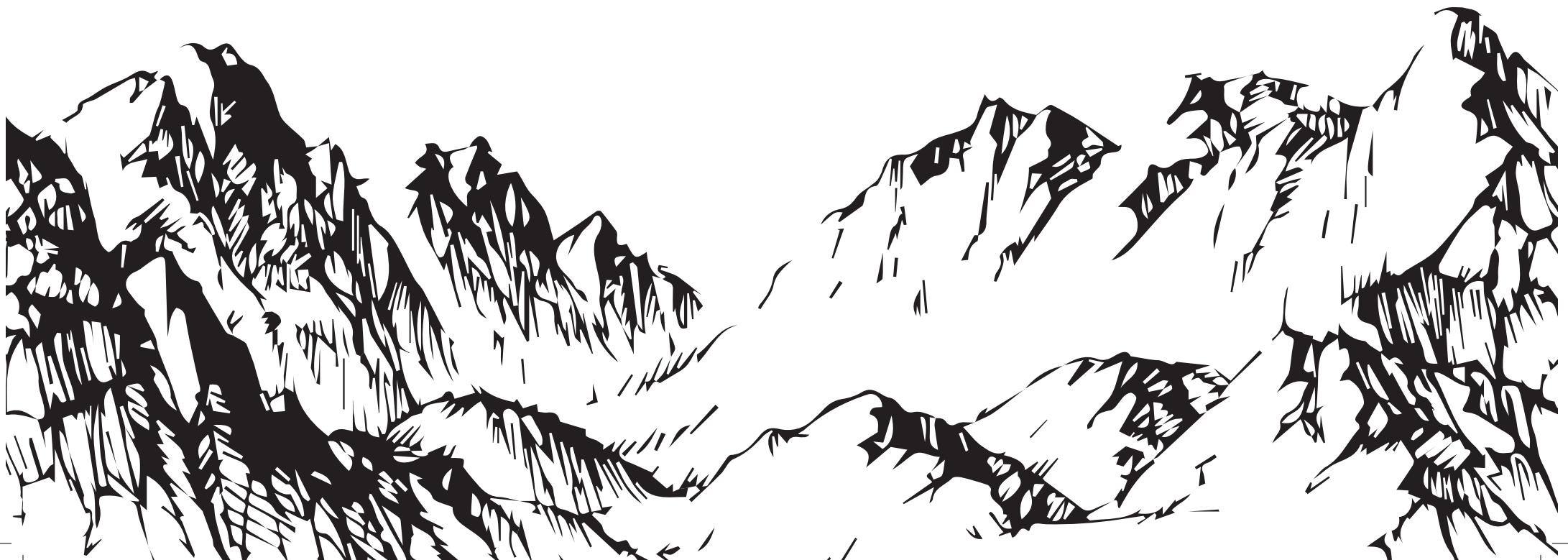




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SOCIAL

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 /WildernessTrek

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 @WildernessTrek

SHARE

SPREAD THE WORD.

When you're on a trip you're just busy having fun. Thank goodness you made memories that will last a lifetime. Some things never change – everyone loves a good tale. Whether you're a former Glorieta Wilderness student, a Wilderness Trek alum, or just want to take a walk down memory lane with us, send us your photos and stories.

>>> www.wildernesstrek.org/share

THIS BOOK BELONGS TO

www.wildernesstrek.org

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SECTION 1

JOURNAL OVERVIEW

4 ELEMENTS OF A TREK

TREK HISTORY

TRAIL ROLES

DAILY RESPONSIBILITY

BIBLE VERSES ABOUT WILDERNESS

THE DAILY EXAMEN

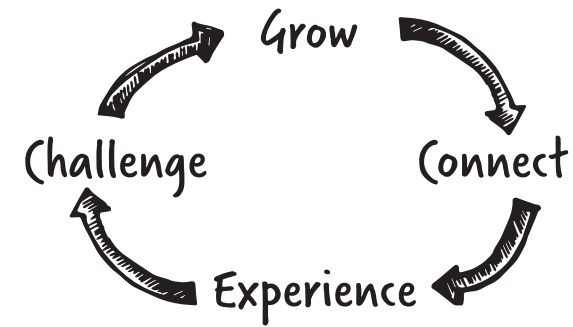
Journal Overview

Welcome to Wilderness Trek! We have been praying for you. Specifically we have been praying for your trip and that you encounter God in deep and meaningful ways while journeying with us. We believe that faith is a journey and that by coming on Trek with us, that you are taking a big step into understanding God's plan for you life.

It does not matter what type of trip you are taking, who you are going with or how many days you will be out, we hope you have a safe, wonderful life changing experience. Over the past 40 years we have seen God work in many people's life while on trail. Most people meet God during their "solo times" but everyone also remembers how close they grew to know other people on their trip. Whatever place and time you meet God, we are confident that your trip will be a *life changing experience*.

There are 4 *main elements* of Wilderness Trek you will experience while on your trip. No matter if you are rock climbing in Moab, backpacking in New Mexico, kayaking in Texas, or biking with us in Colorado these elements never change.

- ① **Grow:** Every trip we take will give you opportunity to grow your faith and your skills. Nature is the best place to walk with God and discover God's purpose for your life.
- ② **Connect:** You will connect with God, God's creation, other people as well as your own journey.
- ③ **Experience:** You will have an experience of a lifetime and will experience God's creation. Each trip is filled with fascination and excitement.
- ④ **Challenge:** Every trip is designed to challenge our spiritual and physical norms and gets our faith out of stagnation.



Our Mission is to:

Transform lives and pierce hearts by God's presence and power as experienced by the grandeur of his creation.

*But ask the animals, and they will teach you,
or the birds in the sky, and they will tell you;
or speak to the earth, and it will teach you,
or let the fish in the sea inform you.
Which of all these does not know
that the hand of the Lord has done this?
In his hand is the life of every creature
and the breath of all mankind.
Job 12:7-10*

How to use this journal:

You will find lots of great info in this trip journal. This journal has extra space to help you with several things such as:

- A place to take notes about your trip
- Space to write down verses, teachings, and discoveries you make in your solo times or during bible studies
- Bible studies, verses and questions to lead you
- Information about spiritual formation, spiritual gifts and prayer exercises
- Tips and tricks for your trip

Here is a brief overview of the sections of your journal.

Solo Time:

Each Trip will have a special part of your day called “solo time” this is also what we call, “Time alone with God”. Each day you will have a chance to spend time in prayer, reflection, and study. Your solo times can be self guided through the 4 questions (see below) or sometimes we have specific questions for you to work through. Most often, we allow you to mix and match by directing verses for you to go through but at your own speed and pace. We do this to allow the Holy Spirit to speak to you in meaningful, and personal ways.

