
ADULT WILDERNESS ADVENTURE 1996

CREATED FOR RELATIONSHIPS

DAY ONE: ***“What Is A Friend?”*** (Ruth 1:1-18)

DAY TWO: ***“Worshipping Together”*** (Isaiah 58)

DAY THREE: ***“Suffering Together”*** (Job 2:1-13)

DAY FOUR: ***“Encouraging Each Other”*** (2 Timothy 1:1-18)

DAY FIVE: ***“Appreciating Each Other”*** (Romans 1:1-15)

DAY SIX: : ***“Serving Together”*** (Ephesians 4:1-16)

Welcome to “The Great Adventure” of adult trekking ! You are about to embark on one of the greatest weeks of your life. You will do things you have never done before. You will witness things you have never seen before. You will experience all the joy (and all the pain) that comes with living with a group of friends in the backcountry.

Hopefully, those in your group will become very near and dear to you. Perhaps for the first time, you will experience what God intended the fellowship of the church to be. The contents of this journal are designed to help you get the most from your time together in the wilderness.

**How Is *Adult Wilderness Adventure* Different
From *Wilderness Trek Christian Camp* ?**

Wilderness Trek Christian Camp is a six-day high adventure program for young people, ages 14 - 19. It strives to use stress within a supportive atmosphere to accomplish the following goals with a group of young people: Unity, Servant-likeness, Application of Biblical Principles, Leadership, Confession, Relationships, Appreciation for God’s Creation, Personal and Group Affirmation.

Adult Wilderness Adventure is similar to teen experience in that it takes place in the same wilderness areas and uses some of the same backpacking/mountaineering skills and equipment. It’s goals are

different, however. The adult experience assumes that adults are under enough emotional stress and do not need more in order to become introspective and confessional. *Adult Wilderness Adventure* focuses on providing a break from the complexity and stresses of life to provide a nurturing group atmosphere in which adults can receive the support and encouragement they need to recreate and renew themselves spiritually.

How To Use This Journal

This journal is designed for both personal and group use. Each day is divided into two sections: “Individual Study & Reflection” and “Group Time”.

The information and exercises in “Individual Study and Reflection” can be used any time during the day before your crew gets together to prepare supper. The content of the “Group Time” section is for directing your time together after supper around the campfire.

Suggestions for “Individual Study & Reflection”

1. Use this section each day to enhance your week. There is not set time to do each of these. Get away from others in your group. Find a spot a safe distance from your crew area. Be sure to stay close enough to hear your guide call for you.)
2. Before you begin to read and study, pray that God will help you clear your mind and receive from His Word what you need. Ask Him to show you what kind of action to take as a result of your quiet time with Him.
3. Read and reread the suggested Bible passage for each day. Familiarize yourself with it. The questions in this journal are based on the New International Version.

Suggestions for “Group Time”

1. Come to group discussion prepared. The Group Time will build on the information shared in the Individual Study & Reflection section each day.
2. Be willing to participate in the group discussion. Your leader will be encouraging you to discuss what you have learned and how it applies to your life.

3. Be sensitive to the other group members. Listen attentively what they have to say. You may be surprised by their insights ! When possible, link what you say to the comments of others. Also, be affirming whenever you can. This will encourage some of the more hesitant members of the group to participate.

4. Be careful not to dominate the discussion. Sometimes in our eagerness to express our thoughts we leave little opportunity for others to respond. But, by all means, participate!

5. Pray for each other. Pray individually and together for those in your group.

Introducing the Theme:

Created for Relationships comes from a study guide written for Inter Varsity Press by Cindy Bunch. It has been adapted for use in the *Adult Wilderness Adventure* program. The Warm Up and After Glow group exercises are taken from Serendipity's *Ice-Breakers and Heart Warmers* by Steve Sheeley (Serendipity House, 1994).

Created for Relationships focuses on two topics: **friendship** and **Christian fellowship**. Both are essential in the Christian's understanding of one's identity in Christ and how God has provided our us through His church.

God has created us to desire relationship --- with Him and with one another. There is not better place to experience this than in His beautiful wilderness. Being away from the distractions of our daily schedule allows us to focus more fully on who we are in Christ and how blessed we are to be part of His glorious church. I pray that these studies will enrich all of your relationships and will make your group's trek in the wilderness a time of spiritual renewal.

