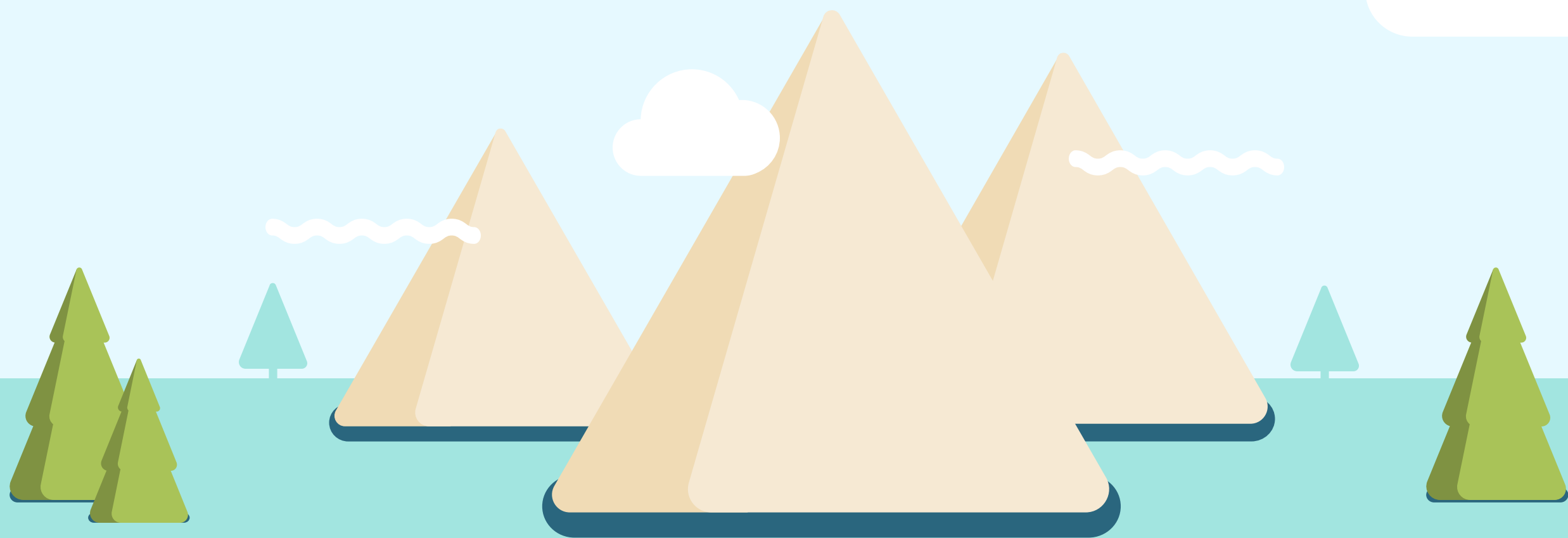


# 21 SIMPLE KEYS

## TO BE A HEALTHY CROSS CULTURAL MISSIONARY



Here are some keys I've picked up over the years of being a cross cultural missionary. I have seen many folk come and go on the mission field, and so I wanted to share these keys to help you start and finish well.



# SPIRITUAL KEYS



## Trust God

Why grumble when you can trust God? Is He not more than able to do above and beyond all that we ask or even think?



## Resist temptation

Whenever you are tempted, cry out to God for the strength to resist.



## Study the Scriptures

Set apart time to study and meditate the Bible on a regular basis!



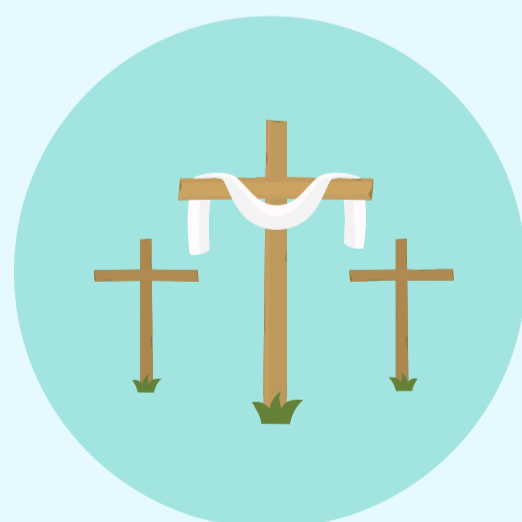
## Read missionary books

For building faith, read missionary biographies. Keep a diary of your experiences in God



## Have a file of illustrations

You will find them helpful as sermon illustrations as well as powerful motivators!



## Don't forget the fundamentals

Preaching and meditating on the cross, the blood of Jesus, the value of communion, baptism, vows, loving and trusting God in all things.



## Don't forget to pray in tongues

It is a valuable resource that Father has given us in order for us to be built up in our faith. Pray often in the Spirit!

# MENTAL AND SPIRITUAL HEALTH



## Balance your time as a cross cultural missionary

Balance your personal life, home and family life along with your ministry work. Maintain a casual hobby and do some sort of sports and take an annual vacation. When you work, work with diligence and to the best of your ability.



## Frame your goals

- What would your work look like if your dream or vision became a reality?
- What is the vision statement that you need to phrase?
- How do we get there?



