



my packing list!

Remember, you can do a lot more for people when you understand them, not just feed them.

A towel (humility): For remembering to graciously accept hospitality.

A broken watch (deliberateness): So I won't be in a hurry all the time, particularly when I'm talking to people.

My Bible (transformation): To discipline myself to read daily from God's Word, memorize passages, and grow like Jesus—in wisdom, stature, favor with God, and favor with humans.

Crayons (creativity): So I won't sit around waiting to be entertained.

Gifts (generosity): To give the families I came to serve. (Note: First ask mission leader for appropriate gift suggestions.)

Journal (discernment): To keep a record of the incredible things I see and hear.

Magnifying glass (healthy curiosity): For asking questions about things I'm uncomfortable with or don't fully understand, especially how or why a missionary is doing something. So I'll take an interest in my surroundings and enjoy the differences I observe.

A mirror (respect): As a reminder to heed my appearance and conduct (e.g., what I wear, who I talk to, and who I can touch or hug).

My brain (sensibility): So I won't try to "straighten out" a national but instead listen and give scriptural advice. To help me remember that if I need assistance, I should ask one of the missionaries for help.

My heart (friendliness): So I can shake hands with the people I meet (or whatever is the appropriate greeting for my area).

An open mouth (consideration): For carrying on conversations with nationals, not just the people in my group.

A closed mouth (follow-through): So I won't make promises unless I'm able to deliver (e.g., sending pictures, Bibles, money, or other promises I might later find difficult to keep).

A raincoat (patience): As a reminder not to display anger or impatience when unexpected things happen, especially if it could repel people and damage the cause of Christ.

Shoes (pro-activity): For helping me think of things to do and help.

Trowel (participation): So I'll get involved in activities with people in my area, be it gardening, cooking, or sports.

A water bottle (partnership): So I'll work well with the missionaries, sharing frustrations and triumphs during our time together.

Work gloves (usefulness): So that I can "become all things to all men so that by all possible means I might save some. I do all this for the sake of the gospel, that I may share in its blessings" (1 Corinthians 9:22-23, NIV).

Adapted from Sarah Barton's "Top Ten Dos and Don'ts List for Interning in Uganda."