Edd Eason
Journal Editor
1996 Adult Wilderness Adventure

DAY ONE

“What Is A Friend ?”

Individual Study and Reflection

Saying goodbye to a good friend can be very difficult. Especially if that friendship has been a close one. Saying goodbye to a family member who is dear to you can be even more difficult.

1. Can you recall a time when you had to leave a close friend or a dear family member?

2. For what reasons would you separate yourself from a friend ?

In this story we meet a woman who went far beyond what was expected for a friend. Read **Ruth 1:1-18**.

1. Describe the situation in verses 1-7.

2. Naomi asks her daughters-in-law to return to their own home, but they weep and refuse. What does their response tell you about Naomi?

3. For what reasons does Naomi tell them they should leave (vv. 11-13)

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4. In what ways would it be difficult to remain close to someone who was feeling as Naomi was in verse 13 ?

 6. What does Ruth's pledge to Naomi in verses 16-18 tell us about Ruth?

 7. To what extent does friendship require taking the other person's "God" (beliefs) as your own?

 8. What would (has) it required for you to give up some of your safe boundaries (as Ruth gave up her country) to befriend someone in need?

Group Time

Warm Up:

"My Roles" (On your first night together introduce yourself to the group and use this exercise, or another similar to it, to get better acquainted.)

Focus:

1. Ask someone in the group to read **Ruth 1:1-18**.
2. When in your life has been like Ruth to you? Please tell how and why ?
3. In what ways do you think you may need support from friends to make it through this week ?
 - a. What are you looking forward to happening this week?
 - b. What are you dreading?

Afterglow:

Let the group leader close with a prayer, but ask each group member to pray through out the week for each other. Praying for the group can include thanking God for the opportunity to get to know the people in the group, praying for specific people and the needs in they have mentioned, and praying that the group continue to become a growing, caring family.

DAY THREE

“Suffering Together”

Individual Study and Reflection

When our friends hurt, we hurt. We wish we could “fix” whatever is wrong. We search to find the right words --- all the while feeling as though nothing we say is enough.

1. When have friends, even with good intentions, failed to help you in a time of suffering? What did they say? What did they do?
2. How has a friend helped you through a time of suffering?

Read **Job 2:1-13**.

1. Summarize the dialogue between Satan and the Lord (vv. 1-7)
2. Job’s actions in verse 8 show that he is in mourning. How does his wife react to his response (vs. 9) ?
3. What does Job’s response in verse 10 tell you about why he thinks God allows suffering?
4. Read 2:11-13. In what ways do they show their love for him?

Group Time

Warm Up:

“My Relationships”

Focus:

1. Have someone read or summarize **Job 2:1-13**.
2. What do you find difficult about helping someone who is in pain?
3. When did you experience pain today? Did any one help you? How?
4. Recall the last time you were “sitting in ashes” (in pain). What did you need at the time? Who helped you? How ?

Afterglow:

End your group time with a series of one-sentence prayers. Have the group stand or sit in a circle holding hands or touching shoulders. The leader starts with one of the sentences below and completes it. Responses should be kept brief. Those who want to repeat the process. After the leader has given everyone a chance to respond he/she goes on to the next sentence. Continue until all the sentences are used.

“Lord, I’m thankful for ...”

“Lord, I need help ...”

“Lord, there is someone who needs Your help ...”

DAY FOUR

“Encouraging Each Other”

Individual Study & Reflection

Encouragement comes through a special word of thanks, lending a hand when its needed, a prayer offered --- sometimes from just being there. It is part of why God gave us the gift of the church --- a support group of believers.

1. Name one parent, teacher, coach, or friend who knew how to bring out the best in you. How did they do it?
2. Describe how encouragement has enabled you to go on serving God when things are rough.

Read 2 Timothy 1:1-18.

1. What do Paul’s emotions (vv. 3-4) reveal about his relationship with Timothy?
2. What encouragement and challenge does Paul give to Timothy in verses 6-8?
3. According to verses 8-12, what does suffering mean to Paul?
4. How does Paul contrast his relationship with the believers in Asia and his relationship with Onesiphorus (vv. 15-18)?