Suggestions on how to have a great Solo time:

- Go somewhere without distractions where you can focus (a great view never hurts either)
- Take a bible, a pen, a journal and your water bottle
- Get comfortable and try to clear your mind by praying for clarity, focus and understanding
- Read the scriptures through one time without stopping
- Read the scriptures again and see what phrases, verses or thoughts jump out at you. Try to focus on these and write them down
- Pray that God reveal to you why this section of material stuck out to you and listen carefully to God’s response
- If you need some help, use the 4 step study process outlines in your journal

Devotional or Bible Study Time:

Each night we will discuss our daily theme and the verses for the day. Each person will bring their notes from their solo time with them and be ready to discuss how the verses apply to our lives. During this time, we encourage openness, honesty and for people to ask questions. We will discuss the 4 parts of the study found below. Each part holds an important key to understanding and applying God’s word to our life. Usually, we will do this in our solo time individually, and then discuss during our evening bible study.

- **Observations** – About the story, God, & Man. Note all the details. Also a lot of questions about the passage as you read. Write your questions down and try to find the answers as you study. Note nouns, verbs, and other key words. Everything must be written down.

- **Problems** – Write out what you don’t understand about the passage. Be specific. Some questions will be resolved on your own, some in discussion, some maybe later in life and some might be a lifelong process. It’s okay to not understand everything because this is a process of gaining understanding.
- **Cross-reference** – Our understanding of a piece of scripture should be weighted against our understanding of the rest of scripture and everything should balance out. Think of other passages you know of that apply to the passage you’re studying and write them down. Write down passages that gain a new depth in your mind because of this passage. If there are words that need more depth look them up with a concordance and see how they’re used and what they mean in other passages. We interpret Scripture using Scripture.
- **Application** – Fill in the chart with what we’ve learned about God and ourselves then the application comes from what those things mean we should do in general. Then specifically how do we do those things practically in our lives.

Daily Examen:

You will find a short introduction to what the daily examen is in the back of this journal. Each breakfast and dinner, we will have a few short discussion questions for your group to discuss while we eat. These open ended questions are just to help you reflect on your day and focus on what is important.

Notes:

This section is for you and you only. You can use it as a journal, a drawing pad, a sketchbook, or to write down verses, topics, or ideas that speak to you. Because You will keep your journal we encourage you to use this section in whatever way benefits you and your spiritual growth.

Spiritual Growth Next Steps:

Because we want you to put into practice the faith you have experienced on the trail, we want to give you a few tools to take home with you. This section has some important information that may help you continue to grow spiritually.

4 Elements of a Trek

He appointed twelve, designated them apostles, that they might be with Him and that He might send them out to preach and to have authority to drive out demons. Mark 3:14-15

Jesus shows us that how he built leaders is by placing them in a spiritual environment (*grow*), giving them a relational web (*connect*), and by giving them an experiential context (*experience*) and by challenging them to be leaders (*challenge*). In short **EXACTLY WHAT WE DO!**

4 Elements of Wilderness Trek

Grow: Every trip we take will give participants an opportunity to grow their faith and skills. Nature is the best place to walk with God and discover God's purpose for one's life.

Connect: Participants will connect with God, God's creation, other people as well as their own journey.

Experience: Participants will have an experience of a lifetime and will experience God's creation. Each trip is filled with fascination and excitement.

Challenge: Every trip is designed to challenge spiritual and physical norms and get people's faith out of stagnation.

5 C's of Leadership Development

Christ likeness- to grow in intimacy with and dependency of God

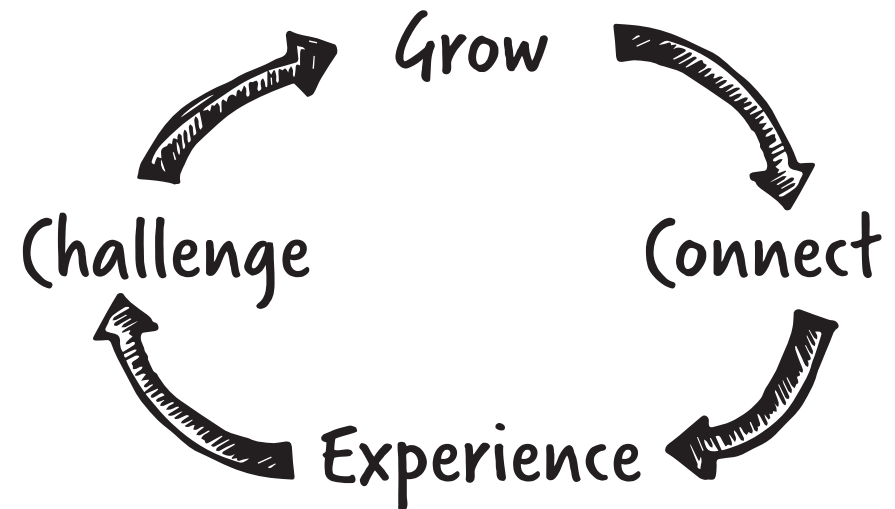
Community- to grow and minister in a community that provides support, care, accountability and friendship

Character- to grow in the character of Christ (fruits of the spirit)

Calling- to recognize and pursue the universal calling of Christ as well as ones calling and giftedness (spiritual gifts)

Competency- to develop the necessary knowledge and skills needed to pursue one's calling

The Trek "Experience Cycle"



Our History

Wilderness Trek started as a dream of a youth minister who worked at the Hillcrest Church of Christ in Abilene, Texas named Bob Woods. During the summer of 1975, Mr Wood took a group of 21 9th grade boys, 2 girls, and a few parents for a week-long backpacking trip to the mountains near Gunnison, Colorado. He continued to do this for several years.

Starting in 1978, youth ministers from other churches began combining their groups with the Hillcrest group. By 1980, over 500 teens and adults had gone on one of his trips and almost a dozen additional groups were asking Mr Woods to take their group on what had become known as "Trek". The cost was approx \$125 per person.

Up until that time, Mr Woods had operated Wilderness Trek as an extension of his youth ministry at the Hillcrest Church. In 1984, Mr Woods approached a group of youth ministers and Christian businessmen about forming a nonprofit organization, led by a board of directors. The purpose of the board was to remove the organizational burden from Mr Wood and provide for Treks spiritual direction and insure the ministry of Wilderness Trek for future generations. On Oct 23, 1985, the first board of directors was chosen and drafted the articles of organization for Trek. In Sept 1986 WTCC was granted its 501(c)3 designation by the Internal Revenue Service.

Since then, WTCC has been a non-profit organization led by a volunteer board of directors. In 1986, WTCC starting utilizing a paid contractor (usually an individually owned for-profit company) for outfitting services such as equipment rental, Forestry Service permits, base camp services, and meals. From 1986-1991 WTCC used "Woods and Trails" as its only outfitter. In 1992 and 1993 WTCC used Woods and Trails and Wilderness Expeditions as its only outfitters. From 1993-2011 WTCC used Wilderness Expeditions out of Salida, CO as its only outfitter. The owners of Wilderness Expeditions, Tommy and Kristi Query, were valuable partners in the growth and expansion of Wilderness Trek during those years.

