



## *Pre-Trip Training Manual*

**It is very important that you work through this before the trip.  
Please contact us if you have any more questions.**



## About OHM

One Heart International Mission is a Christian based Non-Profit Organization (NPO 081738) which exists to actively portray the Body of Christ in the Earth today.

### **THEME**

Our motto is "Every Village"

### **OUR NEED**

To create a network of like-minded people that will surround this ministry with prayer and resource it according to their interest and ability

### **MINISTRY NEED**

This mission is a solution, an answer. What's the problem?

- The African need is for Pastors and ministry workers to be supported in a way that they can provide for themselves and their families.
- There is a need for church buildings that are adequate and safe for communities to meet in.
- There is a need for diverse discipleship, leading people to a life of holiness
- Many communities need help in reaching their own people.

### **MISSION STATEMENT**

Feeding the hungry, clothing the naked and making Christ known.

### **OUR VISION**

Feeding the hungry, clothing the naked and making Christ known!

### **OUR MISSION**

Fulfilling the vision by:

Relief

Rehabilitation

Development

#### ***Relief***

Immediate feeding and clothing of the destitute and those affected by poverty and disaster. Sharing the Gospel in these areas and to these people.

#### ***Rehabilitation***

Not over-clothing or over-feeding but helping people to stand on their own and take responsibility for themselves, their families and eventually for their communities.

### ***Development***

To be involved by working WITH communities to help them to develop skills to care for and support themselves. Discipling people to reach out with the Gospel. Establishing communities to put systems in place to care for and disciple others.

### **VALUES**

We strongly emphasize the following 5 values

Worship: We are called to praise and worship God alone.

Holiness: We are called to lead holy and righteous lives that exemplify the nature and character of God.

Witness: We are called to share the gospel of Jesus Christ with those who do not know Him.

Prayer: We are called to engage in intercessory prayer for the people and causes on God's heart, including standing against evil in every form.

Fellowship: We are called to commit to the Church in both its local nurturing expression and its mobile multiplying expression.

### **STRATEGY**

- To network with individuals, businesses and churches
- To create a network of like-minded individuals, businesses and companies and use their skills to make a difference in the lives of people that we are involved with.
- To create evangelism reaches to expose people to the Gospel
- To raise and empower leaders to disciple new converts
- To plant churches and network to build church buildings
- To start businesses for church leaders to be self-funded
- To run short term mission trips, exposing people to various mission fields
- To be a catalyst in creating movements between individuals, businesses and churches to enable them to impact communities beyond their sphere of influence

## Personal Trip Preparation

### KEEPING YOURSELF IN CHECK

Your level of humility and patience will be tested on a short-term mission outreach [e.g. long queues, too much work, money hassles, strained relationships]. How are we going to live in victory during this time?

For us to make an impact on a hard, lost, doubting and skeptical world, we need to be honest and open before God and others. We must let down our shields and be willing to be broken. The Old Testament example shows a potter shaping the clay. Brokenness is humility's response to the touch of God. We must be able to say "Lord, You're right, I'm wrong." Listen to the referee, The Holy Spirit.

John 1:17 teaches us to walk in the light of God with each other. This will result in effective teamwork.

Walk in the light with those from other cultures.

Be quick to listen. Be sensitive and use proper manners. Ask questions if you are not sure of anything. Be quick to say "I'm sorry".

### PRAYER POWER

#### *Short-Term Prayer With Long-Term Effects*

In your short-term outreach, prayer may be one of your greatest joys and one of your biggest struggles. To help us live our short-term outreach to the full we need to pray as Jesus did. He prayed early, late, all night, alone, with others, with confidence and in deep agony.

#### *Purpose Of Prayer*

God wants us to work for His glory, but His priority for us is to enjoy Him. For us to love Him with all our heart, soul and mind, we need to know Him.

#### *Priority Of Prayer*

Give prayer priority as Jesus did. (Luke 6:12). Schedule time every day and put it in your diary. Ask the Lord to help you keep your appointment and fill it with His presence. This prayer time is not a duty.