5. In what ways have you experienced both kinds of relationships with people in the church?

6. What have you learned from this passage about encouraging another believer?

7. You have probably been richly blessed by the people in your group this week. Select one person from your group that you would like to encourage. Use the gift box and the list of words below to prepare a "gift wrapped" blessing for them. Write your name and their's on the tags and be prepared to share your "blessings" tonight at the campfire:

I would use three of the following words to describe you because ...

accepting	inspiring	active	loyal
adventurous	open	aware	productive
confident	real	considerate	creative
risk taking	encouraging	sensitive	good-hearted
spontaneous	growing	supportive	helpful
thoughtful	authentic	tolerant	honest
vulnerable	influential	warm	forgiving

Group Time

Warm Up:

Best and Worst

Go around the group and allow group members to share the first item mentioned in pair below. Then go around the group again and have everyone share the second item. When you have finished move onto the next pair.

Worst part of your day.

Best part of your day.

Worst thing you brought with you.

Best thing you brought with you.

Worst thing you heard or saw today.

Best thing you heard or say today

Focus:

1. Describe a time in your life when you became discouraged.
2. Have someone read **2 Timothy 1:1-18**. Although Paul's message is a sober call to faithfulness, what encouragements does he present as well?
3. Who are/were some role models of faith in your life (like Lois, Eunice, and Onesiphorus) ?
4. What is one gift (personal trait, strength, or interest) you feel the group (or others) could help you "fan into a flame"?

Afterglow

"Pass the Blessing, Please"

End your group time by allowing group members to share the "gift-wrapped blessings" mentioned in the Individual Study & Reflection section of today's journal.

DAY FIVE

“Appreciating Each Other”

Individual Study & Reflection

All of us have known people who in their efforts to become great leaders resorted to treating others in a condescending way. Initially they were tolerated when they gave advice and one-sided opinions. Eventually there was a breakdown in communication and everyone became more and more resistant to even listening to them. In this study we'll look at Paul's example of a leader who was able to receive and learn from others.

1. Can you recall a time when someone very powerful and influential took notice of you and acted humbly and graciously toward you?
2. In what ways has God kept you humble throughout your life?

Read **Romans 1:1-15**.

1. What do verses 1-6 tell you about how Paul views his calling and qualifications?
2. It would have been easy for Paul to wield his authority as an apostle. What evidence is there in this passage that he does not do so (vv. 11-12, 14-15)?
4. In what ways does Paul express his appreciation for the Roman church (vv. 8-12)?

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5. What can we learn about encouraging other from Paul's example in this passage?

Group Time

Warm Up:

"How'd Go Today?"

Focus:

1. Have someone read **Romans 1:1-15**. What impresses you most about Paul?
2. What "gifts" (blessings, strengths, heartbreaks, etc.) has God given you to help you encourage others?
3. How have you been "mutually encouraged" by another person's faith?

Afterglow:

"What I Need Right Now ..."

DAY SIX

“Serving Together”

Individual Study & Reflection

Think of some things that need unity to function properly -- a sports team, plant and animal systems in nature, the human body, a combat battalion, a church, etc. What contributes to unity in such groups/life systems ? How do the individual parts do to foster unity? Destroy it?

1. Describe one group of which you are a member.
2. What contributes to unity in this group?
3. What destroys unity in this group?

Read **Ephesians 4:1-16**.

1. Paul’s teaching on unity begins with a listing of four traits/attitudes/ behaviors which each of us must exhibit if we are going “walk worthy” and “keep the bond of peace” with in the fellowship of Christ. List these below and write your own definitions for them (vs. 2):

<u>Trait/Attitude/Behavior</u>	<u>Your definition</u>
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- a.
- b.
- c.
- d.

2. In which of these do you feel you are the strongest? In which area do feel that you need to grow the most?

3. From reading this passage what is the problem with trying to live the Christian life apart from the church? In what ways do we need each other?

