

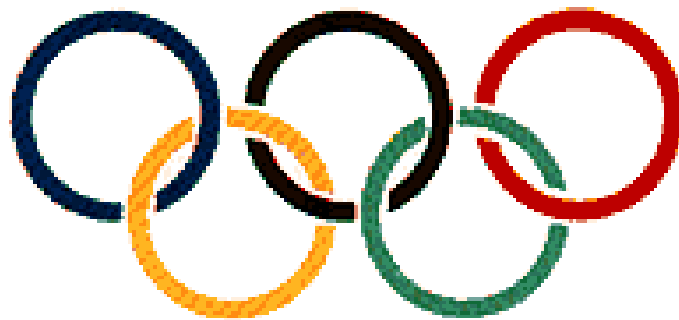
Mission Preparation

November 2008

Alpine Stake

Mission Realities:

1. Not all mission experiences are the same. They will vary by: language, culture, focus, president, members, etc. Not all missionaries will have the same experience.
2. Missions are hard. They are the “best 2 years of your life” (to date) because they are among the most difficult. Any small personal deficit will be challenged.
3. You will get what you will give
4. Your first questions:
 - a. Am I willing to work hard and be obedient?
 - b. Am I willing to do what it takes to feel the spirit?
 - c. Am I having fun?
5. Application:
 - a. Learn what is on the application early (medical, dental, insurance)
 - b. Be absolutely honest in your application about physical or emotional limitations. Missions will push you. Give the Brethren the best information you can to help place you where you can best serve.



MISSION DEMANDS, RESULTS, AND PREPARATION

Domain <i>What will be tested?</i>	Demands <i>What will be hard?</i>	Results <i>What will I get from doing it?</i>	Preparation <i>How can I prepare?</i>
SOCIAL <i>How well will I get along with others (companion, investigator, member, other)</i>	<ul style="list-style-type: none"> • Not everyone will like you, and you will have to learn to get along anyway • You will be in close contact with those who differ from you (companions who differ) • You will not always agree with those in leadership and will have to still be obedient and helpful • You will have to be patient with crazy people, depressed people, addicted people, and others 	<ul style="list-style-type: none"> • An ability to talk to and connect with anyone about their issues • A gift of caring for others and loving them • An appreciation for others who may differ from you • An ability to make friends with both men and women, old and young, alike and different 	<ul style="list-style-type: none"> • Talk to an adult about serious issues for 5 minutes • Learn to ask questions to “know” someone • Hang out with someone you are not comfortable with; learn to get along • Apologize for something you did that bothered someone else • Bring up a problem in a friendly, constructive way
PHYSICAL <i>How well can I take care of myself?</i>	<ul style="list-style-type: none"> • You have to do your chores (cooking, cleaning, organizing) • You will work hard and be physically tired • You will get sick and have companions get sick and you will have to deal with it yourself • You will have to live within a budget 	<ul style="list-style-type: none"> • An ability to be independent and have self confidence • An ability to transition and move • Discipline and self-control around time, space, and money 	<ul style="list-style-type: none"> • For a day or a week do everything for yourself • Get in shape ... nutrition, exercise, sleep • Manage a budget. Know what things cost. • Do your family shopping for a week starting with meal planning
EMOTIONAL <i>How well do I handle conflict, difference, stress?</i>	<ul style="list-style-type: none"> • Your buttons will be pushed • You will be rejected • You will have to let go of traditional sources of emotional strength (music, friends, quiet walks, TV, sports, etc.) • You will have to talk to people (be an extrovert) 	<ul style="list-style-type: none"> • An ability to learn patience and self mastery • Awareness of your strengths and weaknesses • An ability to face tough challenges and respond well 	<ul style="list-style-type: none"> • Do some self discovery: what is my relationship style? What bothers me? How flexible can I be? • Practice controlling anger • Next time you make a mistake, don't hide from it; face it

<p>INTELLECTUAL <i>How well do I learn? How inquisitive am I?</i></p>	<ul style="list-style-type: none"> • You will have to really learn the gospel, not superficial answers, but real insights • You will have to master a new culture and work with people to help them, not you • You may have to learn a new language or speak English better 	<ul style="list-style-type: none"> • An ability to identify and solve problems in depth • A capacity for learning that will apply to your academic and professional life • An ability to define value through the eyes of others • An ability to take risks that take you out of your comfort zone 	<ul style="list-style-type: none"> • Bear testimony: <i>because of</i> • Really study the gospel: prepare talks, ask <i>why</i> questions (5 whys'), practice teaching • Think like an investigator • Read and learn about the scriptures ... make seminary real • Memorize scriptures • Study a language • Study <i>Preach My Gospel</i>
<p>SPIRITUAL <i>How well do I receive the spirit?</i></p>	<ul style="list-style-type: none"> • Your testimony will be challenged • You will likely have moments of doubt • You will have to learn the gospel and live it • You may have to chose between obedience and popularity 	<ul style="list-style-type: none"> • An ability to have your personal witness of the truth of the gospel • An ability to hear and recognize the voice of the Lord • An awareness of how you find and feel the spirit in your life 	<ul style="list-style-type: none"> • Really pray ... loud, list, long • Find your spiritual language: what gives me the spirit • Challenge yourself to tune in to a spiritual experience 5 days a week • Read <i>Hearing the Voice of the Lord</i> • Be ready to introduce yourself, teach 1st lesson, give key talks