

NAVIGATING YOUR JOURNEY

A Post-Graduation Guide for International Students









Chi Alpha Campus Ministries, U.S.A.

1445 N. Boonville Avenue Springfield, MO 65802 (417) 862-2781 x1425 chialpha@ag.org chialpha.com/xai

Visit the XAi Re-Entry Website for resources, connections and all Re-Entry updates.



EMAIL XAI@AG.ORG TO ORDER MORE COPIES OF THIS BOOK

All rights reserved. Printed in U.S.A.

ACKNOWLEDGEMENTS

A special thank you to all the International Student Ministries that have pioneered to develop research and set the standard for Re-Entry. An extra special thank you to InterVarsity Christian Fellowship, The Navigators, Friends International, China Outreach Ministries, Ambassadors for Christ, and Lisa Espineli Chinn, as much of your research has shaped the development of this resource.

CONTRIBUTING AUTHORS



Allison Smith XAi Re-Entry Specialist 2021-2024



Sevo Lwali XAi Director



Jada PothinaXAi Operations and
Training Specialist



Cynthia DobbsThe University of Tulsa
Campus Pastor



Kristina Lwali XAi Resource Specialist

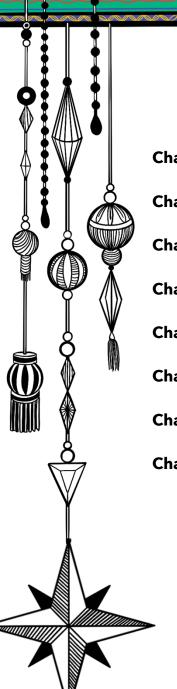


TABLE OF CONTENTS

Chapter 1: Your Journey Post Chi Alphapage	e 04
Chapter 2: Processing Transitionpage	∍ 06
Chapter 3: Processing Your Purpose and Future page	e 14
Chapter 4: Facing Challengespag	e 20
Chapter 5: Discovering Godpag	e 26
Chapter 6: Setting Yourself Up For Successpag	e 30
Chapter 7: Creating a Plan of Actionpag	e 38
Chapter 8: Commissioningpag	e 42





Your Journey Post Chi Alpha

As you have studied here in the U.S., you may be looking toward what life will be like after your university study. From the moment Jesus created you to this moment (Ephesians 1:4), and even before you stepped onto the plane to study in the United States, Jesus has invited you into His love and the purpose He has for you. He continues to invite you into a life with Him, even after your time at university. Jesus wants to walk this life with you, to provide peace and joy during all the ups and downs that the transition to a new phase in life will bring.

On your journey post Chi Alpha, you may return home, move to another country, or stay in America. Whether you continue with more study or with work in the marketplace, Jesus wants to be your guide as you navigate the next chapter of your life!

Why Prepare?

Experiences shape us. As you have lived here in the United States, studying and making memories, you have become a different person. New hobbies, meal preferences, friendships, and exposure to a new culture have shaped you. It is important to process your journey post Chi Alpha through the lens of who you are now. (Think Home).



"I needed someone who would process with me the experiences which shaped me from who I used to be and where I was at, to who I am and where I am at now."

Former International Student from Saudi Arabia



Moving into a new chapter of life can bring change and unexpected twists and turns. The great news is, we want to walk with you! Through it all, Jesus wants to walk with you on this journey toward your next chapter. He doesn't change, no matter where you are.

Transition comes with its own set of challenges and experiences. It is vital to process, set realistic expectations, and plan for what is to come and how you will respond and approach the new context.

How to Use This Guide

Once a compass points true north, only then can you know the direction of east, west, and south. From there, you can make decisions about which direction to go. Use this guide as a compass as you navigate your journey post Chi Alpha. Jesus wants to be your true north to establish your east, west, and south as you process all your experiences here in the U.S. and how they will impact you as you move to the next place.

Each chapter is written specifically with you in mind to equip you and give you tools to use now and in the future. From preparing to face challenges ahead to setting yourself up for success, we want you to be prepared, cared for, strong, and able to apply what you have learned while studying overseas. Spend time processing and pondering through each topic, question, and challenge. Sit with a close friend and talk through these topics. Share what you are feeling and thinking. There are common themes to everyone's journey that are important to walk through.

Start now. How are you feeling? What did the last few pages make

you think about?



Processing Transition

Where Are You Going?

As you begin your journey post Chi Alpha, it is important to look ahead to the potential direction you are trying to go. Will you stay in the U.S. for more academic studies or a career? Are you moving to a different country? Will you be returning home? (Think Home). What are your motivations for your move? Think through the examples below:

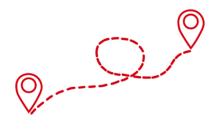
Sense of Belonging Career Aspiration Family Needs

It is okay if you do not know the answer right now! Begin to think through the possibilities. This season has been full of memories, experiences, and new ideas. Looking ahead to a new season full of even more memories, experiences, and ideas is exciting!

"Trust in the Lord with all your heart; do not depend on your own understanding. Seek
His will in all you do, and he will show you which path to take."

Proverbs 3:5-6 NLT

- 1. If you know what your next step is after graduation, write it down.
- 2. If you do not know what your next step is after graduation, write down what you are considering and thinking about pursuing.
- 3. What are next steps you need to take to move forward in your plans for post-graduation?



Challenge: Journal and process your experience here in the U.S. What aspects of your journey made it enjoyable? What people influenced your life while being here? What are things you learned that you would like to take into the next chapter with you?



