



HOW TO TRAVEL *With Christ-like Intention*

PLANNING - TRAVELING - & RETURNING HOME WITH A FOCUS ON GOD



BY: SARAH RETHWISCH

Handwritten notes in cursive script, including words like "Papa", "venera", and "scrittura".

Hello Christian Traveler!

I am so excited that you are planning your next trip. Traveling is one of the unique blessings that lets us explore God's creation and learn more about Him at the same time.

Deuteronomy 6:4-12 reminds us that in everything we do: sitting, walking, waking up, etc. we should talk about God's Word. Our faith is a conversation that revolves around everything we do, including our travel.

But how do we even begin to recognize God in our travels? Let alone how do we talk about Him with others?

This workbook will help you answer both of those questions by walking you through the process of recognizing and communicating the many wonderful works that God is doing – before – during – and after your trip– while also giving you the tools to effectively plan & execute your next trip.

You will learn how to budget, make travel decisions, keep track of your travel experiences, share your travel testimony, and more. No matter where you are at in your travels, we encourage you to jump in and recognize God's handiwork!

God's Blessings,

The Christian Travelers' Network

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www.ChristianTravelers.net

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Before The Trip (6 + Months)

*And God blessed them. And God said to them, "Be fruitful and multiply and fill the earth and subdue it, and have dominion over the fish of the sea and over the birds of the heavens and over every living thing that moves on the earth."
Genesis 1:28, ESV*

Prayer

Preparing for a trip is an incredibly exciting adventure, but before the journey begins it is important to prepare our hearts and minds for God's plans.

Before the Trip Prayer

Dear Lord,

Please bless my preparations for my upcoming travels. Use this trip to help me be more aware of your loving presence. Teach me to see your protecting hand and to be aware of your direction. Help me to see your children, that I meet along the way, with the same love and empathy you have for them.

In your name I pray. Amen.

Your Christian Travel Support Team

Esther 4:12-17 reminds us that it is important for people to be around us praying for us. Being a part of a team means that we also have a role, thus we must be willing to acknowledge that we may be traveling in God's kingdom "for such a time as this.

Prayer For A Christian Travel Support Team & Direction

Dear Lord,

As I prepare for the upcoming journey: Please surround me with amazing people who will pray for my travels. Give me the wisdom to recognize how you are calling me to serve and support others in your name. Show me where you are calling me to go even if it differs from my plans.

In your name I pray. Amen.

As you prepare for your journey, keep track of how God answers this prayer below. Feel free to reach out to the Christian Travelers' Network on Facebook and

Instagram to let us know how we can be praying for your upcoming travels. Remember, He may answer some of these prayers while you are traveling.

<p>People Who Are Praying For My Travels:</p> <ol style="list-style-type: none">1. _____2. _____3. _____4. _____	<p>Your Call For Me To Serve & Support:</p> <ol style="list-style-type: none">1. _____2. _____3. _____4. _____	<p>You Are Calling Me To Go To:</p> <ol style="list-style-type: none">1. _____2. _____3. _____4. _____
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Assessing Your Travel Motives

Because we are human we often have sinful motives for choosing to travel. We want to benefit ourselves rather than acknowledge that this may be an opportunity for God to use our gifts in a unique way.

Prayer For My Travel Motives

Dear God,

As I prepare for travel, please reveal to me where my motives for my travels are coming from. Speak your Word into my life to show me what your truth and purpose is for me.

In your name I pray. Amen.

After you pray this prayer, look at this list of motives, read the Bible verses, and mark which motives God reveals to be your self-serving motives. Journal next to it what truth God wants to remind you of and what His purpose for your travels might look like compared to what you intended. (This could mean anything from not traveling at this time, to going to a different destination, to being more thankful that you get to travel, or so many other things!)

My Purposes For Travel & God's Truth

- Figure out who I really am – 1 Peter 2:9
- Take A Break From Life's Stresses – John 14:27
- Prove that I'm Free Spirited & Independent – Galatians 1:10
- Be Joyful and Happy – James 1:2-4
- I have Money & Time so why NOT? -1 Timothy 6:17-19
- Other: _____ - Matthew 28:18-20

Journal Entry

The verse(s) God gave me for my self-serving travel motivations is:

I think God wants to use this verse to remind me:

God is revealing to me that while I had one intention for travel, His purpose for me is:

Assessing Your Destination Options

As you are giving your travel to God, it is also important to give Him the destination as well. Often times it can be very clear where our time is best spent on a trip, but asking God to lead the thought process is just as important.

