

Daily Journal

“The very best thing to write about is not where you have been, or where you are going, but rather what you are experiencing at the moment... You are trying to grab hold of the most elusive human experience of all – that of evolution from one state of being to another. For this narrative to be any use to you, you must be able to get down accurately and completely what is happening not just on the outside but the inside.”

Jeffrey A. Kottler, *Travel That Can Change Your Life*

The purpose of keeping a daily journal throughout the trip is to capture in words the essence of your experience. Doing so on a day-to-day basis preserves the freshness of your discoveries, and your reactions to the things you experience.

Kottler lists the following things you may choose to include:

- Vivid portraits in which you try to describe the essence of things.
- Connections to the past in which you link what you are experiencing in the present with what you have learned and lived previously.
- Revelation and insights where you catalogue transformative ideas you have along the way, including new things you have realized about yourself.
- Heightened awareness as you note anything you have never noticed before.
- Challenges faced – an honest portrayal of the difficulties you encounter and how you handle yourself.
- Internal states of disorder where you talk about your fears, apprehensions, worries.
- Passion – your most creative ideas, most intense feelings, most moving experiences.
- New skills – practice new ways of thinking and feeling, new ways of talking with yourself.
- Notes to self – reminders of things to do when you get back.
- Declarations of commitment – what do you resolve to do differently when this trip is over? How will you be accountable to yourself?

It is important to make entries in your journal **daily!** On Tuesday, it is difficult to recall exactly what you were feeling and experiencing on Saturday. Make it part of your daily habit.

For those members of the team who want to maximize the spiritual impact of this trip, there are scripture verses on which to reflect as you make your daily entries.

Date: _____

LUKE 4: 16-21

When he came to Nazareth, where he had been brought up, he went to the synagogue on the Sabbath day, as was his custom. He stood up to read, and the scroll of the prophet Isaiah was given to him. He unrolled the scroll and found the place where it was written: "The Spirit of the Lord is upon me, because he has anointed me to bring good news to the poor. He has sent me to proclaim release to the captives and recovery of sight to the blind, to let the oppressed go free, to proclaim the year of the Lord's favor." And he rolled up the scroll, gave it back to the attendant, and sat down. The eyes of all in the synagogue were fixed on him. Then he began to say to them, "Today this scripture has been fulfilled in your hearing."

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MATTHEW 6: 19–21

Do not store up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal; but store up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there your heart will be also.

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PSALM 12: 5

“Because the poor are despoiled, because the needy groan, I will now rise up,” says the Lord; “I will place them in the safety for which they long.”

PROVERBS 17: 5

Those who mock the poor insult their Maker; those who are glad at calamity will not go unpunished.

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LUKE 1: 46–55

And Mary said, “My soul magnifies the Lord, and my spirit rejoices in God my Savior, for he has looked with favor on the lowliness of his servant. Surely, from now on all generations will call me blessed; for the Mighty One has done great things for me, and holy is his name. His mercy is for those who fear him from generation to generation. He has shown strength with his arm; he has scattered the proud in the thoughts of their hearts. He has brought down the powerful from their thrones, and lifted up the lowly; he has filled the hungry with good things, and sent the rich away empty. He has helped his servant Israel, in remembrance of his mercy, according to the promise he made to our ancestors, to Abraham and to his descendants forever.”

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LUKE 10: 25–37

Just then a lawyer stood up to test Jesus. “Teacher,” he said, “what must I do to inherit eternal life?” He said to him, “What is written in the law? What do you read there?” He answered, “You shall love the Lord your God with all your heart, and with all your soul, and with all your strength, and with all you mind; and your neighbor as yourself.” And he said to him. “You have given the right answer, do this, and you will live.” But wanting to justify himself, he asked Jesus, “And who is my neighbor?” Jesus replied, “A man was going down from Jerusalem to Jericho, and fell into the hands or robbers, who stripped him, beat him, and went away, leaving him half dead. Now by chance a priest was going down the road; and when he saw him, he passed by on the other side. So likewise a Levite, when he came to the place and saw him, passed by on the other side. But a Samaritan while traveling came near him; and when he saw him he was moved with pity. He went to him and bandaged his wounds, having poured oil and wine on them. Then he put him on his own animal, brought him to an inn, and took care of him. The next day he took out two denarii, gave them to the innkeeper, and said, ‘Take care of him; and when I come back, I will repay you whatever more you spend.’ Which of these three, do you think, was a neighbor to the man who fell into the hands of the robbers?” He said, “The one who showed him mercy.” Jesus said to him, “Go and do likewise.”

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LEVITICUS 19:33-34

When an alien resides with you in your land, you shall not oppress the alien. The alien who resides with you shall be to you as the citizen among you; you shall love the alien as yourself, for you were aliens in the land of Egypt: I am the Lord your God.

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PSALM 8

O Lord, our Sovereign, how majestic is your name in all the earth!

You have set your glory above the heavens.