Your Spiritual Journey

As you came to the United States and began studying at your university, you have been connected to great friendships with those in Chi Alpha. You have also been introduced to Jesus and Christianity. It is important to look inside and take an inventory of your spiritual journey. Take some time to reflect on your beliefs and your spiritual walk. (Returnee Handbook).

- 1. How did you get involved with Chi Alpha?
- 2. Who introduced you to Jesus for the first time? How did you meet this person? What influence have they had on your life?
- 3. What are your current thoughts about Jesus and Christianity?
- 4. How have your beliefs influenced you while making decisions here in the U.S.?
- 5. How has your spiritual walk changed since studying at university?



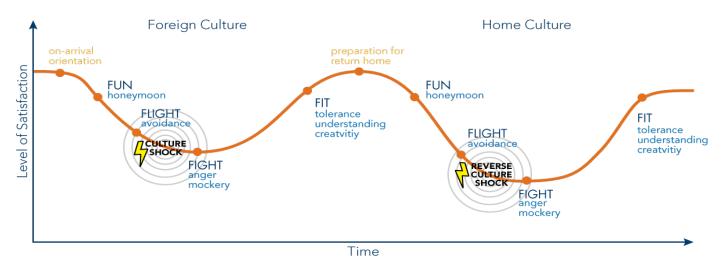
Challenge: It is important to understand how to share our experiences and how they will be most effective in different cultures. Write down your experiences here in the U.S. and how you would share them with a friend from your home context.



The U Curve

Just as you needed to adapt to your new environment when you arrived in the U.S., you will need to adapt to your new environment in the next place you will be going. Lysgaard (a sociology professor from the University of Oslo, Norway) developed a tool called the U-Curve to help describe the transition phenomenon. It describes different feelings that people experience when entering a new environment. **This curve will vary from person to person based on their experiences.** (Think Home).

STAGES OF TRANSITION



One may actually experience several high and low points in each transition. Also, multiple and simultaneous "U" curves may be experienced, with academic adjustment happening at a different rate than social or emotional transition, for example.

This diagram is available as a bookmark through the InterVarsity Store at **tiny.cc/bkmk**

Lisa Espineli Chinn & David Pollock © 2011 InterVarsity Christian Fellowship/USA

- 1. What blessings will you be leaving behind? How can you express thankfulness for these things? How will you deal with the loss of these things?
- 2. Anticipating the emotional challenges of your upcoming transition is crucial. Do you expect to feel the same level of discomfort adapting to your home culture when you go back, or to a new environment as you felt when you arrived in the US and had to adapt? Why?
- 3. What stages have you experienced? How did you deal with each stage? How will you approach each stage in your upcoming transition?

 (Think Home)

You can learn more about the U-Curve here (InterVarsity).





Processing Change

A vital step in processing change is understanding your current thoughts and expectations of what will happen after you finish your studies. As mentioned, through your incredible experiences, you have changed as a person and will continue to change as you develop more experiences in life. These changes can alter your perceptions. Understanding your current perceptions and how you view different areas of life will prepare you to enter the next part of your life with more awareness and help you set realistic expectations. Therefore, it is important to start preparing for your time post Chi Alpha by looking inward and evaluating how you have changed. (Home Again).

Experiencing and processing change is a unique opportunity to trust Jesus and allow Him to move in your life. You are not forgotten during all these changes. You will face events in your new context that will differ from what you expected.

- 1. What aspects of American culture do you enjoy or not enjoy?
- 2. What aspects of American culture do you want to take with you?
- 3. Look at the potential changes below. Have you changed in any of these ways?

PHYSICAL

- Do you have any physical appearance changes?
- · What different foods do you like now?
- How do you dress now compared to when you were back home?
- List other changes:

SPIRITUAL

- What religious beliefs or practices have you adopted since living in the U.S.?
- · What new spiritual disciplines are you practicing now?
- · How have your views of religion changed?
- List other changes:

SOCIAL & RELATIONSHIPS

- What friendships have you gained? What do you appreciate about them?
- Have you adopted any new mannerisms or attitudes towards certain things?
- Do you prefer living/being by yourself or with other people?
- How are you handling your emotions differently after being in the U.S.?
- · List other changes:

CULTURAL

- · Have you adopted any new habits?
- What academic pursuits motivate you now?
- Have your views of the role of government changed?
- Have your goals in life changed? Would you consider yourself ambitious?
- Have your spending habits changed since being in the U.S.?
- · List other changes:





Processing Your Purpose and Future

Gifts and Talents

God made each of us unique for an incredible purpose. The country and culture you come from and the family you were born into are not accidents. They have shaped you into who you are now! In addition, you were created with certain gifts and talents that you can use to make a difference in your community and nation. You may be very good at coding or design or other professional skills. You may also have strong interpersonal skills to help you interact with people and build strong relationships. Some of our talents and abilities bring joy to our lives and the lives of others, such as when someone can play beautiful music or cook delicious meals to share.

List the skills and abilities that God has given you:

Professional Skills	
Relationship Skills	
Other Talents/Abilities	
How are you planning to use these skills after you graduate?	



Challenge: Think of three ways to use your unique gifts to positively influence the people around you at work, in your new context, and your community.

