Romans 14:1-4; 15:5-7). One missionary said,

"I think the most important thing a missionary needs is working with people or leaders who carry the same values and vision. If there is a conflict of values within the working atmosphere, then the missionary will not last long." ^{S-0070}
- **Purposes, goals, objectives, evaluation, boundaries:** One missionary said, *"I need more goals set and more evaluation of what we do. I also need a job title and job description rather than just existence and making oneself useful."* ^{S-2031} Another said that many workers are lost due to the changes within his organisation – goals, objectives and ideals have changed, which he classifies as "conflict with the agency", and mentioned that a certain by-product of this is unrealised goals. ^{I-25}
- **Sinful or selfish motives** or self-centred living – the flesh.

[The rest of the causes of conflict are omitted.]

Other headings of sections in this chapter:

- Benefits of Resolved Conflict *[Contents omitted]*
- Our Tendency in Conflict
- Causes of Blind Spots – Hindrances Toward Seeing Each Other's Views
- Escalation of Conflict
- Lessening or Decreasing Conflict
- Reasons for Unhealthy Reactions to Conflict
- Three Aspects of Communication
- General Tips
- Steps When Approaching Your Offender
- Avoid this When in Conflict
- After the Conflict
- Alternative Ways to Conflict Resolution
- Modes of Conflict
- Helping Others Manage Their Conflicts

Chapter 4: Debriefing - General and Trauma

*This chapter includes an appendix that contains **seven sets of questions** – one set of questions that one can ask for every type of debriefing of missionaries, e.g. for debriefing at arrival, for debriefing at traumatic events, debriefing when exiting the agency, debriefing at departure to and/or at return from home assignment/furlough, etc. One sample below:*

- **At your return home (on furlough/home assignment):** *[Sample paragraph]*
 - ✓ Choose single words to describe your trip home and your arrival.
 - ✓ Choose single words to describe what it is like *being* at home. (Debriefers, avoid this question if you do are not able to hear any negatives without condemning, judging or correcting them.)
 - ✓ Are you tired or jetlagged? To what measure are you suffering from re-entry shock?
 - ✓ Have you planned 2 or more weeks of solid rest during your time here? Is there a place where you can rest? How can we help you in obtaining rest?

- ✓ *[Other questions in this section are omitted in this sample.]*
- **For wives:** *[Sample paragraph from book.]*
 - ✓ How has it been to be a wife and mother on the field?
 - ✓ Do you feel bonded to the agency, its people and goals, or do you mostly feel lonely and isolated as you care for your family?
 - ✓ How do they involve you?
 - ✓ How are you and your family affected when your husband has to travel for his work?
 - ✓ *[Other questions in this section are omitted in this sample.]*

The following sections of this chapter are also available:

- When No-One is Available to Debrief You
- The Debriefing
- Common Issues Brought to Debriefing Sessions
- The Client: An Individual or the Organisation?
- The Debrief Session: Structured, or Not?
- Who Needs Debriefing?
- Types of Debriefing
- Traps to Avoid
- The Format of a Non-Crisis or Regular Debriefing Session
- Group Debriefing – Tools Needed
- Self-Care of the Debriefing

Exceptions to Confidentiality *[One sampled section in this chapter.]*

There are times when a debriefer cannot keep quiet or do nothing about what he or she has heard in a debriefing session. Mission and aid agencies need policy regarding what they consider to be non-confidential – things that need to be shared with appropriate individuals for follow-up and acquiring help. This list will therefore not apply to every situation, however, to most. The following could be considered as exceptions to confidentiality:

- **Damage or harm to self or others:** When damage is done or planned, or threatened damage to self or others, e.g. violence, suicide, abuse.
- **Criminal act:** The person committed, or was a witness to, a criminal act, e.g. fraud.
- **Child abuse, molestation:** Either the perpetrator or the child is a member of your agency, or you have significant reason to suppose abuse has happened; sexual or other abuse within the family; elder abuse – disclosure about these are mandated by the USA law.⁵ Hay et al. say if one is unsure, to contact the field Member Care Provider.⁶

[Other exceptions to confidentiality in debriefing are omitted in this sample.]

