

## 2023 SWEETWATER STUDENTS MISSION TRIP

# Your Best Week

We're going to have a blast together on the 2023 Sweetwater Student Mission Trip! To ensure that you get the most out of our week, here are a few tips and things to remember.

### FOCUS ON JESUS

In Matther 25:40, Jesus reminds us that when we serve others in need, we're actually serving him. Keep that in mind this week as we paint, shovel, hammer, clean, and rake—we're serving Jesus and he's teaching us something in the process. Keep your eyes on Jesus this week and consider what he may be inviting you to see as we work, worship, laugh, and cry together.

### STRETCH YOUR COMFORT ZONE

Getting away from our routines can help us see things with fresh eyes. You may have some new experiences that feel a little scary, but each new situation is an opportunity to grow and mature. As we serve others, interact with strangers, make new friends, and go on new adventures, we can trust God to supply what we need. Let your comfort zone be stretched a little this week—that's how we grow.

### CHOOSE YOUR ATTITUDE

As some point during our week together, we'll find ourselves feeling extra tired. We may become grumpy, insecure, overwhelmed, etc. These moments are an opportunity to pray and depend on God, rather than giving into sin. We can choose to focus on what God is doing among us, assume the best about others, celebrate the good stuff, and let God's spirit lead us. When we do that, we'll display the fruit of the Spirit, which is loving, joyful, patient, kind, good, faithful, gentle, and self-controlled (Galatians 5:22).

### TAKE NAPS

Sleep when the lights go out and take naps—you're going to need the energy! Wisdom has spoken.

### OBSERVE THE TEAM EFFORT DRESSCODE

*TEAMeffort dress code is loose-fitting unaltered t-shirts and loose-fitting fingertip length shorts. Close-toed shoes must be worn on the mission site. Closed-toed shoes do not include crocs, toms, flip flops, chacos. Must have a hard sole and covered toes and heel. Undergarments should not be visible and clothing should be properly fastened. Hemlines on shorts or skirts must be at least fingertip length. We do not allow tank tops, sleeveless shirts, spaghetti-strap shirts, halter tops, crop tops, tube tops, yoga pants, leggings, or two-piece bikini bathing suits. When swimming, women must wear a modest one-piece suit or a tankini-style suit that covers the torso and midriff (front, sides, and back); men must wear t-shirts when not in the swimming area.*

Observing the dress code will minimize drama and keep us focused on serving.

### WORSHIP AT WORSHIP TIME

When we gather for worship, do your best to let go of distractions and open your heart to what God is doing with our group. There will be plenty of time to talk and hang out at other times. If you're having trouble focusing, change seats. Come to worship time with expectancy.

These are just a few reminders and suggestions.

Be sure to check out the Code of Conduct on our student mission trip webpage

[www.fbsweetwater.org/swsmt2023](http://www.fbsweetwater.org/swsmt2023)

# 2023 in Tennessee