4. What is the purpose for which God gave gifts to church through the Holy Spirit (vv. 11-16)?

5. Through out this week you have had the opportunity to see various members contribute to the unity of your group. **I Corinthians 12** and **Romans 12** gives a listing of the gifts intended to build up the church.

Scan these two chapters and list the spritual gifts that you find.

6. These same spiritual “gifts of service” where demonstrated to one degree or another in the life of Jesus Christ. Go to the Afterglow section of tonight’s Group Time and complete the exercise entitled: ***“You Remind Me of Jesus”***

Group Time

Warm Up:

“Snapshots of the Day”

Ask group members to look over the sentences below and share their response with the group. Take the sentences one at a time until everyone that wants to has responded and then go on to the next sentence.

A time today that I was real happy ...

A time today that I took a big chance and it paid off ...

A time today I really struggled ...

A time today that someone really encouraged me ...

Afterglow:

“You Remind Me of Jesus”

Look at the descriptions below and write the name(s) of any group members who remind you of Jesus by the descriptions given.

DAY TWO

“Worshipping Together”

(Group Leader: This Individual Study & Reflection portion can be used as in a worship service during Group Time or done separately and individually as group members wait their turn to rappell.)

Individual Study & Reflection

The essence of worship is community. We might even say that worship cannot happen apart from community. Believers who have been isolated for a long report that what they longed for most was to participate in group worship again. What happens however when worship becomes a preformance instead of a sincere outpouring of our hearts to the Lord?

1. Describe the most powerful worship experience you can remember.
2. What aspects of that experience made it powerful?

Read **Isaiah 58**.

1. Isaiah is refering in this passage to the “fast that God desires.” Fasting is a form of worship. The teaching in this passage can can also apply to our times of group worship.

What positive statements are made about the people?

What negative statements?

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2. What is the answer to the questions the people are asking in verse 3 (vv.4-5)?

 3. What will be the effect of worship that truly honors God (vv. 8-12)?

 4. What are some way that your church could better follow this model of worship?

 5. (Write A Prayer)

Group Time

(Group Leader: Tonight's **Group Time** should be discussion of the questions from **Isaiah 58** found the **Individual Study & Reflection** section followed by a period of worship. Use the *Focus* exercises below and the prayers written earlier by group members during your worship time. Before you start ask group members to list songs that are particularly meaning to them.)

Warm Up:

Let There Be Praise !

It is a privilege to praise God and all of us can think of reasons to praise Him. Praising God together is an exciting thing, especially for a group that can see God's mighty works manifested all around them in the wilderness.

Select one of the passages listed below. Be ready to share a selected portion of it and your response to the sentence:

“Lord, we want to praise You for ...”

Psalm 46	Psalm 117	Colossians 1:13-22
Psalm 36:5-10	Psalm 121	Hebrews 1:1-4
Psalm 65	Psalm 145	Hebrews 5:5-10
Psalm 93	Psalm 146:5-10	Revelation 4:8
Psalm 95	Psalm 147	Revelation 4:11
Psalm 96	Psalm 148	Revelation 5:5-10
Psalm 98	Psalm 149	Revelation 5:12-13
Psalm 100	Psalm 150	Revelation 7:12
Psalm 103	Isaiah 53:1-6	Revelation 11:17-18
Psalm 104	Luke 1:46-55	Revelation 15:3-4
Psalm 111	Luke 1:68-79	Revelation 19:6-8
Psalm 113	John 1:1-16	

Focus:

1. From your study of **Isaiah 58** what did you discover about the kind of fasting (worship) that God desires?
2. Have you used fasting from food or other forms of “self-fulfillment before? What was your purpose? How was it helpful?

3. LORD'S SUPPER

- Ask group members to pair off. Each pair should have a piece of bread and a cup of grape juice. Have a prayer with the entire group together. Thank the Lord for the sacrifice of His Son on the cross that we might redemption from our sin.
- After the prayer ask each pair should move a few yards away from the group. Each person should tell the other about one area of their life they need to dedicate to the Lord. (ie. One area of concern for which they would fast.)
- After each person is through sharing they should partake of the bread and the cup, have a prayer together, and quietly return to the center of the camp.

Afterglow:

End your time together singing and sharing the prayers written today during the Individual Study & Reflection time.