Chapter 5: Field Visits – A Morale Booster

Helpful Quotes about Field Visits



[Sample paragraph from book.]

- "Why is it that the majority of missionaries never receive a field visit? For most the relationship with their sending church only sparks into life when they return home on furlough, and then the expectation is one of the missionary rushing from meeting to meeting sharing about their ministry." - Janice E. Rowland⁷
- "Your involvement could mean the difference between a missionary who is barely surviving, and might leave the field prematurely, and one who is thriving, vibrant, and much more effective in establishing Christ's kingdom Visit your missionaries in their country of service. Visits by the pastor, missions committee members or others from your church can have a profound effect on both the missionaries and the ones who visit them!" – Africa Inland Mission International⁸
- "This might seem crazy, but determine to visit your missionary on the field and discover first hand what life is like in their shoes. You will be changed forever, and in the process, you will have encouraged your missionary greatly. Missionaries love to have their supporters come and participate in their ministry." – Static404 eHow Member⁹

[Other helpful quotes on field visits are omitted in this sample.]

Other headings in the Self-Care chapter:

- Benefits of Field Visits *[Contents omitted.]*
- Challenges of Field Visits
- Tasks and Guidelines for Field Visits:
 - Before the Field Visit
 - During the Field Visit
 - Tasks
 - Guidelines
 - After Field Visits – When You Get Home

This chapter includes an appendix with a list of 36 practical ideas of tasks when you are visiting your missionary on the field.

Recommended Resources *[Sample paragraph from handbook.]*

Africa Inland Mission International - Church Connections. 2010. *Missionary Care* [online]. Available from http://www.aimint.org/usa/church_connect/missionary_care.html This site contains information on the following issues: *Missionary Care, 10 Practical Ways to Care for Your Missionaries on the Field, 10 Practical Ways to Care for Your Missionaries on*

Home Assignment, and 10 Practical Ways to Care for College-Age Missionary Kids While Their Parents are Overseas.

Rowland, Janice E. 2002. *You Fish ... We Fish*. Pretoria, South Africa: Durrant & Viljoen. This is a very helpful resource for field visits and the relationship with, and role of, the sending church in the missionary's life.

Static404, eHow Member. 1999. Website: *How to Support Missionaries* [online]. Available from http://www.ehow.com/how_4806596_support-missionaries.html Read about various topics that are of great help to missionaries or download free e-books on <http://www.crossculturalworkers.com/ebook.htm> or single topics on http://www.crossculturalworkers.com/index_ought_to_know.htm

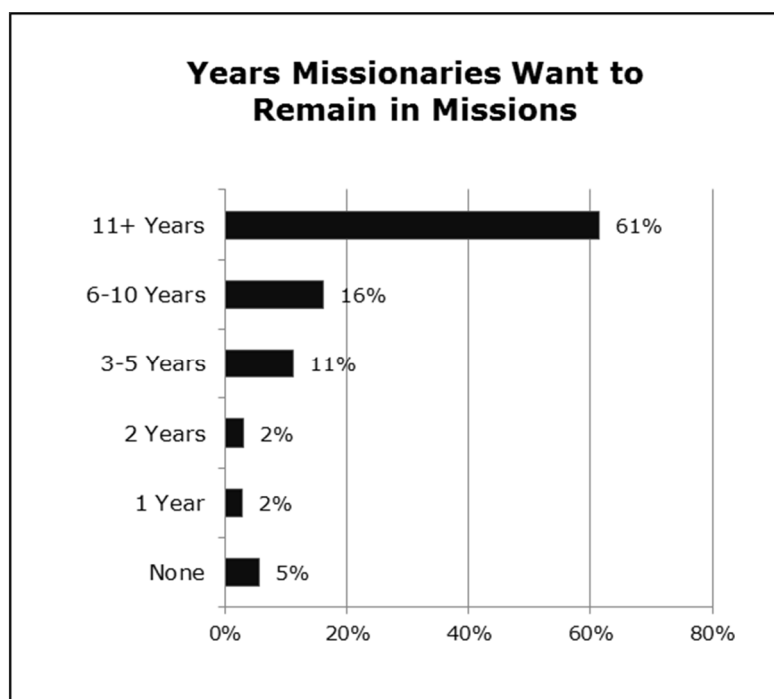
[Other recommended resources on field visits are omitted in this sample.]

