

## How can YOU be proactive rather than reactive?

As someone who has a heart for encouragement and pro-active member care, our hope is that you are asking how you can better prepare and equip them to thrive in the role God has called them. We have provided some of the top needs and common themes of missionary women.

### Top Needs of Missionary Women

1. To be spiritually mentored
2. Feel connected
3. To be known, understood, and prayed for
4. To have close friends
5. Time away from ministry / life responsibilities

### Compilation of common themes heard by our Counselors:

- Team Conflict Issues • Women in Leadership
- Workaholism • Fatigue • Loss of Ministry Passion • Need for Self Care • Grief and Loss (Tangible and Intangible) • Transition • Marital Stressors: Sexual Abuse, Moral Failure, Communication, Cross-Cultural Marriage
- Addictions • Loneliness • Isolation • Depression • Singleness • MK issues: Schooling Choices, Adult Children Struggling in the US

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## Missionary Member Care Quiz:

- How do we validate and affirm their call?
- How do we help them strategically connect with women who “get their life”?
- How do we encourage them to cultivate their walk with the Lord? Are they asking for spiritual mentors?
- How do we help young women network with other seasoned workers (even in other agencies) who can mentor them in their region, being careful to not minimize their zeal but offer insight gained from experience?
- How do we verbalize that they are valued for “being” vs. “doing”?
- How do we model and teach them the disciplines of Rhythm and Rest?
- Do we recognize the continual need to process their “extreme” missions work by helping them clarify their thoughts and feelings?
- Do we provide opportunities for breaks – time to re-fuel and rest? This passionate generation tends to give selflessly and ignore their need for rest.
- How does your church value and protect your single missionary women?
- How can we know each missionary woman well enough to recognize her individual needs?
- Become a student of each missionary woman's life to determine the most effective way to communicate our desire to encourage her. This includes life stage issues.
- How do we come along side her during a difficult emotional time of “need”?
- Are we listening and aware of their need for debriefing– the age of Skyping and web-cams is wonderful for Member Care!
- What precautions are we taking to strengthen marriages and protect from the temptations of pornography?
- When church decisions are made that affect teams, how can we include them in the process and help with the transition?
- Be persistent to continue to visit on site as often as possible. Practice the ministry of presence.