

Journal Reflection for Mission/Service Trip

Name _____

My trip was to _____

I traveled with _____ (church, group)

The dates of my trip were _____

Please answer all of the following questions and turn them into Mrs. Scott, once completed. **Each answer should be 200-250 words.** You may bring your answers to the community service office or you may send them as a Word document to holly.scott@fpdmacon.org.

As you are **preparing** for your trip, what are most anxious about and what most excites you about the trip? What have you/your team done to prepare for the trip?

During the trip, please keep a **daily log** of activities/events/people you meet. What is a typical day like for you? What/who is most impacting you along the way?

As soon after the trip as possible, please answer the following: what most impacted you on the trip? Was it an event or a person, something you witnessed that was out of your comfort zone? What is it that keeps coming back to mind since you got back home?

Application: What do you plan to do as a result of this trip? Did this trip make you want to take on any new activities/ministries? How do you feel you have changed as a result of this trip? Have you been impacted spiritually/emotionally? Did you make any lasting friendships on this trip?