In the fall of 2005, the Wilderness Trek board made the decision to pursue a process that would provide the organization with the capability of outfitting itself without the use of a commercial outfitter. A few weeks later the board, started conducting activities designed to rewrite its mission statement, vision statement, and value statement. After several years of planning, in 2011 the board decided not to renew any contracts with commercial outfitting services. During its run from 1992 until 2011 the long term partnership between the Wilderness Trek and Wilderness Expeditions produced over 25,000 campers, 650 staff members and countless trips through Colorado for many generations of Trekkers. WTCC will always be grateful to Wilderness Expeditions for its contributions to our ministry and the long lasting effects the partnership had on both organizations.

In 2012 and 2013 Wilderness Trek brought on new board members, applied for Forest Service permits in new areas, started to develop its own operating procedures and identified long term areas it could operate. Trips from 2012-2017 were kept small and mostly operated out of northern New Mexico near Taos and Red River. During this time, the board went through the hard work of creating new processes, new procedures and a new vision for the future. Much time was spent identifying how God was working and how we could participate in God's plan for the ministry.

In early fall of 2017 WTCC started with a 'relaunch' by hiring a new Executive Director. This relaunch process was the culmination of everything that had been started in 2005 and included a fundraising campaign called "NEXT 40" designed to launch the ministry into the next 40 years of operation. The new vision of Trek included all of the time tested elements of what made Wilderness Trek so special, along with a emphasis on new activities, new locations, and more focus on other groups like young adults, college students, and families.

In spring of 2018 WTCC started talking with the Glorieta Adventure Camps located outside Santa Fe, NM. Glorieta also had a youth wilderness program called Glorieta Wilderness. Like Trek, Glorieta Wilderness was a faith-based non-profit outdoor ministry that provided similar trips and experiences for teens, young adults and families. Glorieta Wilderness was over 10 years old and had a proven track record of excellence in Christian Outdoor ministry along with a strong culture of life changing trips.

In the summer of 2018, Wilderness Trek and Glorieta Wilderness operated joint trips out of the Santa Fe, NM basecamp. Both Wilderness Trek and Glorieta Wilderness groups experienced life change through the trips and experiences

of 2018. While sharing a basecamp, the two groups worked together to identify how both ministries could be combined into one amazing organization ready to serve people all over the southwest.

In Oct 2018, Glorieta Adventure Camps gifted their wilderness department called Glorieta Wilderness, to Wilderness Trek. At this time they donated all equipment, staff and programs to Wilderness Trek. Additionally, Wilderness Trek leased the buildings currently assigned to the Glorieta Wilderness Program for use as a long term basecamp. This partnership doubled the footprint of our operating area as well as provided highly qualified staff, quality equipment, and well run established programs to our offerings. We now have 3 full-time year-round staff, operate in 6 states, and have a new shared history with a great organization called Glorieta Adventure Camps. This partnership also allows us to work with the other two camps in the camp eagle family of camps, that are owned by Glorieta. Wilderness Trek will remain its own 501c3, but will continue to work with the Glorieta Camps organization in partnership for years to come.

With more full-time staff than ever before, a large well situated private basecamp, expanded programs, and a laser focus on faith-based adventure, Wilderness Trek is excited to see what God will do with all of the amazing resources he has granted us. We are excited to join God for whatever he has planned for the NEXT40 years!

Trail Roles

Everyone has a role to play on one of our trips!
Here are a few things we need from each person to make every trip a success.

Teen Participant

- Be involved in every activity and participate with the entire group
- Have a great attitude!
- Try every activity, even if you think you might not like it
- Get to know your fellow trip mates and guides
- Encourage others
- Follow directions and rules given out by the staff (they are for your own safety)
- Look out for others, alert an adult if someone is sick, struggling, or needs help

Adult Participants:

- Be our 'eyes and ears' by monitoring things like how students are doing, alert a guide if a student is struggling (emotionally, spiritually or physically)
- Be an influencer of attitude (positively) and an encourager for everyone in the group
- Participate fully in everything we do. Challenge yourself to step outside of your comfort zone just like the teens are doing and try every activity out
- Take initiative to spend time with students while on trail. Play games, get involved in conversations, and spend time with the teens in your group
- Be patient and let the teens experience appropriate struggle (*Step in if anyone's safety is going to be compromised, but let teens experience the ups and downs and give them space to learn from their mistakes while on trail*)
 - Do not be overbearing in our spiritual conversations, let teens answer questions and actively 'work out their faith'. We require them to ask hard questions of themselves, let them discuss and appropriately struggle with these questions
 - Do not do everything for them, let the teens have to figure out how to achieve their tasks on trail

For just as the body is one and has many members, and all the members of the body, though many, are one body, so it is with Christ. For in one Spirit we were all baptized into one body - Jews or Greeks, slaves or free - and all were made to drink of one Spirit.
1 Cor 12:12-13

Daily Responsibility

**Use this sheet to keep up with who is carrying each element of crew gear as well as camp responsibilities.*

Group: _____ Date: _____

Meals:

Day 1 Breakfast: _____ Clean up: _____

Lunch: _____ Clean up: _____

Dinner: _____ Clean up: _____

Day 2 Breakfast: _____ Clean up: _____

Lunch: _____ Clean up: _____

Dinner: _____ Clean up: _____

Day 3 Breakfast: _____ Clean up: _____

Lunch: _____ Clean up: _____

Dinner: _____ Clean up: _____

Day 4 Breakfast: _____ Clean up: _____

Lunch: _____ Clean up: _____

Dinner: _____ Clean up: _____

Day 5 Breakfast: _____ Clean up: _____

Lunch: _____ Clean up: _____

Dinner: _____ Clean up: _____

Crew Gear:

Bo Bo Bag: _____

Cookware: _____ Tent 1: _____

Water Filter: _____ Tent 2: _____

Crew Bag: _____ Tent 3: _____

Stove and Fuel: _____ Tent 4: _____

Crew Fly: _____

Mess Kit: _____

Bible Verses about Wilderness

You will go out in joy and be led forth in peace; the mountains and hills will burst into song before you, and all the trees of the field will clap their hands. *Isaiah 55:12*

He who made the Pleiades and Orion, who turns midnight into dawn and darkens day into night, who calls for the waters of the sea and pours them out over the face of the land—the Lord is his name. *Amos 5:8-9*

The woman fled into the wilderness to a place prepared for her by God, where she might be taken care of. *Rev 12:6*

Therefore I am now going to allure her; I will lead her into the wilderness and speak tenderly to her. *Hosea 2:14*

He will cover you with his feathers, and under his wings you will find refuge; his faithfulness will be your shield and rampart. *Psalms 91:4*

The path of the righteous is level; you, the Upright One, make the way of the righteous smooth. *Isaiah 26: 7*

But ask the animals, and they will teach you, or the birds in the sky, and they will tell you; or speak to the earth, and it will teach you, or let the fish in the sea inform you. Which of all these does not know that the hand of the Lord has done this? In his hand is the life of every creature and the breath of all mankind. *Job 12:7-10*

Be still and know that I am God. *Psalms 46:10*

Examples of Jesus and solitude:

Matt 4:1-11, 14:13, 14:23, 17:1-9, 26:36-46.