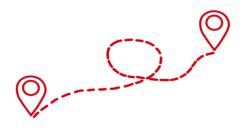


Goals and Dreams

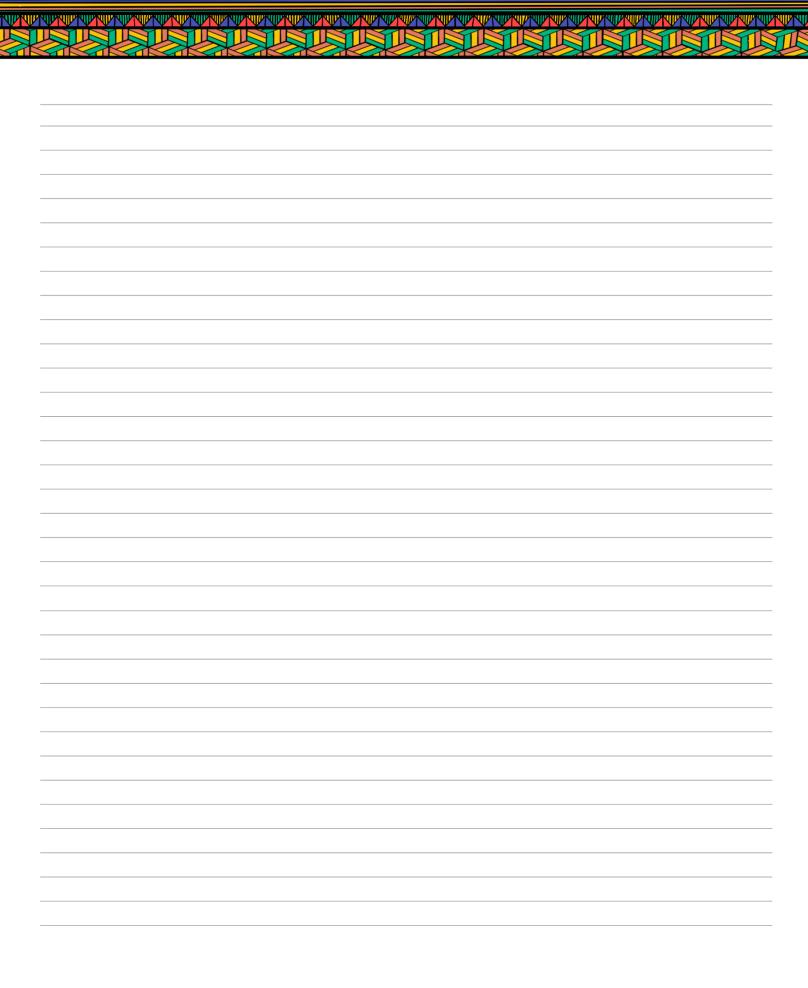
What do you see yourself doing in the future? Where would you like to be next year or in 5 years? Maybe when you came to the United States, your big dream was to come to study and earn a degree. Now, that dream has either become a reality or will soon become a reality. It is now time to dream new dreams! However, many people have found that in the transition from being a student into working life, if your dream is only focused on yourself and the success of your career, it soon feels lonely, hollow, and empty. Jesus said, "I have come that you might have life, and have it to the full" (John 10:10 NIV). Jesus can fill the emptiness and connect you with your purpose so that you can dream God-sized dreams.

- 1. What were your dreams when you first came to the United States to study?
- 2. Have these changed over the time since you have been here?
- 3. What other dreams have become a reality in your life?

It is often said that "A dream without a goal is just a wish." People who wish do not take any action toward what they want to happen. To complete your degree, you had to take exams and complete research to be able to make this dream become a reality. You took small steps with each assignment submitted and each report of your research progress towards your goal. You can keep growing and moving towards your goals even when you are not in school. However, it may not be structured for you, and you will need to take the initiative to set goals and take steps toward them. A good goal will be a specific action you can do within a particular time.



Challenge: Write 3 goals to help you reach your dream in this next chapter of your life. Write out a plan that will help you reach those goals. Also, write out how accomplishing these goals will impact your life.



Serving Your Community

One of the best parts of having gifts and talents is serving others with them! You have a lot to offer to your community. Whether you volunteer outside your job or serve others through your vocation, you can use your education and skills to contribute positively to society. You can start by seeing if there are ways you can serve your family and then look for ways to meet needs or address injustices around you. Compared to others who have yet to have your education or experience, you will have more access to resources and influence. You can leverage them to serve and make a difference in the lives of others.

- 1. What needs or injustices have you seen in the community where you are going?
- 2. What is something you have received that you would like to 'give back' by helping provide the opportunity for others to receive or experience it?
- 3. What kind of volunteer opportunities are available where you are going?
- 4. How do you hope to serve others through your future job?
- 5. How do you feel when you serve others around you?

"For you have been called to live in freedom, my brothers and sisters. But don't use your freedom to satisfy your sinful nature. Instead, use your freedom to serve one another in love." Galatians 5:13 NLT



Challenge: Develop a plan to use your giftings and talents to serve the community you will go to after graduation.





Facing Challenges

Expect Challenges

As an international student, you had the privilege to leave home and study in the U.S. The experiences you've gained, the relationships you've built, and the ways you have been stretched and challenged have all added to your rich experience. Sometimes, looking back, you can see that the times you grew the most were the most difficult seasons. As you prepare to transition, it is essential to prepare your heart and mind for the challenges you will face where you are going next. Jesus doesn't promise life will always be easy. In John 16:33, He says, "I have told you these things, so that in me you may have peace. In this world, you will have trouble. But take heart! I have overcome the world" (NIV). As you process difficulties that might be in front of you, you do not have to face them alone. Jesus wants to walk with you, and you can continue to talk with your friends and family as you prepare for new challenges.

