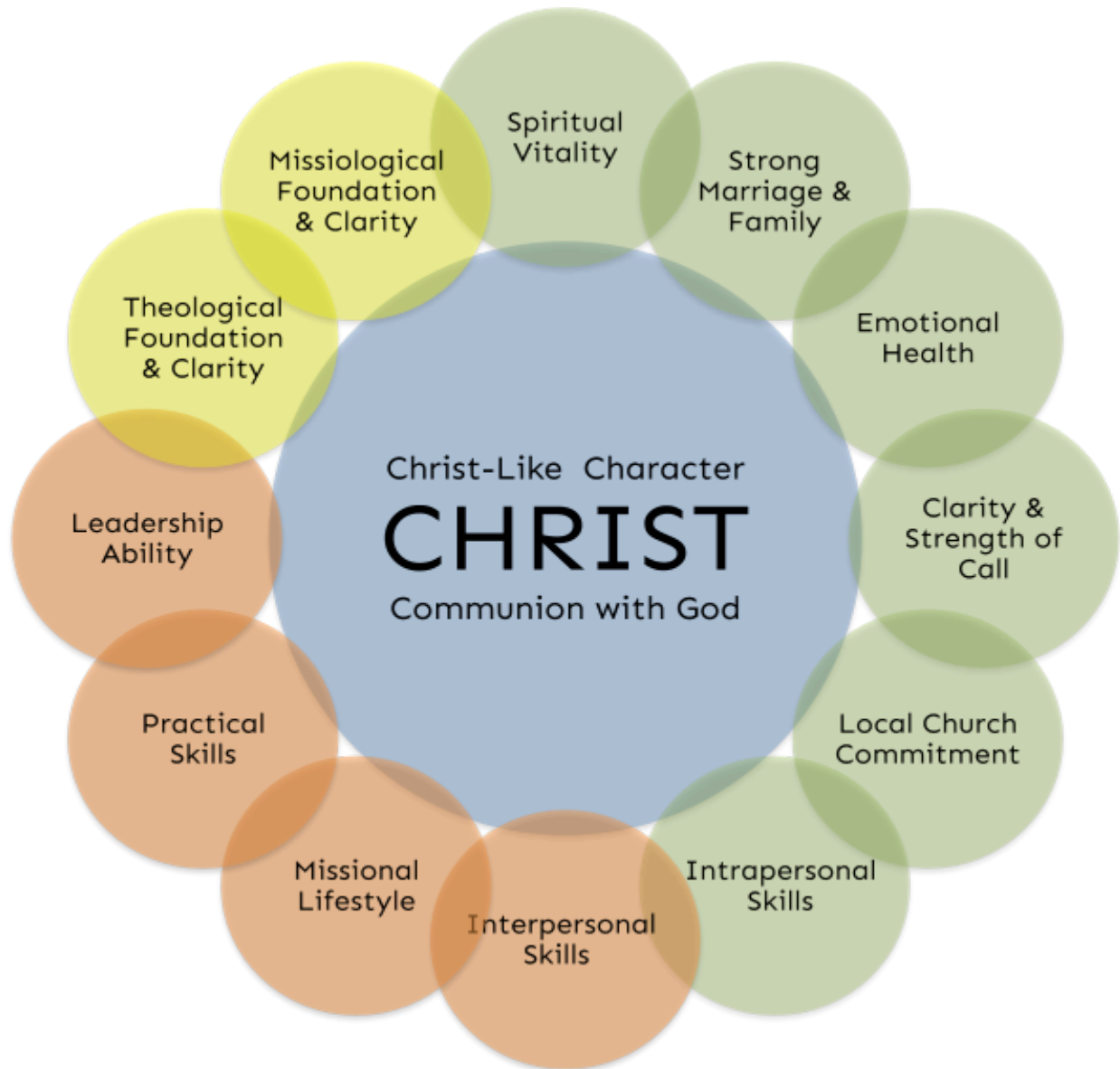


HEAD (Knowledge)

HEART (Being)



HANDS (Doing)

# Traits of a Healthy Missionary

CHRIST: Christ-like Character and Communion with God (the Cultivated Life)

## **Spiritual Vitality**

- Are they actively cultivating a life with God?
- Do they practice an active devotional life?
- Are they able to Spiritually feed themselves?
- Do they know how to rest/Sabbath?

## **Strong marriage and family**

- Do they have a healthy and growing marriage?
- Do they practically serve and love their spouse and children?
- Do they have a healthy and growing relationship with extended family and friends?

## **Emotional Health**

- Do they have sin issues and emotional baggage from life that has not been dealt with?
- What current sins do they struggle with?
- What are the potential issues they will face on the field?
- Do they have known mental health issues?

## **Clarity and Strength of Call**

- **Can they articulate a call and a desire to serve overseas?**
- Has their calling been affirmed by others including local church leadership?

## **Commitment to the Local Church**

- Are they faithfully serving in the context of the local church right now?
- Do they see the local church as a vital part of their everyday life?
- Are they living in community with other members of their church?

## **Intrapersonal Skills**

- Do they have a proper understanding of themselves?
- Do they have a proper understanding of suffering?
- Do they have a record of perseverance under suffering?
- Do they show resilience in life and ministry?