



FAQ

BIBLICAL DISCIPLESHIP COUNSELING

Accepting God's call to overseas cross-cultural missions service often comes at significant cost. Crisis, trauma, conflict, burnout, anxiety, depression, difficult transitions, lack of fulfillment, organizational dysfunction, power struggles, loss of vision, alienation and disillusionment are often experienced by those engaged in cross-cultural missions. Many missionaries do not return after their first term.

In the course of our biblical discipleship we address the spiritual, emotional and relational needs of missionaries as they prepare to effectively fulfill their part in the Great Commission.

Missionaries Dallas and Anna Lee Ward have worked with individuals in crisis for over twenty years. They provide biblical discipleship counseling to individuals, couples, families and missionary candidates being prepared to serve cross-culturally.

They have completed biblical counseling training in various counseling methods (SACC, NACC, ADT) and are certified marriage facilitators. The Wards served fifteen years in missions in Mexico and two terms in Trinidad where they labored to establish a discipleship program and to train others to disciple new believers.

How do I make an appointment?
Inquiries can be made by calling our office at (956) 534-6316.

How often will we meet and for how long?
Sessions are 50 minutes long, and scheduled for once a week.

Telephone or Skype appointments are available upon request. We also travel to the field in times of need to meet with missionaries.

In addition, we provide the option of housing individuals or families for intensive weekend or week visits. Please contact us to inquire more about these options.

What is the Cost?
As a not-for-profit ministry, we do not charge for our services. However, we do depend upon the financial donations received to minister. You are encouraged to participate financially in support of this ministry. Suggested donations can be found on the 'Rates' page of our website.

For more information please visit www.lifesourcemfc.org.



"To equip the saints for the work of ministry, for building up the body of Christ." (Eph. 4:12 ESV)

MISSIONS PREPARATION



With more than 70% of the over 12,000 missionaries leaving the field every year for preventable reasons, it is imperative for prospective missionaries to be equipped with the tools needed to help reduce this attrition rate.

It is well known that the rigors of missionary service may cause an exacerbation of current issues, as well as cause unresolved issues from the past to resurface.

A bit more preparation and intentionality before going can prevent much of the problems missionaries face that cause them to leave the field prematurely.

In our time together you will learn how to more effectively respond to the stressors of the mission field. You will also gain tools to help you develop and maintain healthy relationships and an effective team-working dynamic.

Our desire is to help you learn how, through God's truth, to face life's issues and challenges so that you can be content and effective in your cross-cultural life and ministry.

MARRIAGES & FAMILIES IN CRISIS



A 'crisis' can be defined as "any situation that causes high levels of emotional anguish or disparity in individuals, and which leaves them feeling helpless, out of balance, and out of control."

The life of a missionary is both rewarding and full of challenges. Moving overseas creates a new lifestyle mold into which each member of the family is pressed. Each one adjusts to the new environment in their own way and time.

Cross-cultural living and ministry presents unique demands which, when adding marriage and family issues into the mix, can result in a loss of balance between family life and ministry.

Unresolved issues such as anger, resentment, dissatisfaction, frustration and hopelessness are capable of wounding us deeply, fracturing our family and neutralizing our ministry.

Biblical discipleship counseling can help restore peace, purpose and a sense of teamwork back into your family. Whether you come away from your field, or we come to you, a rapid response and intensive short-term care can help you regain a healthy balance and recover your joy in ministry.

RE-ENTRY & DEBRIEF



When returning to their own countries, many missionaries find it difficult to close the chapter in their life in the host culture and begin the new chapter in their "home" culture.

When living and working in a cross-cultural setting, you face many unique stressors and situations not faced by your friends and family in your "home" country. As you gain a clearer understanding of what you are going through, you are able to incorporate that perspective into your own sense of identity and how you relate to others.

This intentional time invested in your debriefing is often key to a successful cross-cultural adjustment. Being prepared for what to expect in these and many other life situations can lead to more positive experiences, both where you are living and in a return to your home culture.

Debriefing can help you develop a plan for emotional health in the future. Debriefing can be either a preventative or restorative service and is appropriate for anyone living/working cross-culturally.