



REACH NEW HEIGHTS

My Trek Journal

This Journal Belongs To:



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WELCOME TO WILDERNESS TREK™!

We have been praying for you. Specifically, we have been praying for your journey and that you encounter God in deep and meaningful ways while on your Trek. We are here to help you hear more clearly what God is doing in your life and to see how He wants you to be changed 'into the image of Christ' (Rom 8:29).

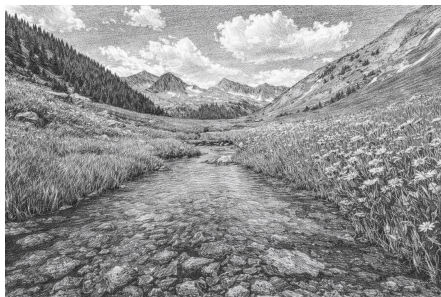
We strongly believe God loves you and cares deeply for you and that you are important to God! In fact, so important that, 'He showed His great love for us by sending Christ to die for us while we were still sinners.' (Rom 5:8) That's how much He loves us and how much He loves you.

We also believe that faith is a journey and that by coming on Wilderness Trek with us, you are taking a big step into understanding the love that God has for you, and who you are in Him and in Christ, and His plan for your life.

It doesn't 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 50 years we have seen God work in many people's lives 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 Trek. Whatever place and time you meet God, we are confident that your trip will be a life-changing experience when you try to meet God in nature or on your adventure.

This journal is designed to help you slow down, unplug from distractions, and intentionally notice God at work in your life and in His creation. Each day includes a theme, Bible study verses, reflection questions, a prayer guide, and a place to journal your thoughts. There are no right or wrong answers, so be honest, thoughtful, and open... God will meet you on this journey.

We are so glad you are here!



A FEW TIPS FOR BIBLE STUDY & PRAYER TIME

A SIMPLE 3-STEP BIBLE STUDY PROCESS

To help you engage with God's Word more deeply, we suggest using a simple three step Bible study process: Observation, Interpretation, and Application. In this journal, we've provided space each day for notes as you reflect on each step...

1. Observation – What does the passage say?

Start by carefully reading the verses for the day. You may want to just focus on the scripture that speaks to you most. Pay attention to words, phrases, and details. We like to circle, underline, or highlight words or phrases that stand out. Ask yourself:

- What stands out to me in this passage?
- What words or ideas are repeated?
- What does this tell me about God, people, or the situation?

Observation is about slowing down and noticing what is in the text.

2. Interpretation – What does the passage mean?

Next, think about what the passage is teaching. Ask questions like:

- What is God revealing about Himself?
- What truth is being communicated in this passage?
- Why might this message have mattered to the original audience?

Interpretation helps us understand the deeper message behind what we just observed.

3. Application – How does this change my life?

Finally, consider how the truth from Scripture applies to your own life today.

- What is God teaching me through this passage?
- Is there something I need to trust God with, change, or act on?
- How can I live differently because of what I just read?

Application is where God's Word moves from information to transformation.

As you hike, rest, and reflect throughout this Trek, use these three steps to guide your time in Scripture. Ask God to speak to you through His Word and through the beauty of His creation around you.

A SIMPLE 3-STEP PATTERN FOR PRAYER

Prayer is simply talking with God honestly and openly. He wants to hear from you. A helpful pattern to follow as you pray is Praise → Concerns → Thankfulness.

1. Praise – Honoring God for Who He Is

Begin your prayer by focusing on God Himself. Honor Him by acknowledging His greatness, majesty, power, wisdom, and love. When we start with praise, it reminds us that God is bigger than anything we face.

You might pray things like:

- God, You are powerful and almighty. You created the universe and everything around me.
- You are faithful, loving, and always present.
- Thank You for being a God who cares about my life.

2. Concerns – Bringing Your Worries and Needs to God

Next, talk honestly with God about what is on your heart. God invites us to bring our worries, fears, struggles, and questions to Him. He cares deeply about what we are going through.

You can bring things like:

- Challenges or fears you are facing
- Decisions you need wisdom for
- People in your life who need prayer
- Personal struggles or burdens

God is not surprised by your concerns—He welcomes them and wants you to share with Him.

3. Thankfulness – Thanking God for His Goodness

End your prayer by remembering the ways God has been good to you.

Gratitude shifts our focus from what we lack to what God has already done.

You might thank God for:

- His love and forgiveness
- Friends and family
- The beauty of creation around you
- The opportunity to be on this Trek

Taking time to thank God reminds us that He is always working in our lives, even when we cannot see it clearly.

As you spend time in prayer throughout this Trek, remember that God is always listening. He delights in hearing from you and walking with you each step of the trail.