#### *Power Of Prayer*

When praying, have your Bible with you. We live on every Word that comes from the mouth of God. [Matt.4:4]. Listen for the Word, hear it and respond to it. Allow the Lord to give direction to your petitions. Search for His commands and concerns. When His will is being done, His promises are being fulfilled. Pray with a team: there is power in united prayer. We need one another [1 Cor. 12:26].

Remember also to be thankful in your prayer. Continually thanking God will help you to live with a more Christ-like attitude, whether you are battling with the bugs or with loving a teammate. Thank God in every situation.

### ***Principles For Effective Prayer***

Clean your Heart: Your prayers will not be effective if there is sin in your life. James 5:16, Ps.66:18, Ps. 139:2,3.

Deal with the enemy: Hold back the influence of the enemy during this prayer time. James 4:7, Zac. 3:2.

Acknowledge your need of the Holy Spirit: You need to be directed and filled by the Holy Spirit to succeed. Rom.8:26, Eph.5:18, Heb.11:6.

### ***Praying For Others***

On the missions trip you will be given opportunities to pray for people, either the team or the people you are ministering to. Be ready to pray for any circumstance (healing, sickness, salvation, etc.) presented to you by either a team member or one of the locals, you can do this by ensuring you are spending time with God every day.

## **BIBLE STUDY**

### ***Keeping The Word While Doing The Work***

Most of us battle to be disciplined in Bible study during routine days, let alone trying this whilst busy on short-term ministry.

Don't find yourself swordless in the battle. Commit yourself to spending time with God's word during your short-term outreach.

### ***Build Convictions By Seeking God***

Be sure to really desire a strong life in God's Word. Strengthen convictions by realizing how inadequate we are to serve God on our own. God wants to communicate with and transform us through His word and we need this to function on our outreach. Be hungry for the Word!

### ***Keep Flexible By Making Plans***

Make a plan for study, even if it is not perfect, It can be changed so that it is not rigid but at least you plan to study. Choose a time when you are least likely to be disturbed and do not get frustrated when your plan sometimes does not work out.

### ***Keep Focused By Varying The Method***

There is no best method in Bible study. What you really want to know is:

- a) What does the scripture say?
- b) What does the passage mean [in context]?
- c) How can I apply the message to my present situation?

The key to the ongoing effort in studying scripture is to DO what you HEAR [James 1:22].

## **MAKE THE MOST OF IT**

Five ways to maximize your short-term outreach

### **1. Experience ...**

The culture of another people group.

### **2. Explore ...**

The work of a missionary, it helps you to understand what it means to be one.

### **3. Extend...**

the work of the Gospel.

### **4. Exchange...**

insights, strengths and love with national Christians. Do not talk too much, listen! Do tell some of your own stories. Pray with the nationals and watch them minister to their own people. Prepare yourself with Paul's attitude [Rom. 1:11,12].

### **5. Expose...**

others to what God is doing. When you return, tell those at home what God is doing worldwide. They need challenging, do not leave your experiences in your diary.

## **CULTURE SHOCK**

### ***Can't We Grumble A Little For Our Great Sacrifice?***

Now that we have volunteered to go on this short-term outreach, we have a picture of what our time is going to be like in this far-off land. But so often it is different to what our expectations are and very soon we could be asking ourselves the question, "What am I doing here?" It is important for us to realize what happens to us when we enter a foreign culture. Our new experiences [good and bad] pile up until we find ourselves on "overload".

You usually experience a short honeymoon period when you first enter the culture. You have been anticipating this for some time and it is exciting to be there at last. However, people take a nose-dive out of the honeymoon into reality about one third of the way into the outreach! We call this "The Romance and the Call" When the romance is over we have to know that God has called us to make Disciples

### ***Talk It Out***

Talk with a friend, your spouse or your room-mate. It helps to describe your feelings to others. By getting another's perspective, your negative experiences may become minor compared to the good things that have taken place.

