

SENT – Preparing Your Heart for Missions

5 Day Reflection Guide

A short guide for mission students and small groups preparing their hearts for God's calling.

Before God entrusts you with nations, He prepares your heart in the hidden place.

Day 1 — The Call Begins in the Heart

Scripture: Isaiah 6:8

Reflection: Before God sends someone into the world, He often begins by stirring the heart. Missions does not begin with travel plans or strategies but with a willingness to respond to God's call.

Questions:

- When did you first sense God stirring your heart toward missions?
- What fears or questions do you carry about following His call?
- What might God be asking you to surrender right now?

Prayer: Lord, help me to hear Your voice clearly and to respond with a willing heart.

Day 2 — Total Surrender

Scripture: Romans 12:1

Reflection: Serving God begins with surrender. When we place our lives in His hands, He begins shaping our character and our motives for serving Him.

Questions:

- What areas of your life are hardest to surrender to God?
- How might God be shaping your character in this season?
- What does surrender look like for you today?

Prayer: Father, I place my life in Your hands. Shape my heart and guide my steps.

Day 3 — Hearing the Voice of God

Scripture: John 10:27

Reflection: Those who serve God must learn to recognise His voice. God often speaks through Scripture, prayer, wise counsel, and the quiet prompting of the Holy Spirit.

Questions:

- How do you usually hear God speaking to you?
- Are you creating space in your life to listen to Him?
- Who are the mature believers who help confirm God's guidance in your life?

Prayer: Lord, teach me to recognise Your voice and to follow wherever You lead.

Day 4 — Strength Through Prayer

Scripture: 1 Thessalonians 5:17

Reflection: Prayer is the foundation of a life of mission. A life rooted in prayer brings clarity, courage, and endurance for whatever God calls us to do.

Questions:

- What role does prayer play in your daily life?
- How can you deepen your prayer life?
- Who can support you in prayer as you prepare for mission?

Prayer: Lord, draw me deeper into Your presence and strengthen my life of prayer.

Day 5 — Being Sent

Scripture: Acts 13:2

Reflection: Throughout Scripture those who are sent into God's work are first prepared within a community of believers through prayer, discernment, and confirmation.

Questions:

- Who are the people encouraging your calling?
- How can your church help confirm God's direction?
- What step might God be asking you to take next?

Prayer: Lord, prepare my heart and guide my steps as I follow Your call.

Use this guide together with the book:

SENT: Preparing Your Heart for Missions by Sylvia Suhr.

Mission organisations, churches, and training schools are welcome to share this guide freely with students preparing for cross cultural ministry.