Prayer For Guidance To Assess Your Destination Options

Dear God,

I ask that you give me the wisdom to assess the place I'd like to go, the people I would like to visit, and the budget I have to make a wise decision. Please make me aware of anything or anyone that wasn't on my initial radar that I should also consider. Help me to trust that when plans change you are still in control and will use it for your purpose.

In your name I pray. Amen

Fill out the following bubbles to begin to consider all the potential places you could travel to.

Places I'd Like To Go/ Things I'd Like To Do:

1. _____
2. _____
3. _____
4. _____
5. _____

Other Places/Things I Think God Would Like Me To Consider:

1. _____
2. _____
3. _____

People I Would Like to Go See:

1. _____
2. _____
3. _____
4. _____
5. _____

Other People I Think God Would Like Me To Consider:

1. _____
2. _____
3. _____

Choosing Your Travel Companions

If you have the freedom to choose who you are traveling with (ie. They aren't family) make sure to think about what Christ-like characteristics you want in a travel companion and choose wisely. Fill out the following bubbles. Note: Some of these you may want to come back to during your trip.

Who I'm Traveling With:

1. _____
2. _____
3. _____
4. _____
5. _____

Prayers For My Travel Companions:

Prayers For Travel Companions I Might Meet On The Trip:

Some of your destinations will be influenced by the others who will be traveling with you or that you might meet along the way. Take some time to pray for your travel companions and add their destination options to your list (previous section).

God calls us to be good stewards of our money, so picking the most expensive trip and taking off tomorrow would not be the most financially wise decision. An expensive trip is do-able, but you must be willing to wait and save the allotted money. Now is the time for you to use this wisdom to determine which of these options should be prioritized, fit in your budget & time frame (note you will need additional money for food, activities, etc.), and doesn't go against God's call for your life (aren't trips encouraging sinful behavior, etc.)

In the bubble below, organize your destinations in order of cost (from cheapest to most expensive). Add in your desired amount of spending money for meals, activities, shopping, etc. to come up with your new total. Once you have figured out how many months it would take you to save for these trips, draw a line where your budget and time frame falls. Then prayerfully pick one of the above options that is part of your reality.

Before I Go – Destinations

Cost Assessment

Destination	Total Cost From Above	Additional Spending Money	New Total	How Much I Can Set Aside In A Month*	How Many Months I Would Have To Save*

**If you have a travel companion going with you, this will adjust part of the chart. Change the names of the last two columns to "how much we can set aside a month" and "how many months we would have to save."*

Congratulations on making your travel decision! Write down where you are going, how much it will cost, and how much you will have to save monthly.

The place(s) I'm going to:

Total Estimated Cost of Trip:

**I'm going with travel companions, so my total estimated cost for the trip is:

***Each Month I Must Save:

***Total Cost of Trip ÷ Number of people on the trip = My total estimated cost for trip*

****Your Total Estimated Cost For Trip ÷ Number of Months Until the Trip = How Much I Must Save Each Month*

Thinking through your plan for how you are going to save that money is very important. It's easy for that money to disappear when you need a coffee or want to socialize with friends, if you haven't decided how you'll save it. Will you put it in a special bank account? A specific envelope? Will you give up coffee or eating out? Turn off the AC/Heater more often? Outline your plan below!

How I'll Save Money For My Trip

I will earmark money for travel by:

To save extra money for the trip I will give up/do:

Prayer For Budget

Dear God,

Thank you for helping me begin to plan for my trip to _____. Please help me to stick to my budget that I may be a good steward of the money you provide.

In your name I pray. Amen.

Before The Trip (Recommended 1-6 Months Ahead of Time)

As for you, be fruitful and increase in number; multiply on the earth and increase upon it. Genesis 9:7, ESV

Choosing Transportation

While you were budgeting and choosing your destinations you probably already began to decide how you are getting there, but here are some prayers that can pray for your transportation.