Look at the categories and examples below to begin to process potential challenges. Think of more as they apply to you! (Think Home).

CULTURAL

- · Changes in identity who are you now?
- · Unmet expectations of what the new context is like
- · Different pace of life
- · Cultural pressure to conform to systems and norms
- · New mannerisms that may be misinterpreted

SPIRITUAL

- Lack of community and fellowship that you had in Chi Alpha
- Navigating what you learned in Chi Alpha and what your new context perceives it as
- Distinguishing what is "Christian" and what is "American"

SOCIAL & RELATIONSHIPS

- Loneliness
- New interests that are different from peers
- · New dynamics of friendships due to time spent apart
- Family focused culture instead of individual focused culture
- Expectations of you from family and friends (provide financially, marriage, etc.)

PROFESSIONAL

- Long work hours
- Gender bias
- · Work corruption issues
- Unrealistic expectations of what a U.S. degree should bring
- · No job openings

- 1. What challenges do you foresee on your journey post Chi Alpha?
- 2. How do you think you will react to these challenges?
- 3. What can you do to stay positive and find solutions to these challenges?
- 4. How do you think Jesus will help you when you face challenges?

Tough Questions

As you think about the challenges you may face in your next season of life, it will help if you take time to work through potential questions and problems before you face them. This does not mean you will avoid these difficulties, but you can mentally prepare for some of the changes you will experience and be aware of why you may have conflicting emotions. This will help you be more understanding and patient with yourself and others as you adjust to your new situation. Jesus will give you grace in this season. He is strong and capable of making this new season a great one! (Think Home).

Take some time to read through these questions in the context of your life and the culture where you will be going. Some of these will be very relevant if you are returning to your home culture after living for several years in the U.S. culture. However, some may address different expectations that your family or community will have on you once you have a job and are not a student, even if you are returning home after a period of time. (Think Home).

- 1. What expectations are placed on you regarding getting a job and sending money back to your family?
- 2. Are you currently in a serious relationship? What are the expectations from your partner and family regarding this relationship post-graduation, considering potential cultural differences?
- 3. Is arranged marriage common in your culture? Will you be encouraged to find a match once you are no longer a student?
- 4. What kind of work culture will you be working in? Are long hours and working on the weekends expected?
- 5. What ethical issues might you encounter at your future workplace? What are you willing to do or not do to be considered for promotions or to keep your job?
- 6. Will you experience discrimination in your future job because of your ethnicity? If you are a woman, is it possible that you will experience gender discrimination? What will your reaction be?
- 7. Are you moving somewhere completely new? How can you proactively prepare to adjust to the weather or other factors in the new environment, ensuring you feel ready and confident?
- 8. What other challenging situations do you foresee in your new season of life? (Think Home).



People and Relationships

We are social beings because God created us to be in relationships with others. He has blessed you with relationships here in the U.S.! Your relationships will be critical to your success as you transition out of a student environment. However, you have changed and grown during your time in the United States, and relationships may look different from before. Relatives and friends may also have changed during this time or may make assumptions based on your experience abroad. These relationships will be amazing to go back to and reconnect with! However, they may take some navigation. (Think Home).

- 1. What is your community like back home or in the new place that you are going?
- 2. How do you plan to find support and friendship where you are going?
- 3. If you are returning home, who are you excited to see and why?
- 4. What will you do if you are rejected by or have difficulty relating to the people you love most?
- 5. What things did you learn about good community that you would like to find back home?

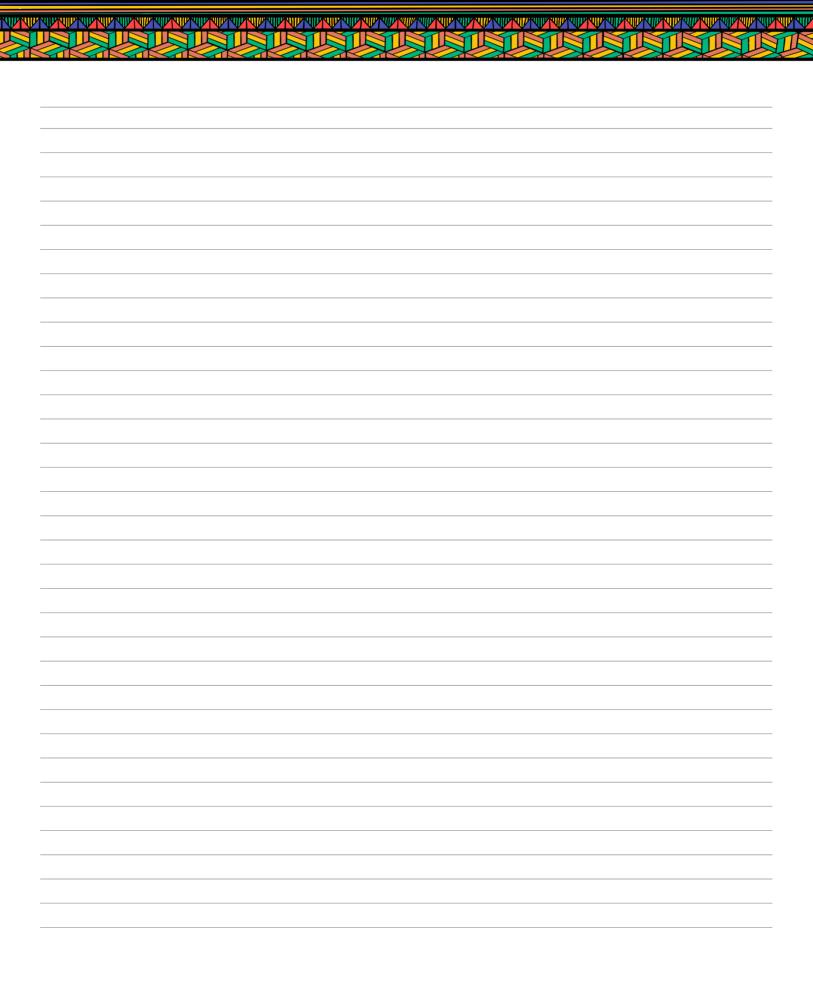
These can be difficult questions to work through, but always remember that God wants to be with you and give you the grace and wisdom you need for any and every situation. Seek to know Him more and ask Him to bring the right people into your path. Give yourself time and grace to build new relationships and stay in touch with the people who support and encourage you, even as you make new friends where you are going.



