

Syllabus

Sustainable Resilience

Course Creators and Facilitators

The course creators and facilitators for this course are [Mark & Julie Morgenstern](#). Mark, formerly the training director for ReachGlobal, is currently the director for continuing learning through the CIT Next ministry of [Center for Intercultural Training](#). Julie is the operations director for Grow2Serve. She formerly served as a church-planter and pre-field training leader with ReachGlobal and in several senior leadership roles at [South Suburban Evangelical Free Church](#).

Course Description

Sustainable Resilience is a one-week CIT Next online course designed to raise awareness and develop perspectives and lifestyle choices that will increase resilience and keep cross-cultural workers true to their God-given calling. Too many missionaries leave their ministry too soon when confronted with stress, conflict, danger, and suffering. This can change as we learn some key truths that help one grow in resilience. The course asks you to make an **investment of 10-12 hours of learning time over the 15-day period**.

Are you willing to assess your attitudes, values and perspectives that may be detrimental to obedience, resiliency, and fruitfulness and begin to construct and implement a plan for inviting God into changing those things?

As a result of participating actively in the course, by the end you should...

- Understand what resilience in life and ministry looks like and why it is important for ongoing faithfulness to your calling;
- Find a constructive relationship between faithful fulfillment of calling and faithful stewardship of self and understand that these two in no way stand in contrast to each other;
- Weigh your willingness fully to lay yourself at God's loving feet, a vessel fully available to Him to be used by Him as He pleases; and make this real by identifying places in your life where you are holding back control from God and beginning the implementation of a plan to relinquish that control;
- Believe that doing the right work, in the right quantity and at the right time is much more important than doing much work;
- Be able to map a reasonable pathway to a purposefully designed way of living among a group of people for the sake of the Gospel, even when that implies lifestyle choices that would not be preferable to you.
- Value inviting others into your life to help you be more resilient to unexpected and expected stressors while not creating a non-sustainable dependence on helps from others.

Content, Community, Consultation, Connections

Sustainable Resilience will afford you not just the opportunity to explore some interesting information regarding your development of resilience while living and serving cross-culturally, but, more importantly, it will connect you with fellow learners who are in a similar life stage. You'll be able to help each other and learn from one another. Your course facilitator will also be a great resource for clarifying what you are learning and for providing you with input on assignments that you will complete and discussions in which you will participate.

Is this Course for Me?

Sustainable Resilience is designed for those who have already lived and ministered 3-18 months in a culture new and unfamiliar and who are committed to fully placing themselves into God's hands for the sake of effective cross-cultural Gospel ministry. If you are currently engaged in cross-cultural ministry and are committed to living and serving well in your context, this would be a good course for you.

Course Materials

All readings and materials required will be available on the course site or through other Internet sites.

Course Mechanics

The key to successful learning in this course is interaction, both with the facilitator and with the other participants in the course. It is vital that each participant faithfully post responses on time and reply to the posts of other participants. You will not receive a grade or mark from your facilitator. Your success in learning will be measured by you and your team when they notice the impact of the lessons learned.

Please note that for maximum learning impact in this course, a learner will ideally spend 45–90 minutes daily (Monday–Friday) working on the material. Some of the coursework will involve reading, writing, listening, and viewing videos on the computer. Other pieces will involve practicing the skills you are learning by interacting with your facilitator and other learners, and by engaging in your local community.

We want you to engage with each other as well as with the subject matter. Don't be afraid to articulate your unique ideas, to think critically, or to ask challenging questions of others in a godly manner. Of course, your words of encouragement to fellow participants are always welcome. Before you begin with the course content and activities, please carefully review and complete activities under "Getting Started." Important introductory information and course navigation tips are presented there.

The course will require 5-7 hours of work, depending on your level of interaction with the other participants. All the material is presented online, and will be a mix of text, audio, and video.

Please complete all the activities in the order they are presented. A main part of the course is the interaction between participants and the facilitator through forums. This is an asynchronous course, so there are not specific times you need to be online. Participants will be in several different time zones around the world, so there is not one set time when everyone is online together. The assignments have due dates, and within the boundaries of those due dates, you are free to complete assignments according to your schedule (i.e., you can do them at night, in the morning, at lunch, etc.). Please note that in the instructions of forums, quizzes, and wikis, all references to days when an item is due (without a particular time on the clock included) refer to Eastern Time, USA (New York).

Copyright Issues

Please note that materials available through this course may be copyright protected by third parties. They are provided here solely for use by the participants enrolled in this course. Please do not distribute, post, or publish any materials in this course without the express permission of the copyright holders.