Out of the mouths of babes and infants you have founded a bulwark because of your foes,

To silence the enemy and the avenger.

When I look at your heavens, the work of your fingers, the moon and the stars that you have established;

What are human beings that you are mindful of them; mortals, that you care for them?

Yet you have made them a little lower than the angels, and crowned them with glory and honor.

You have given them dominion over the works of your hands; you have put all things under their feet,

All sheep and oxen, and also the beasts of the field, the birds of the air, the fish of the sea,

Whatever passes along the paths of the seas.

O Lord, our Sovereign, how majestic is your name in all the earth!

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EPHESIANS 4: 28

Thieves must give up stealing; rather let them labor and work honestly with their own hands, so as to have something to share with the needy.

JAMES 1: 27

Religion that is pure and undefiled before God, the Father, is this: to care for orphans and widows in their distress, and to keep oneself unstained by the world.

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JAMES 2: 1–5

My brothers and sisters, do you with your acts of favoritism really believe in our glorious Lord Jesus Christ? For if a person with gold rings and in fine clothes comes into your assembly, and if a poor person in dirty clothes also comes in, and if you take notice of the one wearing the fine clothes and say, "Have a seat here, please," while to the one who is poor you say, "Stand there," or "Sit at my feet," have you not made distinction among yourselves, and become judges with evil thoughts? Listen, my beloved brothers and sisters. Has not God chosen the poor in the world to be rich in faith and to be heirs of the kingdom that he has promised to those who love him?

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I JOHN 4: 19-21

We love because he first loved us. Those who say, "I love God," and hate their brothers or sisters are liars; for those who do not love a brother or sister whom they have seen, cannot love God whom they have not seen. The commandment we have from him is this: those who love God must love their brothers and sisters also.

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MATTHEW 25: 31-41

When the Son of Man comes in his glory, and all the angels with him, then he will sit on the throne of his glory. All the nations will be gathered before him, and he will separate people one from another as a shepherd separates the sheep from the goats, and he will put the sheep at his right hand and the goats at the left. Then the king will say to those at his right hand, 'Come, you that are blessed by my Father, inherit the kingdom prepared for you from the foundation of the world; for I was hungry and you gave me food, I was thirsty and you gave me something to drink, I was a stranger and you welcomed me, I was naked and you gave me clothing, I was sick and you took care of me, I was in prison and you visited me. Then the righteous will answer him, 'Lord, when was it that we saw you hungry and gave you food, or thirsty and gave you something to drink? And when was it that we saw you a stranger and welcomed you, or naked and gave you clothing? And when was it that we saw you sick or in prison and visited you?' And the king will answer them, 'Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me.'

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ACTS 4: 32–35

Now the whole group of those who believed were of one heart and soul, and no one claimed private ownership of any possessions, but everything they owned was held in common. With great power the apostles gave their testimony to the resurrection of the Lord Jesus, and great grace was upon them all. There was not a needy person among them, for as many as owned lands or houses sold them and brought the proceeds of what was sold. They laid it at the apostles' feet, and it was distributed to each as any had need.

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MATTHEW 6: 24-33

Jesus said, "No one can serve two masters; for a slave will either hate the one and love the other, or be devoted to the one and despise the other. You cannot serve God and wealth. "Therefore I tell you, do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear. Is not life more than food, and the body more than clothing? Look at the birds of the air; they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And can any of you by worrying add a single hour to your span of life? And why do you worry about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin, yet I tell you, even Solomon in all his glory was not clothed like one of these. But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, will he not much more cloth you - you of little faith? Therefore do not worry, saying, 'What will we eat?' or 'What will we drink?' or 'What will we wear?' For it is the Gentiles who strive for all these things; and indeed your heavenly Father knows that you need all these things. But strive first for the kingdom of God and his righteousness, and all these things will be given to you as well.

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ECCLESIASTES 5: 10–12

The lover of money will not be satisfied with money; nor the lover of wealth, with gain. This also is vanity. When goods increase, those who eat them increase; and what gain has their owner but to see them with his eyes? Sweet is the sleep of laborers, whether they eat little or much; but the surfeit of the rich will not let them sleep.

I TIMOTHY 6: 6–10

Of course, there is great gain in godliness combined with contentment; for we brought nothing into the world, so that we can take nothing out of it; but if we have food and clothing, we will be content with these. But those who want to be rich fall into temptation and are trapped by many senseless and harmful desires that plunge people into ruin and destruction. For the love of money is a root of all kinds of evil, and in their eagerness to be rich some have wandered away from the faith and pierced themselves with many pains.

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PHILIPPIANS 4: 11–13

I have learned to be content with whatever I have. I know what it is to have little, and I know what it is to have plenty. In any and all circumstances I have learned the secret of being well fed and of going hungry, of having plenty and of being in need. I can do all things through him who strengthens me.

JOHN 13: 34–35

I give you a new commandment, that you love one another. Just as I have loved you, you also should love one another. By this everyone will know that you are my disciples, if you have love for one another.

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