### ***Try To Learn The Language***

You may not get beyond basic phrases if it is a short outreach but the local people will appreciate your trying to learn their language.

### ***Learn All You Can***

Observe, listen, and enquire. When given some information, try to guess what it may mean. Then try to find out what it really means. You can have real fun that way.

### ***Examine Your Expectations***

Ask yourself what you expect of the outreach, it is unlikely that they will be met. Or you may expect that a "successful" ministry is possible the moment you step into the country. But success is not your primary goal there. Rather look for ways to link up with what God is already doing there.

### ***Use The Opportunity To Grow Spiritually***

Trust the Lord to use the challenges and difficulties you face to develop stability in you. Much of your learning will occur weeks or months after you return home. As you recover from the rough spots, remember that they have the capacity to bring about deep changes in your life.

## **DO NOT FORGET TO BE "FLEXIBLE AND ADAPTABLE"**

### **TRIAL BY TEAM**

Relationships are a battleground - the enemy knows the only thing that will last for eternity is our relationship with God and one another. Our mission organization, our churches, our houses and cars and our degrees and bank accounts will all end, but relationships will not.

When relationships are strong, huge resources are released to accomplish the work of God. John 17:23 says "May they be brought to complete unity to let the world know that You sent me and have loved them even as You have loved me". This unity is actually a practical form of evangelism. It allows the world to see that the Father sent Jesus and that God loves us.

### ***Let Love Cover***

(Rom.10:12] Love in relationships is like the oil in an engine that propels a relationship. Without the oil the engine overheats and will seize. Seek forgiveness (Matt. 5:23,24]. Our reconciliation has a higher priority than worship, worship cannot occur when relationships are not right.

### ***Carefully Confront***

When you are aware of sin in the life of another believer, take the initiative to admonish him/her (Matt. 18:15). Do not tell others to go to him/her. The purpose of living confrontation is not to make life hard for someone, or to hurt or embarrass them but to bring healing and reconciliation.

## **FOLLOW THE LEADER**

### ***How To Serve Those In Charge***

Relating well with the leaders on your outreach will demand change on your part. Get ready, because getting to know and work with your leaders will tug you and stretch you in directions you never imagined. Do not forget to be "Flexible and Adaptable".

### ***Follow***

Ask yourself "How can I best serve the leaders God has given me?" Learn how best to work with your leaders.

### ***Accept***

Rather accept than fight or change them. Be prepared for disappointment, they are ordinary disciples, seeking to grow in Christ themselves. Look for ways to affirm rather than criticize and intimidate. Do not forget to be "Flexible and Adaptable".

### ***Learn***

Get to know those you are following. As you develop relationships with them [believe it, they want it!] you will be able to better understand why they do and what they do.

Ask him/her questions about their lives.

Why did you get involved in ministry?

What helped and hindered you most when you began?

What great lessons have you learnt?

What would you do differently if you could?

What aspect has been most enjoyable?

### ***Initiate***

Most leaders pray for motivated responsible co-workers. Leaders appreciate those with fresh ideas who follow those ideas through to the end. Offer suggestions when asked and be available for work. However, be careful not to take on an offence if that idea is not used.

### ***Pray***

Prioritize prayer daily for those leading you. Bathe the relationships in prayer, committing the rough spots to the Lord. Let their personal pain and triumph drive you to your knees. Work zealously [something within that boils up] at following your leader. Pray that the Holy Spirit will maintain your desire to build lasting relationships with your leaders during your short-term outreach.

## **COMING IN THE RIGHT SPIRIT**

As we go on outreach we need to remember that we are going as ambassadors for Christ plus ambassadors for the country we represent.

We need to Prepare...

### ***Flexibility***

- Prepare yourself to fit in. It may mean a change of expectations. It may mean not doing what you had hoped to do.
- Prepare yourself for last minute changes.
- Be prepared to be Flexible and Adaptable.

