



Journal Prompts for a truly transformative experience: Remember, journaling is a personal and introspective practice. Use these prompts as a starting point, and feel free to expand on them or explore additional topics that resonate with you.

- 1. Reflect on a meaningful encounter or interaction you had with a local Haitian individual or community. How did this encounter impact you and deepen your understanding of their culture and experiences?**
- 2. Explore your emotions and thoughts about witnessing poverty and hardship during your mission trip. How has this experience challenged your perspectives on materialism, gratitude, and compassion?**
- 3. Write about a moment when you felt God's presence or guidance during your time in Haiti. How did this experience strengthen your faith and sense of purpose in serving others?**
- 4. Share any personal growth or transformation you have experienced through this mission trip. How have your beliefs, values, or priorities shifted as a result of your exposure to a different culture and the issues faced by the Haitian people?**
- 5. Reflect on the challenges or obstacles you encountered while serving in Haiti. How did you navigate and overcome these challenges, and what did you learn from this process?**
- 6. Write a letter to yourself detailing the most memorable moments and experiences from your mission trip. What do you want to remember and carry with you as you return home?**
- 7. Consider the long-term impact of your mission trip on your own life and the lives of those you served. How can you continue to support and advocate for the people of Haiti from your own community? What actions or changes can you implement in your life to live out the lessons learned during this mission trip?**