



UPSTREAM



PERSONAL QUESTIONS SENT ONES SHOULD ASK REGULARLY SENDING CHURCH ELEMENT #12

Personal reflection is so important. The following is a list of questions that sent ones can ask themselves regularly, or for those from the sending church to ask sent ones. Consider asking these questions once a year or at least at the start of each new season of work or life.

Personal

- How am I really doing? Spiritually? Mentally? Physically?
- Is Jesus still real to me? Am I listening for his voice? Can I sit silently in his presence?

Reflection

- What were milestone moments from the past year, both positive and negative? Have I celebrated the wins? Have I grieved the losses?
- Where do I see fruit not just in my work, but in my character? In what ways has God grown me?
- Where do I see a lack of fruit in my character? Is there a besetting sin or pattern behind this?

Emotional Health

- What was life-giving (credit)? What was draining (debit)?
- Am I genuinely happy to be here? If not, why? What about my family?
- What am I taking too seriously? Am I able to laugh at myself? If not, why?
- Were there any situations from the past year in which I did not feel I could be honest about at the time in the way I communicated my feelings, needs, and desires? Why was that?

Calling

- Is God still calling us to be here? Have we processed this with anyone? Has anyone affirmed us?
- What am I running to for refuge instead of Christ? What am I running from?

- Are there any sins or temptations for which I need to confess in order to receive forgiveness and healing?

Relationships

- Have I expressed gratitude and affirmation to my family, teammates, and national friends?
- How is my spouse really doing? Spiritually? Mentally? Physically?
- How are my children really doing? Spiritually? Mentally? Physically? Educationally?
- How have I lived in community? How have I allowed myself to become isolated?
- Where do I need accountability?
- How are my teammates really doing? Are there any conflicts that need to be resolved?
- How are my relationships with nationals? What keeps them from going deeper?

Looking Forward

- What words would I use to sum up the past year? What words do I hope will sum up the next year?
- How do I want to grow in the coming year? As a person? As a spouse? As a parent? As a teammate? As a friend?
- What books do I want to read in the coming year?
- How do I need rest? How will I get rest? What about my family?
- Do I need further debriefing? If yes, how will I seek that out?