Before I Go - Transportation

Dear God,

As I begin these travels I ask that you get me safely to and from my destination. Along the way when things don't go as planned help to connect with the people around me and rest in your perfect timing.

In your name I pray. Amen.

Before I Go - Transportation

I will be traveling to my destination by:

Making Reservations Within Your Budget

You did some preliminary research to determine your general budget a few months ago, but now it is time to plan for your destination what you will be doing. This involves prayer.

Before I Go - Budget & Activity Prayer

Dear God,

Before I go to _____ I am lining up some options (housing, transportation, activities, etc.) But Lord, help me to be flexible so that if you need to change my plans for the people I encounter or the opportunities you provide that I may be able to move away from the original schedule and follow your lead. Please help me to stay within budget as I make these decisions and if you lead me a different way, please provide the resources I need to make those adjustments.

In your name I pray. Amen.

Now, it's time to begin making those reservations! Whether you are purchasing flights, bus tickets, housing, reserving a spot for specific activities, or setting aside money for meals, etc. This is a chance to add up the actual amount of money that will be spent for your adventures and to determine how much extra spending money you will have. Fill in the bubbles below to calculate your spending money and keep track of your reservations.

Cost of Preplanned Items

Destination:

My budget:

	For Whole Trip
Cost of Transportation	
Cost of Housing	
\$ For Food	
Cost of _____ Activity	
Total:	
Extra Spending \$ (Total – Budgeted Amount)	

Before I Go – Reservations

I'm staying at: _____

Address: _____

Cost: _____

Meal Reservation: _____

Date/ Time: _____

Address: _____

I'm staying at: _____

Address: _____

Cost: _____

Meal Reservation: _____

Date/Time: _____

Address: _____

I'm staying at: _____

Address: _____

Cost: _____

Meal Reservation: _____

Date/Time: _____

Address: _____

I'm traveling by: _____

Cost: _____

Departure/ Arrival Time: _____

Activity: _____

Date/Time: _____

Address: _____

Cost: _____

I'm traveling by: _____

Cost: _____

Departure/ Arrival Time: _____

Activity: _____

Date/Time: _____

Address: _____

Cost: _____

I'm traveling by: _____

Cost: _____

Departure/ Arrival Time: _____

Activity: _____

Date/Time: _____

Address: _____

Cost: _____

Packing

One of the hardest things about packing is deciding what to bring and what to leave at home. Jesus sent the disciples to go witness about him with only the clothes on their backs and a staff. Is it wise to travel that minimally and trust God with the rest? Or should we use the wisdom God gave us and pack accordingly? I believe that somewhere between those two options is a place that puts our trust in God *and* the wisdom he gives us. After all, our conscience knows when we have over or under packed. With prayer and preparation we can trust God to provide what we didn't pack and to use the things we did bring for His glory.

Prayer For the Packing Process

Dear God,

You have blessed me with many material things along with the funds for this trip. Grant me the wisdom to pack the necessities. Help me to be aware of opportunities to use my packed items to help others. At the same time, help me to trust that you will provide for me with the things I do not pack. Please put the people in front of me who can assist me with those things and bless our conversations for your glory.

In your name I pray. Amen.

Now it's time to make that packing list! I'm going to go ahead and put the first item on your list: a Bible! I know that many of us have Bible's on our phones but having a physical book you open to clearly states that you have something you believe in that matters to you. It also opens a gateway for conversation and can be an item that is passed on if you meet someone who could benefit from it. (If you are traveling to a country where Bibles are banned bring a Bible at your own discretion) Go ahead and fill in the rest.

Before I Go - Packing

- Bible
- Hygiene Items:
 -
 -
 -
 -
- Clothing:
 -
 -
 -
 -
 -
- Electronics & Chargers:
 -
 -
 -
 -
- Weather appropriate items:
 -
 -
 -
- Children's items:
 -
 -
 -
 -
 -
- Sporting/Hobby supplies:
 -
 -
 -
 -
 -
- Others:
 -
 -
 -
 -
 -

Before I Go - Packing Weather

- Destination: _____ Anticipated forecast: _____

Packing tip: Roll your clothing! There are plenty of videos out there on how to roll your clothing, but to save even more room, put them into gallon zip loc baggies and squeeze out the air (like a vacuum seal) it will save you space

Packing tip: If you tend to overpack, pick a smaller piece of luggage. You can always purchase items where you are going if necessary. A good rule of thumb for 2 week of travel, to be minimal, is to pack 4 or 5 tops and 4 bottoms that can be mixed and. You can always do laundry!