Chapter 6 - Survey Outcomes and Conclusions

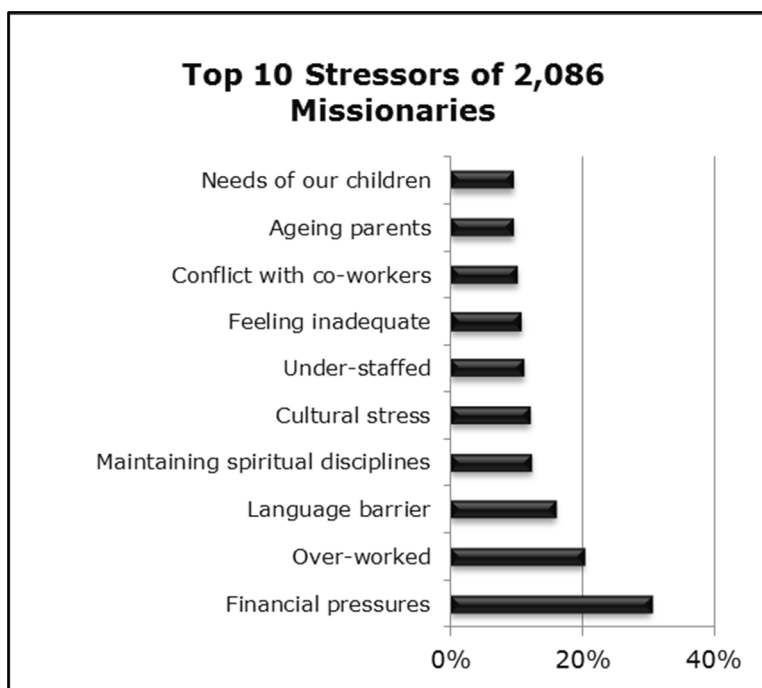
All the survey outcomes (with 2,086 participants) are available free of charge as a PDF download at <http://www.thrivingmember.com>.

Time That 2,086 Participants Would Like to Remain in Missionary Work in Future

[Sample from handbook.]



Top 10 Stressors of 2,086 Missionaries *[Sample from handbook.]*



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*Sample Pages from Volumes 1 and 2
are available*

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

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Endnotes: Resources Used in This Sample File

[As in handbook, however, these are the real resources used in this sample file.]

¹ Simeon, *Some Thoughts on Grief*, 2 of attachment.

² *Concise Oxford English Dictionary*, (11th ed.) 2008 revised. Oxford, U.K.: Oxford University Press.

³ Wikipedia – *Conflict* [online]. Available from <http://en.wikipedia.org/wiki/Conflict> [Accessed 31 March 2010].

⁴ Austin, Barry, & Mayers, Stephen. 2009. *Developing Skills in Confrontation & Conflict Resolution – Unity, Diversity & Conflict*. Unpublished lecture notes of the Leadership Development Course, Youth With A Mission, February 2009, 18.

⁵ Cerny II & Smith. Field Counseling Sifting the Wheat From the Chaff. In: O'Donnell (Ed.), *Doing Member Care Well*, 492.

⁶ Hay et al, *Worth Keeping*, 247.

⁷ Rowland, Janice E. 2002. *You Fish ... We Fish*. Pretoria, South Africa: Durrant & Viljoen, 51.

⁸ Africa Inland Mission International - Church Connections. 2010. *Missionary Care* [online]. Available from http://www.aimint.org/usa/church_connect/missionary_care.html [Accessed 22 December 2010].

⁹ Static404 eHow Member. 1999. *How to Support Missionaries* [online]. 1999. Available from http://www.ehow.com/how_4806596_support-missionaries.html [Accessed 29 December 2010].

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