Mark 1:35, 6:31, 6:45-46

Luke 6:12, 5:16, 9:18, 9:28

A few Psalms about nature: *Psalms 2, 24:1-2, 29:8, 33:6-9, 89:11, 65:9-13, 147:7-9 and 12-18, 104:21-30, 106:9*

The Daily Examen

The *examen*, or examination of conscience, is a quick prayer to help you see where God was active in your day. Usually done for 15 to 20 minutes at the end of a day, the prayer was popularized by St. Ignatius Loyola in his classic text *The Spiritual Exercises*. Use these five easy steps to pray the *examen* every day, and soon you'll begin to notice God's presence more easily.

Presence: Remember that you're in the presence of God in a special way when you pray. Ask God for help in prayer. This is often called "Thanksgiving"
What am I grateful for in this past day
An event that took place today that I want to remember

Gratitude: Recall two or three things that happened today for which you are especially grateful. Savor them. Then thank God for these gifts.

Review: Review your day from start to finish, noticing where you experienced God's presence. Notice everything from large to small: from an enjoyable interaction with a friend to the feel of the sun on your face.

- When did you love?
- When were you loved?
- Where did I feel true joy today?
- What troubled me today?
- Where and when did I pause today?

Response: You may have sinned today or done something you regret. Express your sorrow to God and ask for forgiveness. Ask, what is my response to the God of my life?

Look ahead with grace: You may want to return to a meaningful part of your prayer and speak to God about how you felt. At the close of the prayer, ask for God's grace for the following day.

- As I look ahead, what comes to mind?
- With what spirit do I want to enter tomorrow?

Over time, as you pray the *examen*, you'll notice God's presence in the moment, rather than just at the end of the day. You'll see that your whole day can be a kind of prayer. Soon you'll discover that you've become, as Jesuits like to say, a "contemplative in action."

SECTION 2

DEVOTIONS

Arrival Day: 1

Element: **Connect**
5C: **Community**

Overview:

Why are you here? Are you expecting a great adventure? To hear from God some spiritual truth? Do you hope to just take good insta pics? What brought you here? Whatever reason you are here, God has a plan for you and is planning something special for you this week. This gift is not just for you however but is a special calling to be a part of something bigger, something more complete, something called **God's Kingdom** (*Matthew 6:33*).

We are here to help you hear more clearly what God is doing in your life and see how God wants you to be changed **'into the image of Christ'** (*Rom 8:29*). Today's study helps us understand why experiences you will have this week are important so that we can unplug from 'everything that weighs us down' and build a deep, lasting connection to the creator of the universe.

Today's Theme: Let's get started!

Verses: Job 12:7-10, Psalms 46:10, Ex 33:14, Eph 4:1-16

Quotes:

Any patch of sunlight in a wood will show you something about the sun which you could never get from reading books on astronomy. These pure and spontaneous pleasures are 'patches of Godlight' in the woods of our experience. — C.S. Lewis

Therefore I am now going to allure her; I will lead her into the wilderness and speak tenderly to her. — Hosea 2:14

We need to find God, and he cannot be found in noise and restlessness. God is the friend of silence. See how nature — trees, flowers, grass — grows in silence; see the stars, the moon and the sun, how they move in silence... We need silence to be able to touch souls. — Mother Teresa

Keep close to Nature's heart... and break clear away, once in awhile, and climb a mountain or spend a week in the woods. Wash your spirit clean. — John Muir

Observations :

Problems :

Cross References:

Application :

Solo Reflection Questions: (Journal)

- Explain in your own words what you hope to get out of this week.
- If you could outline, 'The perfect spiritual experience' this week what would it be?
- Which one of the four elements (*grow, connect, experience, challenge*) do you need most this week?
- Predict what will happen if you use your experience this week to *grow, connect, experience, and challenge*.

Closing activity: (Daily Examen)

- What is one important discovery, experience or memory about today that you would like to pray about?
- What is something important about tomorrow you would like to pray about?

[illegible]

It is a fact of life, healthy organism grow. Healthy cells duplicate, healthy trees grow fruit, healthy grass grows tall. In the natural world, healthy organisms like plants, animals, fruits and cells all grow. This also applies to the spiritual world as well. A healthy faith grows and develops. Your faith should grow stronger overtime. Like a plant however, your faith requires care to make it grow. Are you taking care of your faith? Are you growing it?.

Verses: Mark 4:1-20, 4:30-32, Mark 11:12-13, Galatians 6:7-10, John 15:1-16, Heb 12:1-2

Complacency is a deadly foe of all spiritual growth. Acute desire must be present or there will be no manifestation of Christ to His people. — A.W. Tozer

Jesus made clear that the Kingdom of God is organic and not organizational. It grows like a seed and it works like leaven: secretly, invisibly, surprisingly, and irresistibly. — Oz Guinness

- In what ways did you see God yesterday?
- How were you blessed by someone yesterday? How did you see Christ in them?
- Use an adjective to describe how you feel this morning. Suggestions are, excited, happy, amazed, nervous, weak,

Observations :

Problems :

Cross References:

Application :

Solo Reflection Questions:

- How does where you are spiritually right now compare with where you have been spiritually in the past?
- Identify two ways you have grown spiritually in the past year.
- Was there anything you did to “prepare the soil” for the growth? (i.e. how did you set the stage?)
- Identify two ways your faith has 'shrunk' this past year.
- What contributed to this shrinking?
- What words would you use to describe your faith right now, today?
- Are you producing fruit right now? In not, why not, if so, how?
- How can you make the most of this week in order to grow your faith and not shrink?

How I would like to grow on this trip:

*What I am going to do to make
it happen:*

How I did:

(to be done at home or the end of the trip)

Daily Examen (Evening)

- What is one revelation, experience or memory from today you would like to pray about?
- What is something you would like to pray about that you may encounter or experience tomorrow?

[illegible][illegible]

Day: 3

Element: Experience
5C: Christlikeness

Overview:

Paul on the road to Damascus, the disciples walking to Emmaus, the woman at the well. Everyone who met Jesus was deeply changed. Martyrs speak of seeing Jesus welcoming them, Stephen saw Jesus with his arms open wide. Encountering Jesus changes people forever. Some Christians worship Jesus for decades but have never truly encountered him.

Theme: Encountering Jesus

Verses: Luke 24:13-35, John 4:1-26, John 10:1-21

Quotes:

Being saved and experiencing Jesus are not the same thing. Many have partaken in God's grace who have never seen Jesus. When you have seen Jesus, you can never be the same, other things do not appeal as they used to.
— Oswald Chambers, *My Utmost for His Highest*

Daily Examen (Morning)

- In what ways did God speak to you yesterday? (through someone, through something you read, something someone said?)
- How were you blessed by this?
- What emotions are you feeling right now?