Packing tip: If you are flying, remember that your carry-on is only allowed to have 1 quart size bag filled with 3oz liquids and gels.

Spiritual Preparation

Before you even begin your trip, it is important how to plan how you will spend time with God on your trip. Will you still be finding a church to worship at? Will you visit a group Bible study? Will you set aside a specific each time for personal study? And what about right now? What habits are you forming as you await the trip? Having a plan gives you a goal to strive for on your trip.

God Time

Right Now I'm Forming Habits By:

To spend time with God during the trip, my plan is to:

During The Trip

*"All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age."
Matthew 28:18-20, ESV*

As you travel each day, it is important to document events. Writing down the good, bad, and mundane allows us to look back and see God's handiwork.

Note: The very last page of journal entries has a place to keep track of your spending so you can stay on budget.

Journal Entry

Date: _____

Highlight of the day:

Lowligh of the day:

Other events:

People I met:

Bible verses that were important to me today:

What my God time looked like today/ what God seemed to say:

Important conversations I had today:

Other things:

Journal Entry

Date: _____

Highlight of the day:

Lowlight of the day:

Other events:

People I met:

Bible verses that were important to me today:

What my God time looked like today/ what God seemed to say:

Important conversations I had today:

Other things:

Journal Entry

Date: _____

Highlight of the day:

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Important conversations I had today:

Other things:

Journal Entry

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Other events:

People I met:

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People I met:

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Important conversations I had today:

Other things:

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Lowlight of the day:

Other events:

People I met:

Bible verses that were important to me today:

What my God time looked like today/ what God seemed to say:

Important conversations I had today:

Other things:

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Important conversations I had today:

Other things:

Journal Entry

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Highlight of the day:

Lowlight of the day:

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People I met:

Bible verses that were important to me today:

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Important conversations I had today:

Other things:

Journal Entry

Date: _____

Highlight of the day:

Lowlight of the day:

Other events:

People I met:

Bible verses that were important to me today:

What my God time looked like today/ what God seemed to say:

Important conversations I had today:

Other things:

Journal Entry

Date: _____

Highlight of the day:

Lowlight of the day:

Other events:

People I met:

Bible verses that were important to me today:

What my God time looked like today/ what God seemed to say:

Important conversations I had today:

Other things:

Journal Entry

Date: _____

Highlight of the day:

Lowlight of the day:

Other events:

People I met:

Bible verses that were important to me today:

What my God time looked like today/ what God seemed to say:

Important conversations I had today:

Other things:

Journal Entry

Date: _____

Highlight of the day:

Lowlight of the day:

Other events:

People I met:

Bible verses that were important to me today:

What my God time looked like today/ what God seemed to say:

Important conversations I had today:

Other things:

Journal Entry

Date: _____

Highlight of the day:

Lowlight of the day:

Other events:

People I met:

Bible verses that were important to me today:

What my God time looked like today/ what God seemed to say:

Important conversations I had today:

Other things:

Journal Entry

Date: _____

Highlight of the day:

Lowlight of the day:

Other events:

People I met:

Bible verses that were important to me today:

What my God time looked like today/ what God seemed to say:

Important conversations I had today:

Other things:

Returning Home

*"Hear, O Israel: The Lord our God, the Lord is one. You shall love the Lord your God with all your heart and with all your soul and with all your might. And these words that I command you today shall be on your heart. You shall teach them diligently to your children, and shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise. You shall bind them as a sign on your hand, and they shall be as frontlets between your eyes. You shall write them on the doorposts of your house and on your gates. "And when the Lord your God brings you into the land that he swore to your fathers, to Abraham, to Isaac, and to Jacob, to give you—with great and good cities that you did not build, and houses full of all good things that you did not fill, and cisterns that you did not dig, and vineyards and olive trees that you did not plant—and when you eat and are full, then take care lest you forget the Lord, who brought you out of the land of Egypt, out of the house of slavery.
Deuteronomy 6:4-12 ESV*

Reflecting on God's Handiwork

Returning home can be both joyful and hard. As you go home use these tools to help prepare your heart and conversations for the trip back.