## Pace yourself

Burn out is the modern term for weariness in the Scriptures. Sabbaticals are more than just a good idea, they are valuable to keeping our spiritual health.



## Learn to ask for help

One thing I have learned is that when you ask, ask someone in particular if they would like to invest in the Kingdom work you are involved in, and then wait for them to answer. However they answer, be grateful for their consideration.

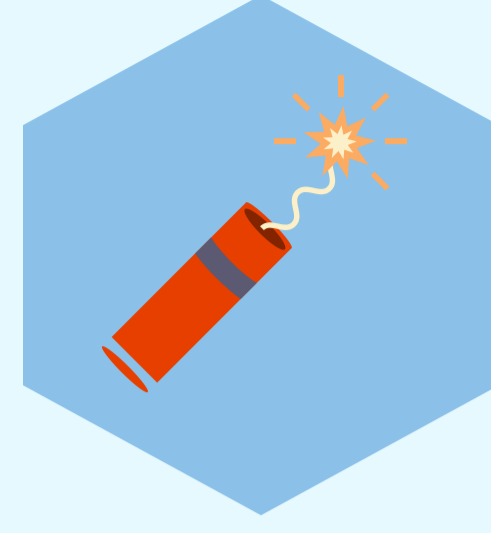
# PERSONAL DEVELOPMENT

---



## Focus on character

Character is a composite of virtues and values. When we raise the banner of the Kingdom of God, we need to raise our character for all to see!



## Beware of a haughty attitude

It is a deadly trap to lose sight of your servant heart and purpose. Remember, God opposes the proud, but gives grace to the humble.

# INTERPERSONAL SKILLS

---



## Learn to debrief

Writing a memoir is a very helpful way to debrief after a lifetime of cross cultural ministry



## Inform people about what you do

Tell the story and let people become involved in the growing excitement you have for what God is doing in and through you!



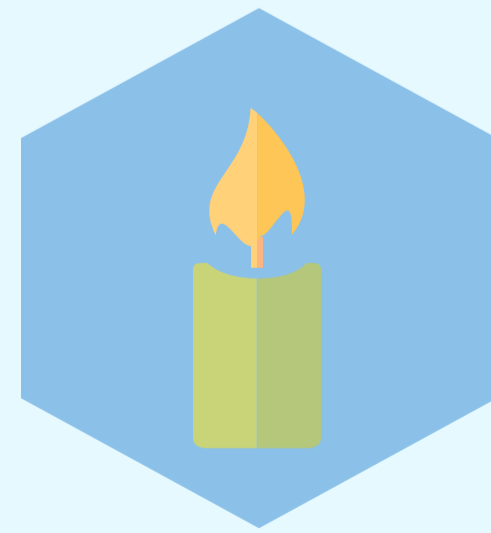
## Learn how to correct others

In correction, two things that need to happen: Forgiveness and Restoration.



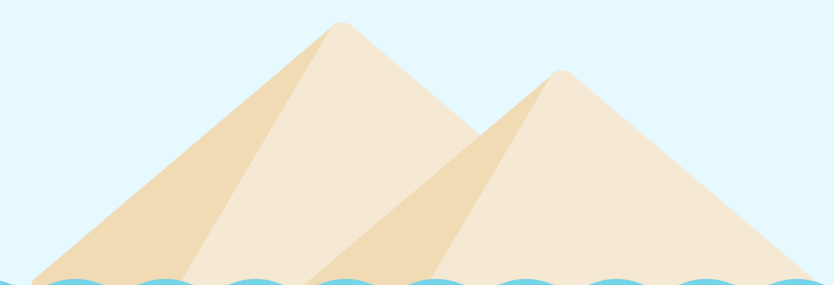
## Do not neglect leadership training.

Training local leaders has got to be a priority along with preaching the gospel. Both are desperately needed in this world.



## Equip and empower your people

Give them real authority and real decision making abilities. When they mess up, help them put it right



# PRACTICAL KEYS



## **Be practical**

There are a lot of practical things associated with being a missionary. Hygiene is one of those things. Take care of your possessions, and the possessions of others. Build trust by being thoughtful and considerate.

## **Be a good guest**

When visiting friends for a longer period of time, be sure to make yourself useful by doing things that you can see need to be done. Offer to help, and don't be afraid to get dirty!

## **Teach about finances**

There is more to understanding and teaching in 'Kingdom Finances' than just 'giving'. Though generosity is foundational to the nature of God, He is also the One who gives us the will and strength to work.



# CONCLUSION



**Bear these 23 keys in mind when you are out in the mission field.**

**They can make a difference to your success and the experience that you will receive.**

## Want to Learn More?

Read this article to learn about two more bonus tips and get more details on how you can fully implement the keys that you have learned in this infographic.

<https://www.fieldpartner.org/cross-cultural-missionary-23-keys>

## About Us



**FieldPartner**  
International

<https://www.fieldpartner.org/>

FieldPartner is a new ministry to help train folk who are planning to be involved in cross-cultural work. We provide online courses that can benefit new missionaries, experienced missionaries, as well as the church support team.