REACHING NEW HEIGHTS

Whenever you strive to reach for something higher... growth, change, healing, or even a literal mountaintop, it always involves a journey. Journeys require effort, perseverance, and facing challenges that stretch us beyond what feels comfortable. As you hike, climb, and sweat this week, remember that personal growth works the same way.

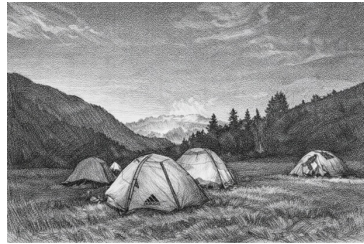
The good news is you are not alone. God walks with you every step of every journey you are on. Even if you feel He isn't near at times, He is always there, and He invites you to trust Him, especially when the trail feels steep or uncertain. When you feel you can't go on, when you can't take another step, talk to God and ask Him to give you the strength you need. Thank Him for being with you and trust that He will see you through whatever you are facing.

As you begin this Trek, allow this to be more than a physical challenge ... let it be a spiritual one where you learn more about who God is and who you are in Him.

BIBLE STUDY VERSES

Psalms 121 - A Song of Ascents

- ¹ I look up to the mountains-
does my help come from there?
- ² My help comes from the Lord,
who made heaven and earth!
- ³ He will not let you stumble;
the one who watches over you will
not slumber.
- ⁴ Indeed, he who watches over Israel
never slumbers or sleeps.
- ⁵ The Lord himself watches over you!
The Lord stands beside you as your protective
shade.
- ⁶ The sun will not harm you by day,
nor the moon at night.
- ⁷ The Lord keeps you from all harm
and watches over your life.
- ⁸ The Lord keeps watch over you as you come and
go, both now and forever.



DAILY STUDY/SOLO TIME

Philippians 4:13

¹³ For I can do everything through Christ, who gives me strength.

Isaiah 40:31

³¹ But those who trust in the Lord will find new strength.

They will soar high on wings like eagles.

They will run and not grow weary.

They will walk and not faint.

Lamentations 3:25

²⁵ The Lord is good to those who depend on Him, to those who search for Him.

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1. What "new heights" are you hoping to reach on this Trek- physically, emotionally, or spiritually?
2. What challenges do you expect to face this week? How do you usually respond when things get hard?
3. What does it look like for you to trust God step by step instead of trying to rely only on yourself?
4. How does knowing that God is with you change the way you approach this journey?

PRAYER TIME

The God who created the universe is eager to spend time with you. Come as you are and draw closer to your Creator. Your presence matters and He is so glad you're here...

Praise/Honor God

You are worthy, O Lord our God, to receive glory and honor and power. For you created all things, and they exist because you created what you pleased. Rev 4:11

Read this verse again and imagine God creating you and being pleased with you. As you reflect on His greatness, give Him whatever honor and worship come to mind.

My Concerns

I am leaving you with a gift- peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid. John 14:27

Imagine God hands you a gift: His peace. In return, He asks you to give Him your worries and concerns. That may seem crazy, but that's exactly what God wants from you. Think about that as you talk to Him about what's on your mind.

Thankfulness

Jesus looked at them intently and said, "Humanly speaking, it is impossible. But with God everything is possible." Matthew 19:26

Thank God, that for Him, nothing is impossible. There is no mountain He can't help you climb or challenge He can't help you overcome. So right now, give Him thanks for who He is, and for being with you when things seem overwhelming.

Prayer

God, thank You for bringing me here and for calling me to this Trek. You know my fears, my hopes, and the challenges ahead. Help me to trust

You when the trail is steep and when I feel unsure. I give You my expectations and ask You to shape me through this experience. Thank

You for walking with me and for loving me as I am.

I want my life to bring You glory.

I pray this in the Name of Jesus, Amen.

TRAVELING LIGHT

When backpacking, every ounce matters. Carrying unnecessary weight makes the journey harder than it needs to be. The same is true in life. We often carry things that weigh us down... fear, guilt, shame, comparison, bitterness, or the pressure to be someone we're not.

As you decided what to carry in your pack this week, you were likely faced with making a choice of what to leave behind, what to let go of...God invites you to travel light and to trust Him with the burdens you were never intended to carry.

In Psalms 23, we see God as a shepherd who provides what we truly need, when we truly need it. One who lets us rest in green meadows, leads us by peaceful streams, and renews our strength. Notice that it says He leads us. God isn't behind us yelling "Go!" and giving us more than we can carry. He is ahead of us, showing us the way, and giving us what we need when we need it. When we travel light, we recognize our dependence on God in all things. Today is about learning to trust God enough to let go of those things He never intended for you to carry and to rest in His care. He is saying to you "Lay those things down! You're carrying burdens you don't need to bear."¹

BIBLE STUDY VERSES



Psalms 23:1-3

- ¹ The Lord is my shepherd;
I have all that I need.
² He lets me rest in green meadows;
he leads me beside peaceful streams.
³ He renews my strength.
He guides me along right paths,
bringing honor to his name.