Observations :

Problems :

Cross References:

Application :

Solo Reflection Questions:

- What would you change about your life if you met Jesus as these people in the story did?
- Pick one of these stories and try to imagine yourself in it. What questions would you ask Jesus if you were in the story? How do you think he would respond?
- What words of love and encouragement would Jesus have for you?

Daily Examen (Evening)

- What is something Jesus is inviting you to do that you would like to pray about?
- What is something you would like to 'pray forward' about for tomorrow?

[illegible][illegible]

Day: 4

Element: *Grow*
5C: *Calling*

Overview:

As followers of Christ we are invited to join God in his redemptive work. Throughout the bible we see examples of God allowing man to participate in his work. As followers of Christ we are invited to join God the father, God the son and God the spirit in the work of building the kingdom of God. God is involving mankind in His work, and we have a role in this restoration and in building God's kingdom.

Some of the ways we can participate in God's work is through:

Redemptive work (God's saving and reconciling actions)

Creative work (God's fashioning of the physical and human world)

Providential work (God's provision for and sustaining of humans and the creation)

Justice work (God's maintenance of justice)

Compassionate work (God's involvement in comforting, healing, guiding, and shepherding)

Revelatory work (God's work to enlighten with truth)

(Taken from 'Faith goes to work' By Robert Banks)

Theme: Joining God in his work

Verses: Gen 1:26-31 and 2:15-24, Micah 6:6-8, John ch 14

Quotes:

As God's children, we are not to be observers; we're to participate actively in the Lord's work. Spectators sit and watch, but we are called to use our spiritual gifts and serve continually. — Charles Stanley

The only way the kingdom of God is going to be manifest in this world before Christ comes is if we manifest it by the way we live as citizens of heaven and subjects of the King. — R.C. Sproul

The only significance of life consists in helping to establish the kingdom of God. — Leo Tolstoy

Daily Examen (Morning)

- In what ways did Jesus speak to you yesterday through Solo time.
- How was this a blessing?
- What emotions are you feeling right now?

Observations :

Problems :

Cross References:

Application :

Solo Reflection Questions

- How has God used you on the trail this week?
- In what ways have you participated in God's work this week?
- How can our sins derail us from participating in God's purpose?
- What needs to happen to get back on track?

Daily Examen (Evening)

- What way is God inviting you participate with what he is doing?
- How can others be praying for you as you try to do this?

[illegible][illegible]

Day: 5

Element: *Grow*
5C: *Character*

Overview:

Character is sometimes described as who we are, our mental and moral capabilities. Character is a million tiny decisions we make daily. In scripture character is split into several types. Our 'human nature' and our 'divine nature' or what we would call "christlikeness". Scripture clearly points out that to take on the character of Christ we must "set our hearts on things above" (Col 3:1) Jesus says that, "For I gave you an example that you should also do as I did." (John 13:15) the apostle Paul tells us to, "Be imitators of me, just as I also am of Christ." (1 Cor 11:1) Today's focus is how to develop this 'character of Christ'.

Theme: A character in Christ

Verses: Gal 5:16-26, Col 3:1-17, John 15:12,

Quotes:

People do not seem to realize that their opinion of the world is also a confession of character. — Ralph Waldo Emerson

Be more concerned with your character than your reputation, because your character is what you really are, while your reputation is merely what others think you are. — John Wooden

The measure of a man's real character is what he would do if he knew he would never be found out. — Thomas B Macaulay

Daily Examen (Morning)

- How did you get to join God's work yesterday?
- In what ways were you blessed by someone doing God's will yesterday?
- How does the thought of you being more active in your faith today make you feel?

Observations :

Problems :

Cross References:

Application :

Solo Reflection Questions

- What does it mean to “live by the spirit”? (*Gal 5:16-18*)
- While reading Gal 5:16-26 make a list of the fruits of the spirit. Now put a circle around the ones that come naturally to you. Make a box around the ones you struggle with. What do you think God wants you to know about this list?
- What do you think it means to “crucify your sinful nature”? (*verse 24*)
- How do you think you could “keep in step with the spirit”? (*verse 25*)
- What comes to your mind when Paul says to “clothe yourself with compassion, kindness, humility, gentleness, and patience”? (*Col 3:12*)
- Col 3:13 says to “forgive as the Lord forgave” is there anything you need to forgive someone of or that you need to be forgiven for? (*feel free to make a private list in your journal*)

Daily Examen (Evening)

- Which fruits of the spirits would you most like to practice tomorrow?
- How can others be praying for you as you use these gifts?

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Last Day

Elements: ~~Review~~
5C: ~~Review~~

Overview:

The purpose of today is to tie together everything we have experienced and discussed over the past few days in a way that encourages us to live out what we have learned this week. If we had a great experience, then we must make sure to do whatever it takes to be different people as we go back into our normal lives. Our experience this week is only powerful if we change our lives in meaningful ways back home.

Theme: Now What?

Verse: Jeremiah 29:11-14, Joshua 1:3-9, Duet 6:1-25,

Quotes:

We need to find God, and he cannot be found in noise and restlessness. God is the friend of silence. See how nature – trees, flowers, grass – grows in silence; see the stars, the moon and the sun, how they move in silence... We need silence to be able to touch souls. – Mother Teresa

If you can't fly, then run, If you can't run, then walk, If you can't walk, then crawl, but whatever you do, you have to keep moving forward. – Martin Luther King Jr.

Remember who you are. Don't compromise for anyone, for any reason. You are a child of the Almighty God. Live that truth. – Lysa Terkeurst

Daily Examen (Morning)

- How have you experienced God and deepened your faith this week?
- In what ways has this blessed you?
- What words describe your experience this week?

Observations :

Problems :

Cross References:

Application :

Solo Reflection Questions:

- In what ways did you Grow this week?
- In what ways did you connect with others this week? How do you plan to keep those connections going?
- What experiences did you have that you want to remember forever?
- Describe how you experienced God this week.
- How where you challenged this week?
- What are some of the things you learned from those experiences?
- Take a minute to go back through your journal and reflect back on your solo times. What things did God reveal to you during these times?
- What elements or activities from this week could you do at home to keep your faith strong?

Daily Examen (Evening)

- What is one thing about your trip you would like to most like to remember?
- What is one thing you are looking forward to experiencing tomorrow?

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SECTION 3

SPIRITUAL RESOURCES

In this section, you will find helpful resources to continue your spiritual journey once you are back home. Look over this section often and dive into some of the ways you can grow your faith after your trip.

Spiritual Formation

Element: *Grow*
5C: *Christlikeness*

*"Love the Lord your God with all of your heart, with all of your soul, with all of your mind and with all of your strength."
Mark 12:30*

What is spiritual formation?

