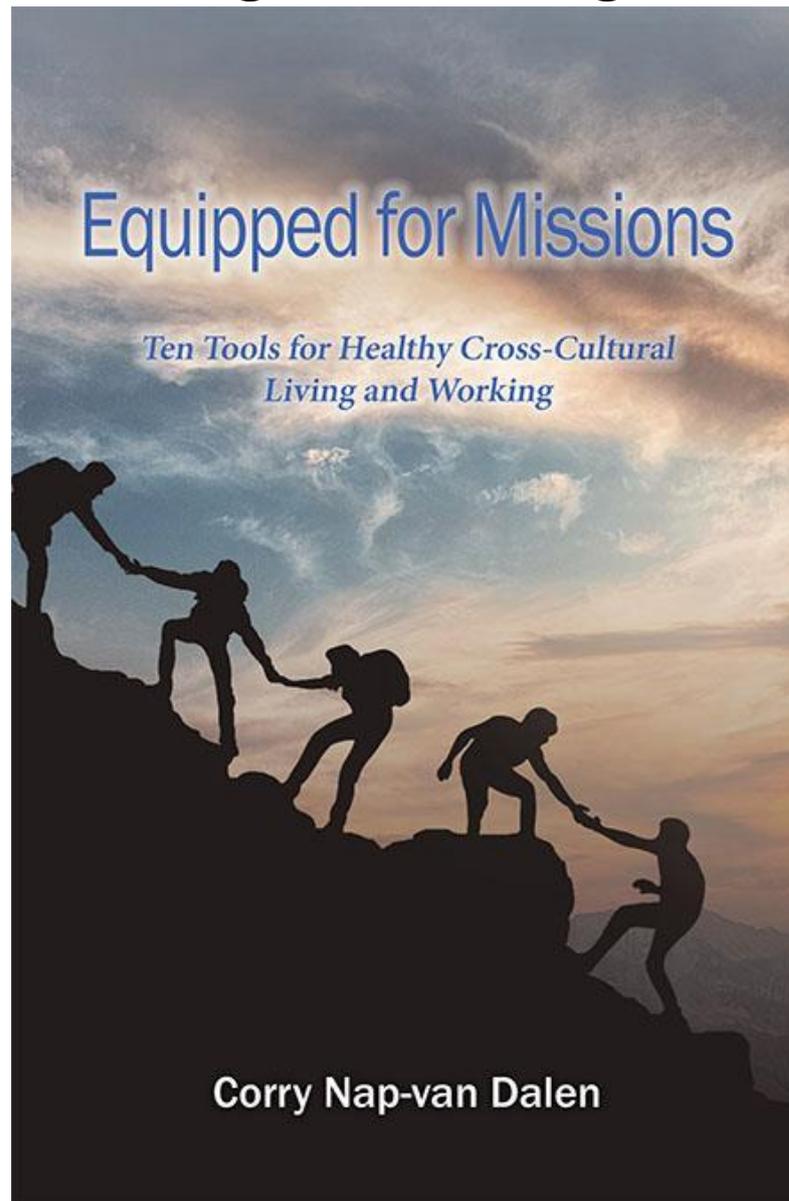


Now also in English:

Equipped for Missions

Ten Tools for Healthy Cross-Cultural
Living and Working



A must-have for mission workers

How does this book help a mission worker?

This handbook (and reflection guide) has proven to be the answer to a felt need of many member care workers, mission organizations and mission workers: a concise training that equips mission workers for healthy cross-cultural living and working.

The ten principles that are the basis of the book were agreed upon by a large group of experienced mission and member care workers. They are convinced that, if internalized and applied, these tools build true resilience in mission workers and enable them to maintain healthy cross-cultural relationships. They are:

1. You know that you are called by God. You have a clear **vision** and an open mind.
2. You have an active prayer life with practices and resources for **spiritual formation**.
3. a. Time and attention for your **partner** and **children** are top priorities.
b. You realize that **being single** is a gift and a challenge. You invest in friendships.
4. You are aware of your **strengths and weaknesses**, and you are always learning how to deal with both.
5. You are a **team player**. You know how to receive and offer **forgiveness**.
6. You have a strong **support network** with whom you communicate regularly. You have a clear **job description**.
7. You regularly engage in **self-reflection** and **evaluation** of your performance, alone and with the help of others.
8. You have someone with whom you can freely **pour out your heart**.
9. You regularly take time for **relaxation**, vacations, and furlough.
10. You realize that **re-entry** is often more difficult than going abroad.

Each chapter focusses on one of the tools. Chapters have a similar layout and are structured in short chunks that make the information easily accessible:

- a real-life missionary story
- a poem
- Bible verses
- quotes
- facts from relevant scientific research
- graphs
- self-scoring tests
- questions to reflect on and discuss
- worksheets
- dos and don'ts for daily life

The book is widely used by Dutch mission workers, who are preparing to go to or are on the field already. They use it as a personal study guide or as a guide for group meetings of their mission team. It has also been proven to be valuable in evoking reflection in sessions with a coach. A large part of those who use the book wanted this resource to be available to their English-speaking colleagues as well. In 2020 we decided to translate the work. In October 2022 the English version will be available as a paperback and as an e-pub.

Paperback and e-pub: facts and prices

Text

The first Dutch version of *Equipped for missions* was published in 2011. It received very positive reviews and was reprinted regularly, mainly because mission organizations ordered it in bulk and use it in the selection and preparation phase of missionaries, or as a support for workers on the field already.

In 2021, the author completely and intensively revised the text and added new information that was not yet available in the first edition. This revised text has been translated into English and edited by several native English-speaking (former) missionaries.

Paperback

ISBN 978 90 75569 926, Format: 15*23 cm, 202 pages

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