Luke 10:4

- ⁴ Don't take any money with you,
nor a traveler's bag, nor an extra
pair of sandals...

1 Peter 5:7

- ⁷ Give all your worries and cares to
God, for he cares about you.

Matthew 11:28-30

²⁸ Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. ²⁹ Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. ³⁰ For my yoke is easy to bear, and the burden I give you is light."

Hebrews 12:1

¹ Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us.

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1. What did you pack for this trip that felt hard to carry? What did you choose to leave behind?
2. What emotional or spiritual “weights” are you carrying in your life right now?
3. What would it look like to trust God and Jesus to carry your burdens, to restore your soul and renew your strength instead of trying to fix everything yourself?
4. How does letting go help you walk more freely with God?

PRAYER TIME

What you are going through matters to God... Slow down, take some deep breaths, and use this time to have an honest conversation with Someone who cares deeply for you...

Praise/Honor God

Come, let us worship and bow down. Let us kneel before the Lord our maker, for he is our God. We are the people he watches over, the flock under his care. If only you would listen to his voice today! Psalms 102:25

Read this verse again and imagine God creating you and being pleased with you. As you reflect on His greatness, give Him whatever honor and worship come to mind.

My Concerns

For I can do everything through Christ who gives me strength.
Philippians 4:13

What do you need Jesus to equip you to do? Bring all of your worries and concerns to Him right now.

Thankfulness

I am the good shepherd; I know my own sheep, and they know me, just as my Father knows me and I know the Father. So I sacrifice my life for the sheep. John 10:14-15

Reflect on these words from Jesus and give Him thanks for being so good, for knowing you and loving you so much that He was willing to die for you.

Prayer

Lord, thank You for helping me carry the burdens, big and small, that threaten to weigh me down. You know all my troubles, yet You love me deeply and promise they will not overtake me... so I give them all to you. Please give me strength and hope when I feel overwhelmed and help me learn to trust you more.

I pray this in the Name of Jesus, Amen.

HERE TO THERE: THE LAND BETWEEN

To get from where we are to where we want or need to be, we must move... sometimes through uncomfortable places. Sometimes we choose to go, sometimes God leads us there. Similar to hiking from the base of a mountain to a high camp, we may face challenges, struggles, and steep trails, but these are necessary to position us to get where we want to be: the mountaintop.



In Scripture, the wilderness is often a “land between”. A place between where someone is and where God wants them to be. It’s a place of testing, growth, and life-changing transformation. From the very beginning, the Bible is full of accounts where God’s people encountered Him in the wilderness. It is where He met them most deeply, where they were changed most profoundly, and where He provided what they needed, when they needed it most. It is where they discovered God’s love and faithfulness, where they learned to trust in Him, and where they were shaped to fulfill His purpose for them. (Hagar, Abraham, Moses, Israelites, David, Elijah, etc.)

The wilderness forces us to rely on God and not our own strength. While we may want to rush through difficult seasons, God often uses them to draw us closer to Him, teaching us to trust in Him, and helping us discover who we are meant to be in Him.

“...perhaps God is more likely to reveal himself in the wilderness of our experience than the promised land of our wishes. Perhaps we will find him more in questions than answers, more in challenge than comfort, more in longing than victory, more in arduous travel than in arrival at our destination. The truth is, God meets us more in our humility and weakness, than in our pride and strength.”²

BIBLE STUDY VERSES

Isaiah 43:19-20

¹⁹ For I am about to do something new. See, I have already begun! Do you not see it? I will make a pathway through the wilderness. I will create rivers in the dry wasteland. ²⁰ The wild animals in the fields will thank me, the jackals and owls, too, for giving them water in the desert. Yes, I will make rivers in the dry wasteland so my chosen people can be refreshed.

Deuteronomy 8:2-4

² Remember how the Lord your God led you through the wilderness for these forty years, humbling you and testing you to prove your character, and to find out whether or not you would obey his commands. ³ Yes, he humbled you by letting you go hungry and then feeding you with manna, a food previously unknown to you and your ancestors. He did it to teach you that people do not live by bread alone; rather, we live by every word that comes from the mouth of the Lord. ⁴ For all these forty years your clothes didn't wear out, and your feet didn't blister or swell.

James 1:2-4

² Dear brothers and sisters, when troubles of any kind come your way, consider it an opportunity for great joy. ³ For you know that when your faith is tested, your endurance has a chance to grow. ⁴ So let it grow, for when your endurance is fully developed, you will be perfect and complete, needing nothing.

Habakkuk 3:17-19

¹⁷ Even though the fig trees have no blossoms, and there are no grapes on the vines; even though the olive crop fails, and the fields lie empty and barren; even though the flocks die in the fields, and the cattle barns are empty, ¹⁸ yet I will rejoice in the Lord! I will be joyful in the God of my salvation! ¹⁹ The Sovereign Lord is my strength! He makes me as surefooted as a deer, able to tread upon the heights.

