

BUILD A SPIRITUAL DEPLOYMENT SUPPORT TEAM

A Reflection & Planning Worksheet for Military Service Members & Spouses

1. KEY PROMPTS FOR REFLECTION

What spiritual challenges or trials do I anticipate during this upcoming deployment season?

Who in my life consistently points me to Scripture and models godly character?

2. TANGIBLE ACTION STEPS & TEAM BUILDING

☐ **Spouse:** Align on mutual expectations, prayer needs, and support strategies.
Name: _____ Contact Frequency: _____

☐ **A Spiritual Leader:** Engage a pastor, chaplain, or mature believer for spiritual grounding.
Name(s): _____ Contact Frequency: _____

☐ **A Brother / Sister on a Similar Journey:** Connect with a same-gender peer facing similar deployment trials.
Name(s): _____ Contact Frequency: _____

☐ **Trusted Neighbors:** Identify nearby friends or neighbors for local, practical, and social assistance.
Name(s): _____ Contact Frequency: _____

☐ **Family:** Invite family members into constructive, supportive roles with healthy boundaries.
Name(s): _____ Contact Frequency: _____

3. REGULAR REVIEW & CALENDAR REMINDER

Set a calendar reminder to review your support team list and touch base regularly:

- **Pre-Deployment:** Reach out via call, text, or meal to recruit team members and set expectations.
- **During Deployment:** Maintain set check-in rhythms (weekly, bi-weekly, or monthly).
- **Post-Deployment:** Debrief with your support team to reflect on God's faithfulness and express gratitude.

REMINDER ON CONTEXT & FOCUS — PROVERBS 11:14

"Where there is no guidance, a people falls, but in an abundance of counselors there is safety."

Focus on recruiting 3–5 of the right people—quality over quantity. Take your military service and spiritual health with the seriousness it warrants. As you reach out and build your support team, clarity and peace will follow. Keep this list handy and review it regularly.