Spiritual formation is the process of growing one's faith deeper in order to become more like Christ. 1 Peter 1:15 says, "but as he who called you is holy, you also be holy in all of your conduct, because it is written, 'be holy because I am holy'". As followers of Jesus we are called to be his disciples. John 8:31 says, "If you hold to my teaching you are really my disciples." and Matthew 28:19 says, "therefore go and make disciples of every nation". Spiritual formation is our journey to be remade like Jesus.

So what is discipleship?

Discipleship is the process of that spiritual journey. The word discipleship literally means, "to teach" or "to train". The greek word for disciple means, "one who learns from another, a student or pupil." To be a 'disciple of Christ' means to learn from Christ his teachings, his ways and his lifestyle.

How can I learn from Christ if he is dead?

Luckily we have a record of the life of Christ and it is called the Gospels (Matthew, Mark, Luke, and John). Additionally the New Testament is filled with the teachings of Christ as well as the teachings of his direct followers that he trained, taught and commissioned to teach his words. He called them his.... disciples.

So what are some of the things followers of Jesus do?

We encourage you to read more about what it means to be a follower of Christ by reading over the following list and studying the verses.

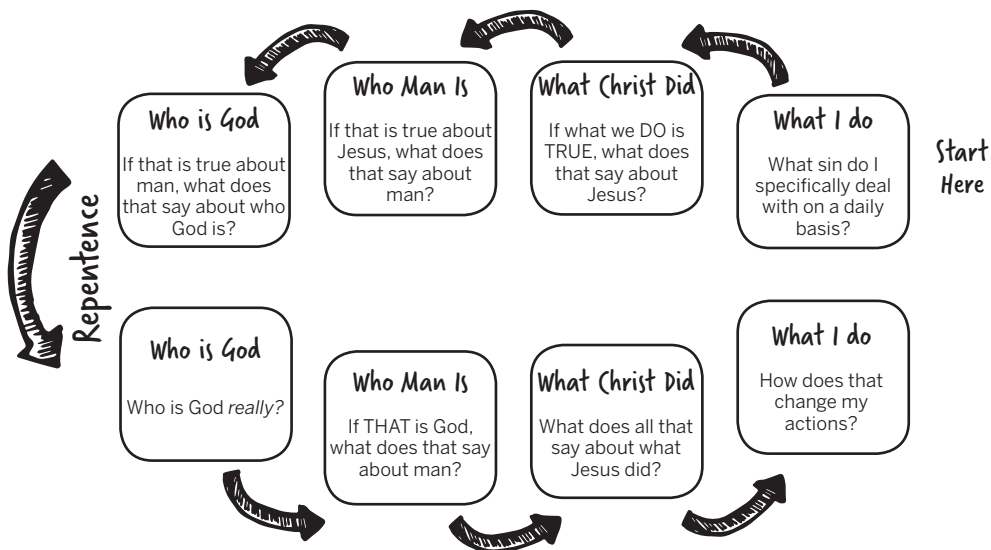
- Follow the bible as our guide (2 Tim 3:16)
- Make changing your life and turning away from evil a top priority (Mark 8:34-38)

- Learn the written word of God and live by it with commitment (*John 8:31-32*)
- Love and serve others as God leads (*1 John 3:11-16*)
- Focus on living like Christ did, being fruitful (*John 15:7-10, Galatians 5:22*)
- Understand and respect godly authority (*Hebrews 13:17*)
- Sharing the Gospel of Jesus Christ with others (*Matthew 28:18-20*)
- Become changed by renewing your mind (*Romans 12:2*)
- Worshipping God in all you do (*Romans 12:1*)
- Serve God (*Romans 1:9*)
- Build God's Kingdom (*Matt 24:14, Luke 9:2*)
- Demonstrating to the world the Power given us by the Holy Spirit (*1 Corinthians 12:7-11; 2 Peter 1:3-8*)
- Be involved in a Christian community (*Romans 12:4-5, Acts 2:46-47*)
- Tithe (*Numbers 18:26, Proverbs 3:9-10, 2 Chronicles 31:4-5*)

"A spiritual discipline, therefore is the concentrated effort to create some inner and outer space in our lives, where this obedience can be practiced, Through a spiritual discipline we prevent the world from filling our lives to such an extent that there is no place left to listen." -Henri Nowen

GOSPEL FLUENCY CHART

A way to uncover how our behaviors reveal a disbelief or a core lie we believe about God



Spiritual Gifts Worksheet

"...Each one has his own gift from God; one has this gift,
another has that."
1 Corinthians 7:7

- List the spiritual gifts Paul mentions Paul lists in Romans 12:6-8
- List the 'manifestations of the spirit' that are given for the common good in 1 Cor 12:4-11
- What does 1 Cor 14:1 say our attitude should be regarding spiritual gifts?
- What does 1 Cor 13:1-2 say our motivation for desiring spiritual gifts should be?
- What are we warned not to do? (*1 Thes 5:19-20, Eph 4:30*)
- What did Jesus promise would happen to the disciples when the holy spirit came upon them? (*Acts 1:8*)

Spiritual gifts that communicate God's Word:
preaching, evangelism, apostle and missions, leadership

Spiritual gifts that educate God's People:
teaching, encouragement (exhortation), wisdom, knowledge

Spiritual gifts that demonstrate God's Love:
serving, mercy, hospitality, pastoring, giving, helping, faith, administering

Spiritual gifts that celebrate God's Presence:
healing, miracles, tongues, interpretation of tongues, prophecy

"God has put it into their hearts to accomplish his purpose..."
Revelation 17:17

"Delight yourself in the Lord and he will give you the desires of your heart."
Psalm 37:4

Self Inventory:

Spiritual Gifts (See 1 Cor 12:1-11, Eph 4:11-13)

Spiritual gifts I believe I have: (see below)

- 1.
- 2.
- 3.

I feel I may have these gifts because:

- 1.
- 2.
- 3.

Heart

List some things you're good at and love doing:

- 1.
- 2.
- 3.

People compliment me when:

"There are different abilities to perform service..."
1 Corinthians 12:6

Abilities

The following are my strongest abilities:

- 1.
- 2.
- 3.

Other skills and/or abilities I'm learning and/or working on are:

- 1.
- 2.
- 3.

A few examples include: *drama, writing, speaking, artistic, photography, video, counseling, fixing, designing, computers, accounting, music, memory, tutoring/ explaining, athletics, etc.*

"No one can really know what anyone else is thinking or what he is really like, except that person himself."
1 Corinthians 2:11

Personality

This is how I see myself: *(circle one of the two words for each comment)*

1. Around others I am more: RESERVED or OUTGOING
2. My decisions are based more on: FACTS/THINKING or FEELINGS
3. In relationships, I tend to be more: DEPENDENT on others or INDEPENDENT
4. My use of time is more: DETERMINED or SPONTANEOUS

One example of why I circled each of the above is:

- 1.
- 2.
- 3.
- 4.

"And we know that in all things God works for the good of those who love him, who have been called according to his purpose. "
Romans 8:28

Experience (use note page if you need more space)

My spiritual experience is (or how I became a Christian):

Some painful experiences that I've had:

A past experience I've learned from is:

S.H.A.P.E.

If I could design a specific way to serve God around my personal SHAPE, and I knew I couldn't fail, it might be:

[illegible]

60

People ask us, “What are some of the best books to grow my faith?” Here are a few of our favorites.

61

Solitude

At the core of each of our solo times is quite time, alone with God. As believers this is important because it is only in solitude that we slow down enough to hear clearly from our creator. The devotional writer Richard Foster says that “solitude is more a state of mind and heart than a place.”

Solitude is a state of mind and often goes hand in hand with silence. Solitude and silence are inseparable that is why the psalms says “Be still and know that I am God.”
Psalm 46:10

God promises us that when we quiet our souls and listen, he speaks. In fact the Bible says that God goes out in front of us preparing the way for us, “My spirit will go before you and I will give you peace.” When we find solitude, we find silence and we step into what God has been preparing for us, a glorious time of renewal and refreshing.

Solitude and silence do not just happen on trail. You can create both anytime you stop, pause, and focus on what God is doing. It can happen anywhere, at any time and in any place.

Here are a few verses to study about solitude.

Matthew 4:1-11, Luke 6:12, Matt 14:13, Matt 14:23, Mark 1:35, Mark 6:31, Luke 5:16, Matt 17:1-9, Matt 26:36-46, Mark 6:45-46, Luke 9:18 and 9:28

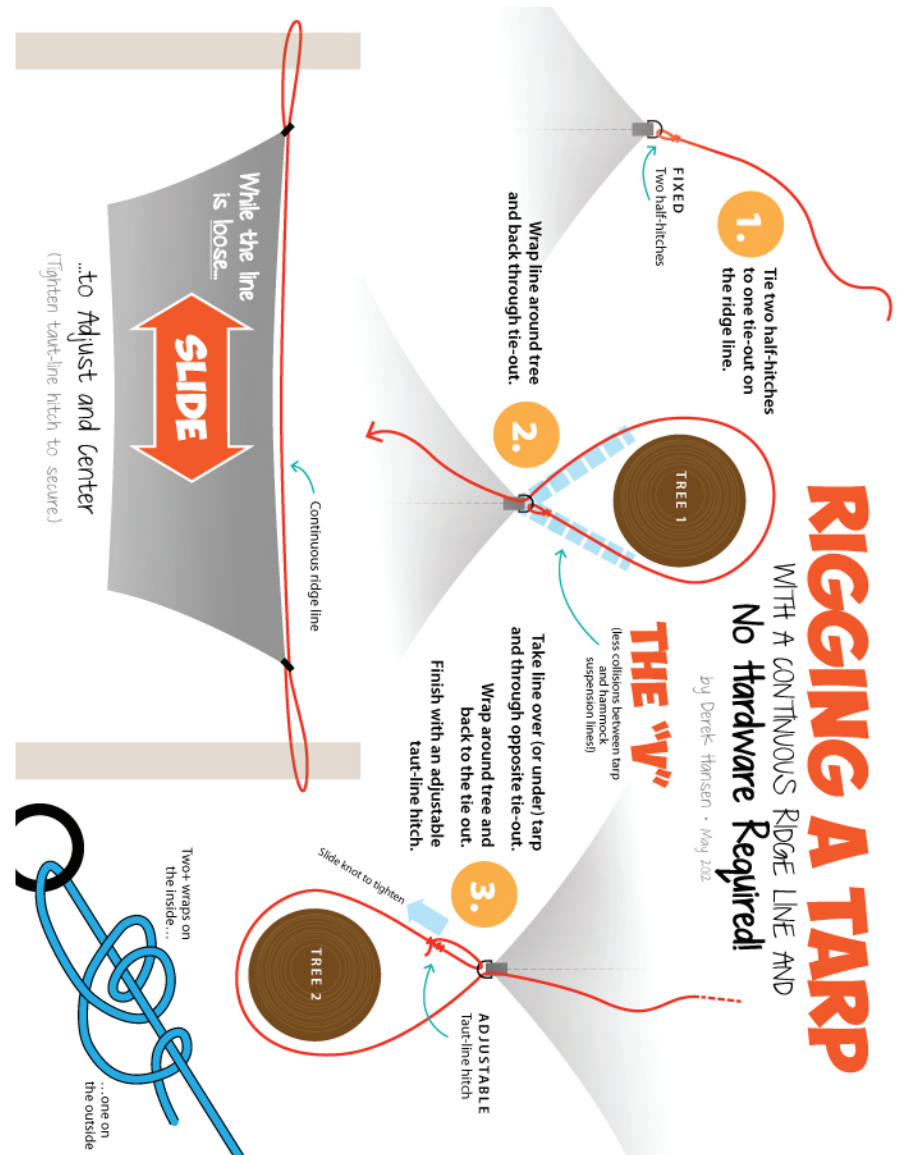
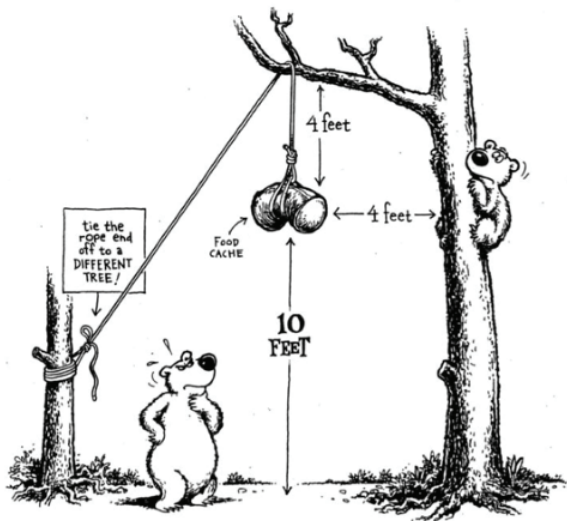
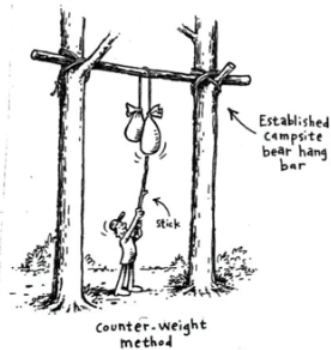
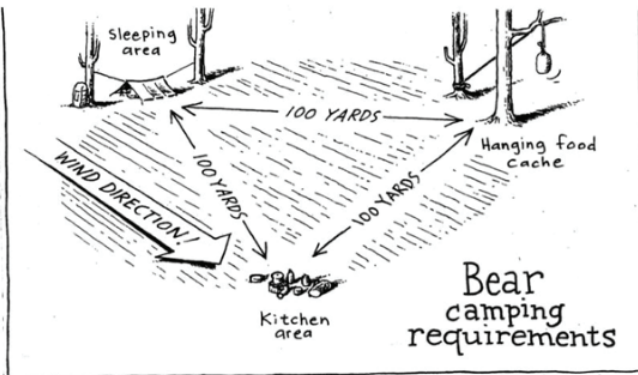
“Silence is intimately related to trust. If we are silent who will take control? God will take control.” Richard Foster.

SECTION 4 TRAIL SKILLS

The following pages are skills pages and are filled with helpful outdoor skills for you to know.

Allen & Mike's Really Cool
BACKPACKIN' BOOK
 Traveling & camping skills
 for a wilderness environment!

Allen O'Bannon
 & illustrations by Mike Clelland!





Leave No Trace Practices

Specific to Desert Environments (Arid and Semi-Arid)

1. Plan Ahead and Prepare

Know the regulations and special concerns for the area you'll visit.
 Prepare for extreme weather, hazards, and emergencies.
 Schedule your trip to avoid times of high use.
 Visit in small groups when possible. Consider splitting larger groups into smaller groups.
 Repackage food to minimize waste.
 Use a map and compass to eliminate the use of marking paint, rock cairns or flagging.

2. Travel and Camp on Durable Surfaces

Durable surfaces include established trails and campsites, rock, gravel, dry grasses or snow.
 Protect riparian areas by camping at least 200 feet from lakes and streams.
 Good campsites are found, not made. Altering a site is not necessary.

In popular areas:

Concentrate use on existing trails and campsites.
 Walk single file in the middle of the trail, even when wet or muddy.
 Keep campsites small. Focus activity in areas where vegetation is absent.

In pristine areas:

Disperse use to prevent the creation of campsites and trails.
 Avoid places where impacts are just beginning.

3. Dispose of Waste Properly

Pack it in, pack it out. Inspect your campsite and rest areas for trash or spilled foods. Pack out all trash, leftover food and litter.
 Deposit solid human waste in catholes dug 6 to 8 inches deep, at least 200 feet from water, camp and trails. Cover and disguise the cathole when finished.
 Pack out toilet paper and hygiene products.
 To wash yourself or your dishes, carry water 200 feet away from streams or lakes and use small amounts of biodegradable soap. Scatter strained dishwater.

4. Leave What You Find

Preserve the past: examine, but do not touch cultural or historic structures and artifacts.
 Leave rocks, plants and other natural objects as you find them.
 Avoid introducing or transporting non-native species.
 Do not build structures, furniture, or dig trenches.

5. Minimize Campfire Impacts

Campfires can cause lasting impacts to the backcountry. Use a lightweight stove for cooking and enjoy a candle lantern for light.
 Where fires are permitted, use established fire rings, fire pans, or mound fires.
 Keep fires small. Only use sticks from the ground that can be broken by hand.
 Burn all wood and coals to ash, put out campfires completely, then scatter cool ashes.

6. Respect Wildlife

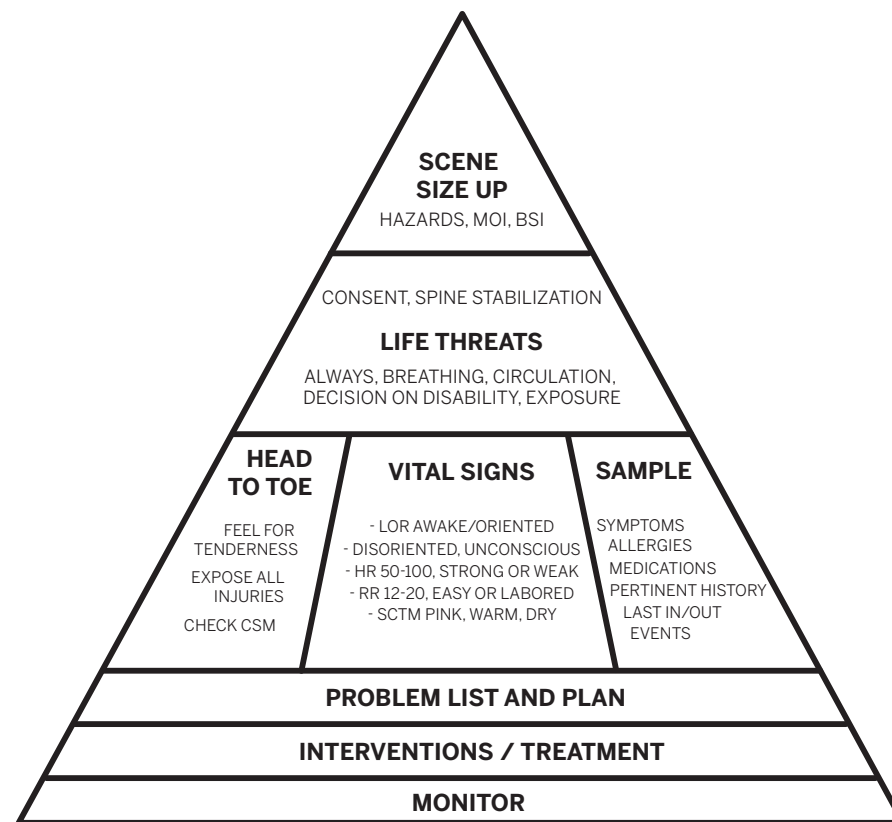
Observe wildlife from a distance. Do not follow or approach them.
 Never feed animals. Feeding wildlife damages their health, alters natural behaviors, and exposes them to predators and other dangers.
 Protect wildlife and your food by storing rations and trash securely.
 Control pets at all times, or leave them at home.
 Avoid wildlife during sensitive times: mating, nesting, raising young, or winter.

7. Be Considerate of Other Visitors

Respect other visitors and protect the quality of their experience.
 Be courteous. Yield to other users on the trail.
 Step to the downhill side of the trail when encountering pack stock.
 Take breaks and camp away from trails and other visitors.
 Let nature's sounds prevail. Avoid loud voices and noises.



Patient Assessment Triangle



SOAPNOTE

SUBJECTIVE: AGE, SEX, MECHANISM OF INJURY (MOI), CHIEF COMPLAINT (C/C)

OBJECTIVE: VITAL SIGNS, PATIENT EXAM, A.M.P.L.E. HISTORY

VITAL SIGNS

TIME					
LOC ORIENTED X?					
RR AND EFFORT					
HR AND EFFORT					
SKIN C, T, M					

PATIENT EXAM: DESCRIBE LOCATIONS OF PAIN, TENDERNESS & INJURIES:

ALLERGIES: _____

MEDICATIONS: _____

PAST PERTINENT MEDICAL HISTORY: _____

LAST IN & LAST OUT: _____

EVENTS LEADING UP TO ACCIDENT:

ASSESSMENT - PROBLEM LIST:

1. _____

2. _____

3. _____

PLAN: PLAN FOR EACH PROBLEM ON THE PROBLEM LIST:

1. _____

2. _____

3. _____

MONITOR - HOW LONG DO YOU PLAN TO MONITOR THE PATIENT? _____