Prayer For Returning Home

Dear Lord,

Thank you for each day that you gave me on this journey. Thank you for protecting me, guiding me, and teaching me along this journey. As I get ready to head home, please help me to remember this/these place(s) with grace and give me the peace to return home. Continue to protect me in my travels and keep me aware of You and the needs of those around me.

In your name I pray. Amen.

As you journey back this is a great time to reflect on the trip. Go ahead and reread some of your pre-trip and during trip entries. What were your motivations going into this trip? Did God change it? Did He give you new goals? What were some of the highlights? In the area below write down some of the ways that you saw God

in your journeys. Remember, God was in the good, bad, and mundane and it is okay to be honest about that.

God's Handiwork

Areas where God was evident in the preparation for this trip:

Areas where God was evident in the trip:

Areas where God is evident in the return home:

Preparing Your Travel Testimony

When you get home, people are going to ask you how your trip was. You could say "fine" or "great." You could say the best part was... But think of this as an opportunity to witness to them about the Creator. Take all the things you wrote above and turn it into an elevator speech (something you could tell them in 20-30 seconds on an elevator). Aim for about 3 sentences that gives them a snippet of your trip and God's role in it. Remember, if they ask questions – then you can always elaborate further on the trip and about God!

Travel Testimony Elevator Speech

3-4 sentences summarizing my trip and God's handiwork:

After The Trip

Sing to the LORD, all the earth! Tell of his salvation from day to day. Declare his glory among the nations, his marvelous works among all the peoples! For great is the LORD, and greatly to be praised, and he is to be held in awe above all gods. For all the gods of the peoples are idols, but the LORD made the heavens. Splendor and majesty are before him; strength and joy are in his place. 1 Chronicles 16:23-27 ESV

Prayer

Now that you are back it's time to give the conversations that follow to God along with your next trip!

After the trip - Prayer

Dear God,

Thank you for this trip. Specifically _____.
Help me to share my travel stories in a way the glorifies and points to you.

In your name I pray. Amen

Photos & God's Story

Now my guess, is that you will likely share some of these stories on social media. One of the joys of waiting until the end of trip to post about your trip is that you can summarize God's work throughout the whole trip. In fact, you can use that 3-4 sentence summary to summarize your experience and proclaim Christ in a non-intrusive way. So pick out some pictures and post! P.S. when you share those posts don't forget to tag the Christian Travelers' Network on Facebook and Instagram!

Best Photos



Best Photos

Keeping Record of Your Travel Testimony

Don't forget to record information about times when you had the opportunity to give your travel testimony. Remember, it's okay to leave it short. If they have questions they will ask you at the time when God opens that door. In the meantime, note those conversations as watered seeds.

Elevator Speech Record

Who I talked to:

How the conversation went:

Is this a conversation to come back to or wait for God to open the door some more?

Elevator Speech Record

Who I talked to:

How the conversation went:

Is this a conversation to come back to or wait for God to open the door some more?

Elevator Speech Record

Who I talked to:

How the conversation went:

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Who I talked to:

How the conversation went:

Is this a conversation to come back to or wait for God to open the door some more?

Elevator Speech Record

Who I talked to:

How the conversation went:

Is this a conversation to come back to or wait for God to open the door some more?

Travel Bible Verse

Lastly, was there a Bible verse that kept sticking out on this trip or a theme that you kept going back to whenever you spent time with Him on the trip? Jot it down here and then share it with us on our Facebook and Instagram!

After the Trip- Bible Verse

The verse or theme that kept coming up in my travels was:

Next Trip

Congratulations on completing your trip. I hope that you recognized God's in the whole journey, but now it's time to begin planning your next trip!

After the Trip- Prayer

Dear God,

Thank you for the blessing of this last adventure. Please bless me with the funds and ability to travel again soon. Give me direction for that journey and the many others ahead!

In your name I pray. Amen.

After the Trip- Next Trip

Some places I would like to go next time:

I think God would like my trip to focus on this next time: