Missionaries live in difficult places

Because missionaries are deployed to areas of the world where it is sometimes very difficult to maintain a healthy lifestyle, you may be facing serveral of the following enviromental conditions:

- no church exists, or at least no church in the worker's mother culture and tongue
- little or no formal biblical teaching is available for long periods of time
- there is ongoing heavy physical, emotional and spiritual stress
- there are few existing opportunities for on-site encouragement and accountability
- there are few believers with whom to fellowship
- the spiritual forces of evil are particularly evident
- there is overt or covert opposition
- spiritual fruit is slow in coming
- there is little encouragement from local residents; there may indif ference or even open opposition
- physical danger exists
- progress in the work is slow and difficult
- there is limited interaction with those of the worker's own language and culture
- there are limited opportunities for entertainment, hobbies, or other diversions
- the climate and living conditions are difficult
- responsibilities for children's welfare and education weigh heavily
- separation from friends and family is great
- physical and emotional stresses are high and constant
- opportunities for exercise are limited
- limited variety of foods is available
- debilitating diseases are endemic
- living requires a high level of physical effort
- adequate medical care is not readily available

Adapted from Sharpening Your Interpersonal Skills Workshop by Ken Williams