### ***Availability***

- Prepare to serve. It may mean doing something you hate [e.g. cleaning toilets!]. But give of your best in everything you are asked to do.
- Prepare yourself to give. It may mean doing something you have never done before [e.g. Give a testimony in a street meeting]. Volunteer to be available. Remember... if you back out, you may lose out! Prepare to be a blessing and you will be blessed.

### ***Sensitivity***

Outreach is a fun time but can sometimes be a stressful time when your routine is disrupted and patience and tolerance levels rapidly decrease.

- Prepare to care for others.
- Be sensitive and remember that you are part of a group.
- Language [do not exclude others by talking in your language if they cannot understand]
- People need different amount of sleep. Women often need more than men. Perhaps those who need to go to bed earlier could sleep in the same room.
- Remember that we are in a war. The outreach is not a holiday but a chance to learn discipline and living by faith.
- The team must reach agreement on their time for lights out and silence and the leader must graciously insist on sticking to it.
- Tidiness: It is a sobering thought that the group will probably never be neater than you are. Keep your personal papers and reports organised in a file. The place where you are staying needs to be kept tidy, especially keep in mind: Bedding, Towels and toiletries, Stray items of clothing, unused food, team literature. In respect to the car: keep it free of Maps/documents/free literature
- We should aim to leave the place where we stay at least as clean and neat as when we arrived. You may even have the opportunity to leave it cleaner.
- Alcohol consumption will NOT be permitted at any point on the outreach.
- Please avoid smoking, if you need to smoke please be discreet and don't smoke on the missions field.

This outreach will change you. It is your decision as to how it will change you for better or for worse. Most of it will depend on your attitude and how you choose to respond to what you encounter.

## **MISTAKES**

### ***they are inevitable!***

Much more important than what happens to you is how you react in each different circumstance. Mistakes will be made but how will you respond, especially if the mistake is all yours? Do not become discouraged with yourself or bad-tempered with the team.

- Encourage rather than criticize.
- Keep a good sense of humour and a bad memory for other people's errors.

## **THE ROLE OF THE DRIVER**

The person's first responsibility is driving. The driver should always be on time and be the first ready to leave. A great deal of time is wasted when the team is ready to move but can't because the driver can't be found.

Remember the safety of the team is dependant upon the driver [or drivers] getting sufficient rest. Let your co-driver have the "best" seats in the vehicle so that he can rest when not driving. If you stop overnight let your drivers have the "best" sleeping facility.

## **CULTURE**

As we go into a foreign country, we need to learn to respect the culture and traditions, both secular and Christian, of the people amongst whom we will be living and working. Love will make us especially careful of the attitudes of the local believers.

### ***For Example - Dress***

Dress respectfully and tastefully! Be very aware that until recently ladies were not allowed to wear slacks in the local community.

### ***For Example - Food***

In some countries a meal can last up to one and a half or two hours and that might seem a waste of time to us. However, within the culture it is important in terms of communication and family time and can frequently be an opportunity for good fellowship. If we are insensitive to these cultural patterns, we shall do more harm than good.

### ***Guidelines:***

We should dress in a way that is simple, practical, tasteful and not immodest. Team members desperately in need of a hair-cut or shave, or wearing immodest dresses/shorts/shirts, actually make the Lord's work much more difficult. We are called to be a good example to those around us. People judge a lot on appearance so it makes a difference how we look. Ladies are to wear long skirts or wrap around skirt over their slacks.

If a word of encouragement or correction is needed, let it only be to members of your own sex, and in private. Don't make a big issue out of it - some team members may not have brought any alternative types of clothing, others may need to lend them some.

This requires prayer and sensitivity. If someone is dressing unacceptably on the team, it does not help the situation if we are offensive in dealing with them.

Couples and members of the opposite sex, do not touch each other in public, locals can find it offensive.

### ***Local Churches***

During the trip you will probably attend one or more local church services, here are some details to keep in mind:

- Participate in the service, the locals will really appreciate it.
- Bring along a change of clothes that you feel comfortable going to a church service in (i.e. not your typical missions clothes like shorts).
- Rather don't wear a hat to the service.
- The local church will probably take up tithes and offerings so if you feel you would like to give something, remember to take some money along with you.
- Enjoy how church can be done in so many different ways.

## What you need to bring?

1. Valid passport (Non SA Citizens please check if you need a VISA)  
<http://www.projectvisa.com/visainformation/Lesotho>
2. Packed lunch for the road on the first day
3. Lip Ice
4. Bible, Notebook, Pen
5. Toiletries including towel. Warm clothes (preferably polar fleece top plus thick windbreaker jacket, warm gloves, beanie, scarf)
6. Wrap around skirt for ladies. (In public ladies must wear a dress or skirt, so a wrap around skirt is easy to wrap over jeans or track pants)
7. Men, long pants, to be worn during ministry times
8. Good walking shoes (hiking boots etc.)
9. Sleeping bag, pillow.
10. Personal medication
11. Camera
12. One roll of toilet paper.
13. Torch (flashlight if you're not South African! 😊)
14. Candle and matches or lighter
15. Personal spending money. (There is a Shoprite now!!)
16. A good sense of humor.
17. Snacks for the road.
18. Water bottle (filled for the first day)
19. Write down and be prepared to share your personal testimony
20. There is electricity to charge cell phones etc.

Meal times may be irregular and on the side of the road. At times there is hard work to be done. Be prepared. Please be flexible and adaptable as plans can change quickly in the mission field. Remember that there are lots of people from varying backgrounds and this can be challenging at times.

Please no alcohol to be brought with on trips. If you smoke please be discreet. Please refrain from smoking when we are out on the missions field.

## FAQs

### **Who makes the meals? Who provides the meals?**

The missions team will be divide up into teams, each team will prepare one meal per day. On arrival you'll be told which team you are in and which meals you are preparing. Please always ensure that you are present during meal preparation times, please lend a helping hand in whatever way possible.

### **Where will I sleep? Will I share a room?**

Yes you will share a room with team members of the same sex, you will be allocated to a room and team members. Please be considerate of your team members, especially when going to bed later than other members and getting up earlier than them. Please keep your sleeping area neat and tidy.

Men and women will not share rooms if not married.

### **What will be expected of me on the mission's field?**

To be flexible and adaptable. Be ready to prayer for people. Be friendly to the locals, show the love of Jesus. Serve wherever you find or see a need. Be open to how the holy spirit may lead you and to whom they might lead you to. Please always be aware of what the teams mission is and if you need to go somewhere please inform the team leaders.

### **What will be expected of me when we are not on the mission's field?**

Serve wherever you find a need. When the One Heart Team is busy with tasks, offer a helping hand. Socialize with team members and be available when called on.

### **Must I bring money with? Are South African Rands Accepted?**

There are shops in the town where we stay, but it is not guaranteed that their will be time to go shopping. The churches that we visited might also take up an offering if you would like to give towards that. Yes Rands are accepted.

### **Can we drink the water in the villages?**

Do not drink the water in the villages, rather take a full water bottle with you when you go to the villages.

### **If we are a married couple, can we hold hands and be affectionate?**

Due to different cultures, it is not advisable.

### **Must I bring a warm jacket?**

Yes the weather can be very unpredictable carrying a jacket with when travelling on the trip is advisable.

**What bathroom facilities are available?**

At the mission's base flushable toilets and showers are available (Men and Women share the same facilities so please be considerate of one another) but when out in the field there are mostly long drops.

**Will I have mobile phone signal within Lesotho/Swaziland?**

In order to get signal you will need to put the roaming on your phone on, this will need to be done before crossing the border, often the signal at the border isn't great, so it is advisable to activate your roaming before the border. Signal comes and goes once in Lesotho/Swaziland but is generally consistent at the missions base.

**If I have specific dietary requirements, how will this be addressed?**

If your dietary requirements are related to a medical condition we will try our best to accommodate your needs, please specify this on application. If your dietary requirements are due to a personal preference please be flexible and adaptable while on the trip.

**Dave Robb**

**Contact:** 076 769 9457