"I think my life has re-prioritized since I came to the U.S. I will be 'different' in some ways, and it will be difficult to explain to others, or they might not totally understand."

- a former International Student who returned to their home country







Discovering God

Imagine this: a Chi Alpha international staff member, when she was 14 years old, heard a woman in her native language say, "Jesus loves you!" It was as if her heart had gained the ability to hear God's voice through another person. This personal experience ignited a journey of unwavering faith, following the God who spoke through words that resonated with her heart.

The Bible claims that God is the God of the nations. He created all people, and He initiated the speaking of different languages (Genesis 11:1-9). He knows and can speak to us in the language we most resonate with. There is power in being addressed in our mother tongues. We understand, connect, and respond to words that have been with us since birth. Reading God's word in your native language is an indispensable asset to your journey of discovering Jesus.

"May your ways be known throughout the earth, your saving power among people everywhere. May the nations praise you, O God. Yes, may all the nations praise you."

Psalm 67:2-3 NLT

Do you own a Bible in your native language? It is important to find and begin reading God's Word in the language of your heart so that you can get to know Him better.

- 1. What spiritual habits have you developed here in the U.S.?
- 2. What have you learned about God as you read the Bible?
- 3. What have you learned about humans as you read the Bible?
- 4. What part of the Bible has resonated with you?
- 5. What questions do you have?



Continuing to Understand the Bible and the Christian Faith

Did you know that the Bible was not originally written in English? Hebrew, Aramaic, and Greek were the original languages of the Bible. For the longest time, monks, priests, clergy, and a select few people who understood these languages remained the only people who could read and interact with Scripture. As Christianity spread to the West, people began desiring to know the God of the Bible for themselves. Dedicated men and women took it upon themselves to share the goodness of God's word with the world by translating it into many languages, including English.

Today, the Bible has been translated into over 700 languages, with many more currently in progress. Since faith depends on obeying God, and obedience is predicated on knowing what God says, making the Word of God available to people in their native tongues has enormously influenced the growing faith among the nations.

Connecting with Local Believers

Why is community so important? First, when learning to follow Jesus in a new environment, it is helpful to have disciplers who can show us the way and encourage us. You will face different questions and challenges at home or in a completely new place. Having friends who can offer prayer, wisdom, and encouragement is essential. Second, being in a community provides the opportunity to serve. God knows we work better together as a team. When you bring your gifts and passions to your Christian community, you can do things for God's kingdom that you could never do alone. God wants community for you and will provide it as you seek Him. As you have found community in Chi Alpha, we want to connect you so you can find that community in your new place! (Think Home).

"And let us consider how we may spur one another on toward love and good deeds."

Hebrews 10:24 NIV

- 1. In what ways do you think you will need Christian community when you return home?
- 2. What sacrifices might you make to prioritize Christian community?
- 3. What connections can you begin to make now to prepare to join a Christian community when you return home?





Setting Yourself Up for Success

When you graduate and leave the environment that has become 'home' over an extended period, things will be different in your new context. You are likely not the same person you were when you first came to the United States to study. You have changed and grown and developed in your skills and experience. However, you must draw on these skills and experiences and apply them in a new place to accomplish new goals. You will have a significant influence in your new context! What will 'success' look like? How will you respond to new expectations and situations that you will encounter? How will you deal with difficulties and challenges?

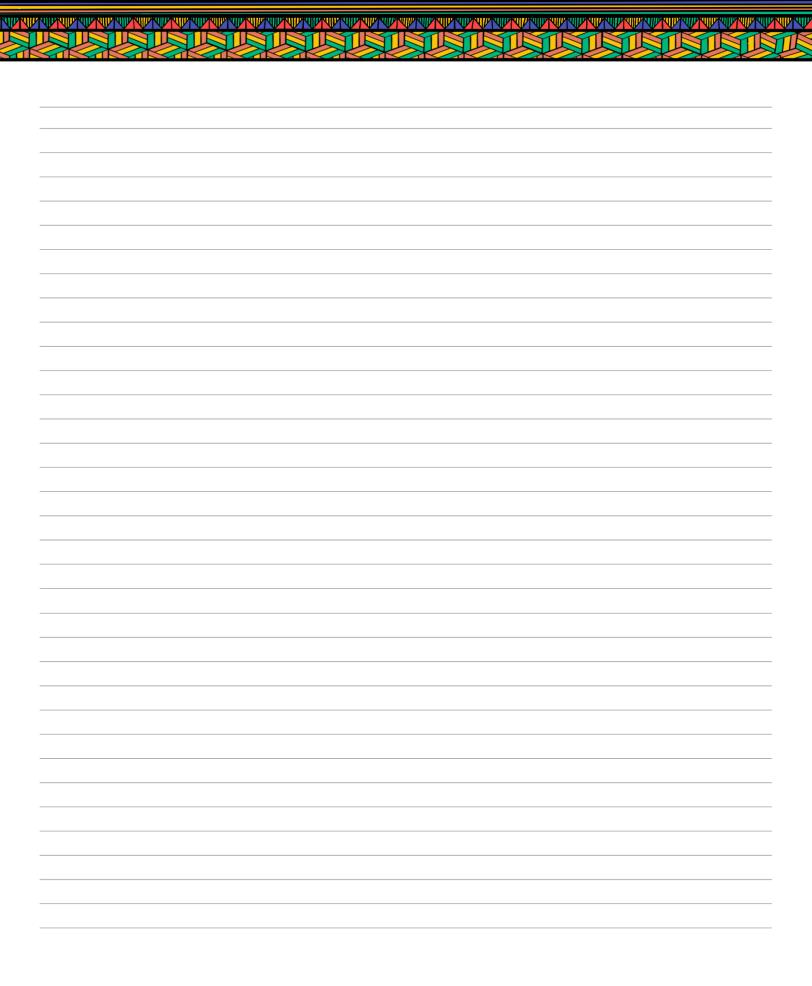
Leading with Influence

You may see a difference in how people from your home community perceive you as you graduate from a university in the United States. You may have a better job, more money, and more influence than before. It may be easy to have an attitude of superiority toward your community because of your experience abroad. However, Jesus taught that kingdom leadership comes from serving others, not superior knowledge or position. The key is to continue to grow into who you are becoming and the responsibilities and new roles that this gives you while at the same time using these not to serve yourself but to benefit and develop others. Your heart of service must be communicated differently depending on the culture you are entering. What a joy it is to serve with the gifts and abilities we have!

"He sat down, called the twelve disciples over to him, and said, 'Whoever wants to be first must take last place and be the servant of everyone else.'"

Mark 9:35 NLT

- 1. What job or social position will you have after you graduate?
- 2. How will people from your home culture perceive this job or position?
- 3. How will you demonstrate humility and service in your new role?



Relationships at Home

Whether you return home to visit or to live after you graduate, you must navigate how to have a good relationship with your family. You may have a very close relationship with everyone in your family or have difficulty relating to certain family members and their cultural values. It may be challenging to explain to your family the impact your time studying overseas has had on your life, and they may not like how you have changed. As you navigate loving and honoring your family, honor must be an attitude of the heart that expresses itself in words and actions. Serving in small ways that your parents would appreciate, such as doing dishes or picking up something for them at the store, can communicate that you love and honor them. It is also important to show gratitude for everything they do for you.

When your values conflict with your family's expectations, you can humbly explain why you cannot do what your parents are asking or set limits on how you will participate while communicating that you still value the relationship and quality time with them. Do not be afraid if you experience opposition or anger. Even if your family does not understand or is angry at first, if you persist in love and service, you can often have a good relationship, respecting one another's values over time.

- 1. What response do you think your family will have if you tell them that you have been learning about Christianity during your time in the United States?
- 2. What is one specific way that you can show honor and respect to your parents?

"Children, obey your parents because you belong to the Lord, for this is the right thing to do. 'Honor your father and mother.' This is the first commandment with a promise: If you honor your father and mother, 'things will go well for you, and you will have a long life on the earth.'" Ephesians 6:1-3 NLT



Challenge: Think of a way to serve your family when you return home or visit.



Work and Money

Once you graduate with your degree, you will be at a place that you worked so diligently to get to! You will likely spend many hours weekly pursuing your career and growing in leadership and influence. The Bible has much to say about work and money; researching and understanding God's heart for those topics is worth the time and effort. You may find some values commonly accepted in your work culture that differ significantly from what Christians value. Here are some Scriptures to start your study.

Colossians 3:23 2 Timothy 2:15-16 Matthew 25:14-30 2 Chronicles 29:10-17 Luke 16:10 Luke 6:38

Read the Scriptures above. List some Christian values related to work and money that these Scriptures teach.

Work			
Money			

- 1. Which of these values are new to you?
- 2. Which ones would be difficult to follow in your life?
- 3. Which of these values do you think would benefit society?



Pursuing Health

Transition can be very stressful, even when it is for good reasons and is a natural result of growth and change in life. As you enter a period of change and adjustment to a new environment and community, take some time to set some habits that will promote your long-term health. These health areas can include emotional health, physical health, spiritual health, and mental health.

- 1. Look at the above areas of health. Are there any areas that you need to consider and give attention to?
- 2. How do you deal with stress?
- 3. What good habits will help you be healthy on your journey post-Chi Alpha?

Rest

Before jumping into a new set of responsibilities, take some time to rest and reflect on the season of life that you just finished. When you begin your new schedule, do your best to build in a weekly time to rest and set good boundaries each day to get the sleep you need to do your best at work. During your rest time, make sure you have a good balance of meaningful activities, relationship time, and relaxation. You want to avoid being so busy and social that you do not rest during your time off. However, spending all your time off relaxing in front of a screen will not help you build new relationships or set you up for long-term health.

- 1. How do you spend your free time in ways that help you rest?
- 2. What are the times you have set aside each day and each week to rest?

Good Habits

Habits are things you build into your life that eventually become part of your daily or weekly routine. Good habits can help you stay healthy and grow physically, mentally, and spiritually. Think through the list below and brainstorm how you will develop these habits in the next stage of your life.

Eating well

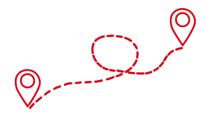
Exercising regularly

Being part of a community

Spending time with friends and family

Continuing to learn new ideas and skills

Continuing to learn about the Bible and Christianity



Challenge: Studies show that breaking or starting a habit can take 30 days. For 30 days, choose a habit that will help you in your journey post Chi Alpha.



Creating a Plan of Action

Post Chi Alpha Connection Form

Are you moving to a new place or back to your home country? As you move from your Chi Alpha community to a different context, we want you to stay connected to a Christian community that can encourage and support you. We have relationships with people who love Jesus and who want to welcome you and be a contact for you as you transition to the new place. Work with your Chi Alpha leader and ask them to submit the connection form.

It is important to plan for your journey post Chi Alpha. However, as you think ahead, you must hold your plans loosely, knowing that you will need to be flexible. Prepare with a heart posture of being open and willing to experience new things and places, even if they were not in the original plan.

Plan to Finish Your Current Season Well

As you move towards the next season of your life, one of the best things you can do to set yourself up for success is to finish well in the place where you have been. Are you serving in a leadership role? Then, finish your commitment faithfully and communicate clearly to your current team about where you are going next and when you will be stepping down. Continue learning more about Jesus through the transition and find time even when you are busy for the people who have been there for you during your university years. Take some time to rest and reflect before jumping into new roles and experiences. (Think Home).

Your community should be the ones sending you to the new place and season of life; talk with your leadership about a good time for a sendoff with a commissioning prayer. Have them pray for you as you transition and for the new relationships you will have in the next season. Identify key relationships that will continue to support you through the next few months as you settle into the new place.

Plan to Continue Growing Spiritually in Your New Place

During times of transition, your life rhythm will change or may be irregular until you start a job or settle into a new routine. It can be hard to find a consistent time to continue learning about God during these times. As best as you can, think through what the next couple of months will look like and plan to continue to grow spiritually. You will keep learning and growing when you read the Bible and begin learning how to talk to God in prayer. (Think Home).

Growing Spiritually Plan

1.	What time of day?
	(early morning, on a bus ride to work, lunch break)
2.	How much time?
3.	How will you remind yourself to be consistent?
	(alarm on your phone, no Bible=no breakfast, etc)
4.	What will you do during your devotions?
	(Read the Bible, sing a song, pray, etc.)

How do I pray?

Thinking about each letter of the word PRAY can help you as you learn to communicate with God.

- P: Praise: Start your time with the Lord in thanksgiving and praise.
- R: Repent: Confess any sins or attitudes that need to change and ask for forgiveness.
- A: Ask: Bring any concerns or requests for yourself or others.
- Y: Yield: Surrender to the Lord and listen to anything He wants to speak to You.

How do I read the Bible?

The Bible is a library of 66 individual books that were written over a long period of history. The part of the Bible called the Old Testament is about the creation of the world and the history of God's people before Jesus. The New Testament starts with four books, each telling the life of Jesus. Then, it continues with how the church began and gives instructions for how Christians should live. If you have not read the Bible before, one of the books that shares the story of the life of Jesus, Matthew, Mark, Luke, or John is an excellent place to start.

As you read the Bible, SOAP is a method that can help you process and understand.

- **S:** Section: Read an entire section of the book you have chosen to read. (This could be a chapter or part of a chapter–for example, Mark 1 or one of the sections in Mark 1 from your Bible.)
- O: Observation: Observe what this chapter says about God. About Jesus? About people? About life?
- A: Ask: Ask yourself if there are any changes you should make in your life based on what you read.
- P: Prayer: Ask God to help you live out what you read in the Scripture.

Plan your Connection to Local Believers in the New Place

A new church or Christian group will not be the same as the one you experienced as a student. Approach your new church or fellowship with the expectation that things may be different and even challenging at first. However, connecting with local believers is vital for you to continue to grow spiritually.

"So in Christ we, though many, form one body, and each member belongs to all the others." Romans 12:5 NIV

- 1. How can you network with people now to know about options for churches or look online to find connections? Do you need to fill out the connect form?
- 2. Who will you connect with when you arrive in the new place?
- 3. When and how will you connect with them?





Commissioning

As you have read and reflected through these chapters, you have had time to process where you are going next and what some of the challenges and changes will be. As you transition from where you have been to where you are going, it is natural to be excited about what will come next while, at the same time, feeling sad about what you are leaving behind. Hopefully, this has been encouraging and helpful for you as you prepare for the next part of your journey.

We are praying for you and believe in you. As you focus on what is ahead, Jesus wants to be your true North wherever He guides you. Jesus invites you to join Him on the journey ahead, promising to guide you, walk with you, and never leave you. Jesus wants to be in a full relationship with you. The only way to Heaven is through Jesus Christ. He died for you so that you can spend eternity in Heaven with Him.

