

PREPARING YOUR DISCIPLES TO RETURN HOME

Reverse Culture Shock:

- Common for people who return after an extended time away from their home culture
- The dissonance and displacement experienced when returning, is the result of:
 - New attitudes and values acquired overseas
 - Parental and societal expectations
 - Changes their friends, families and society have undergone in their absence
- Returnees may even feel like outsiders - a foreigner in their own country
- Disappointment, disillusionment and struggles tend to emerge
- They have to adjust to adult life, working long hours and juggling daily responsibilities and family expectations
- They will need to find a way to integrate their Christian faith with parental and societal expectations, and to cope with pressures

Key Elements That Will Help Our International Friends In The Readjustment Process:

- Support of like minded believers who will journey with them
 - Use the case studies in this video and discuss the reality of reverse culture shock
 - Explore ways your returning friend has changed and what aspects of the host culture they have embraced or come to enjoy
 - Discuss family and societal responsibilities and pressure
 - The workplace and society may present daily moral challenges, and returnees need to plan how to navigate these challenges
 - Develop a strong spiritual foundation and culturally relevant faith
 - View international students as partners and train and encourage them to grow in their faith and leadership
 - They must develop a personal vibrant relationship to Christ to face culturally-based adjustments and spiritual challenges
 - Encourage students to start praying and reading the Scriptures in their own language even while overseas
 - They should also experience a church in their native language and culture while studying overseas to at least get a taste of what it is like to worship with those who share their cultural background
 - Encourage our friends to do some research on the church in their country and/or visit a local church the next time they visit home
 - Stay in touch and be patient
 - Send regular emails or messages but don't get discouraged if they do not respond immediately
 - Share about your life and ask about theirs
 - Arrange for a voice or video chat
 - Be a companion on their journey; don't make decisions for them but listen prayerfully
 - Pray with and for them and trust the Lord's work in their life.
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