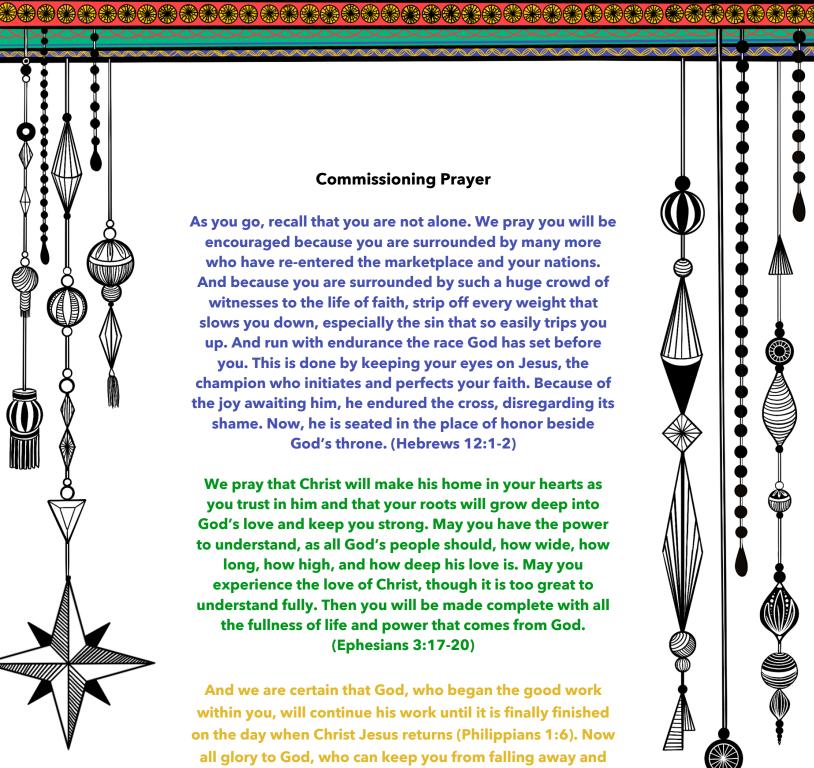
"Jesus told him, 'I am the way, the truth, and the life. No one can come to the Father except through me.'" John 14:6 NLT

He invites you to pray this prayer, to commit to Him and the journey He has in store for you:

Lord, I admit I am a sinner. I need and want Your forgiveness. I accept Your death as the penalty for my sin. I recognize that Your mercy and grace are gifts that You offer me because of Your great love, not based on anything I have done. Cleanse me and make me Your child. By faith, I receive You into my heart as the Son of God and as Savior and Lord of my life. From now on, help me live for You, with You in control.

In the name of Jesus, Amen.

If you are still navigating your journey toward Christ, pray and ask Him to reveal Himself to you. Pray that He would make Himself known and help you during your journey post Chi Alpha.



Commissioning Prayer

As you go, recall that you are not alone. We pray you will be encouraged because you are surrounded by many more who have re-entered the marketplace and your nations. And because you are surrounded by such a huge crowd of witnesses to the life of faith, strip off every weight that slows you down, especially the sin that so easily trips you up. And run with endurance the race God has set before you. This is done by keeping your eyes on Jesus, the champion who initiates and perfects your faith. Because of the joy awaiting him, he endured the cross, disregarding its shame. Now, he is seated in the place of honor beside God's throne. (Hebrews 12:1-2)

We pray that Christ will make his home in your hearts as you trust in him and that your roots will grow deep into God's love and keep you strong. May you have the power to understand, as all God's people should, how wide, how long, how high, and how deep his love is. May you experience the love of Christ, though it is too great to understand fully. Then you will be made complete with all the fullness of life and power that comes from God. (Ephesians 3:17-20)

And we are certain that God, who began the good work within you, will continue his work until it is finally finished on the day when Christ Jesus returns (Philippians 1:6). Now all glory to God, who can keep you from falling away and will bring you with great joy into his glorious presence without a single fault. All glory to him who alone is God, our Savior through Jesus Christ our Lord. All glory, majesty, power, and authority are his before all time, and in the present, and beyond all time! (Jude 1:24-25)

AMEN

SOURCES

Think Home Espineli-Chinn, Lisa. 1987. Think Home: A Practical Guide for Christian Internationals Preparing to Return Home. International Students.

Back Home Espineli-Chinn, Lisa. 1987. Think Home: A Practical Guide for Christian Internationals Preparing to Return Home. International Students.

Chinn, Lisa Espineli. Coming to America. Intervarsity, 2011.

Returning Home to China: China Outreach Ministries

Returnee Handbook: Ambassadors for Christ

Mirza, Nate. Home Again: Preparing International Students to Serve Christ in Their Home Country. Navigators International Student Ministry, 1993.

Scientific Evidence for the Power of 4 - Bttbfiles.com. https://bttbfiles.com/web/docs/cbe/Scientific_Evidence_for_the_Power_of_4.pdf.

Scripture quotations marked (NLT) are taken from the Holy Bible, New Living Translation, copyright ©1996, 2004, 2015 by Tyndale House Foundation. Used by permission of Tyndale House Publishers, Carol Stream, Illinois 60188. All rights reserved.

Scripture quotations marked (NIV) are taken from the Holy Bible, New International Version®, NIV®. Copyright © 1973, 1978, 1984, 2011 by Biblica, Inc.® Used by permission of Zondervan. All rights reserved worldwide. www.zondervan.com The "NIV" and "New International Version" are trademarks registered in the United States Patent and Trademark Office by Biblica, Inc.®

Scripture quotations marked (ESV) are taken from the ESV® Bible (The Holy Bible, English Standard Version®), © 2001 by Crossway, a publishing ministry of Good News Publishers. Used by permission. All rights reserved. The ESV text may not be quoted in any publication made available to the public by a Creative Commons license. The ESV may not be translated in whole or in part into any other language.