Jeremiah 29:11-14

¹¹ For I know the plans I have for you," says the Lord. "They are plans for good and not for disaster, to give you a future and a hope. ¹² In those days when you pray, I will listen. ¹³ If you look for me wholeheartedly, you will find me. ¹⁴ I will be found by you," says the Lord.

DAILY STUDY/SOLO TIME

Story of Hagar - Genesis 21:14-21

Story of Abraham & Isaac - Genesis 22:1-18

Story of Elijah - I Kings 19:1-18

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1. What do you think of when you hear the word "wilderness"?
2. Do you feel like you are in a "land between"? What does it look or feel like? What "mountaintop" would you like to reach?
3. Have you experienced a wilderness season in your life? What did it teach you? How has God shown His faithfulness to you?
4. How might God be using this Trek to shape your character or deepen your faith?
5. What does it mean for your identity to be rooted in God and in Christ rather than your circumstances?

PRAYER TIME

God made a way for us by sending His Son. Jesus is the way in the wilderness ... He is the river in the wasteland. He is the way when there is no way. He came to make all things new. God sent Jesus because He wants to have a relationship with you. So, bring Him whatever is on your mind, He wants to hear from you.

Praise/Honor God

Praise the Lord; praise God our Savior! For each day he carries us in his arms. Psalms 68:19

Pause for a moment and give God all the glory, honor, and praise He deserves for being your Sustainer, Protector, and for carrying you in His arms.

My Concerns

Even when I walk through the darkest valley, I will not be afraid, for you are close beside me. Your rod and your staff protect and comfort me. Psalms 23:4

The same God who's with you on the mountaintop is also with you in the valley. What do you need Him to walk alongside you with? Picture Him walking close beside you and protecting you as you share your problems with Him... He wants to hear from you.

Thankfulness

We can rejoice, too, when we run into problems and trials, for we know that they help us develop endurance. And endurance develops strength of character, and character strengthens our confident hope of salvation. And this hope will not lead to disappointment. For we know how dearly God loves us... Romans 5:3-5

It's hard to rejoice when we have problems and trials isn't it? Take a moment though and reflect on challenges He has brought you through, and problems He has helped you overcome. Thank Him for His faithfulness, and for the character and hope He is developing in you.

Prayer

God, thank You for meeting Your people in the wilderness. When things feel uncomfortable, uncertain, or I'm not sure where I am headed, help me to trust in You and see You more clearly. Teach me what You want me to learn and draw me closer to You and Jesus. I want my identity to be found in You alone, not in my struggles, circumstances, or successes. Thank You for never leaving me when I experience times of challenge and uncertainty.

I pray this in the Name of Jesus, Amen.

UNPLUGGING TO NOTICE GOD

We live in a noisy world filled with constant distractions. Unplugging from them can be tough. God created us for relationship... with Him, Jesus, and with one another. From the very beginning, God walked with humanity in the garden and He still desires that closeness today.

When we unplug and embrace stillness, we begin to notice God more clearly... in creation, in Scripture, and in our own hearts. Creation itself points us back to the Creator who wants us to spend time with Him, inviting us to worship Him with our lives.



Today, find somewhere you can be quiet and be still... begin to settle down. Close your eyes, take a deep breath and breathe in all the beauty that surrounds you. Think of all the distractions that cause you anxiety, fear, or stress. Imagine letting go of them as you exhale. Invite God's Holy Spirit to be with you in the silence.³

BIBLE STUDY VERSES

Psalms 46:10-11

¹⁰ Be still and know that I am God! I will be honored by every nation. I will be honored throughout the world. ¹¹ The Lord of Heaven's Armies is here among us; the God of Israel is our fortress.

Psalms 37:7

⁷ Be still in the presence of the Lord, and wait patiently for Him to act...

Genesis 2:15, 3:8a

¹⁵ The Lord God placed the man in the Garden of Eden to tend and watch wife heard the Lord God walking about in the garden.

Revelation 4:11

¹¹ Over it.... When the cool evening breezes were blowing, the man and his You are worthy, O Lord our God, to receive glory and honor and power. For You created all things, and they exist because You created what you pleased.

Psalms 46:1-3

¹ God is our refuge and strength, always ready to help in times of trouble.

² So we will not fear when earthquakes come and the mountains crumble into the sea. ³ Let the oceans roar and foam. Let the mountains tremble as the waters surge!

Romans 1:20

²⁰ For ever since the world was created, people have seen the earth and sky. Through everything God made, they can clearly see his invisible qualities- his eternal power and divine nature. So they have no excuse for not knowing God.

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1. What distractions do you normally rely on that make it hard to be still?
2. What have you noticed about God through creation this week?
3. How does quiet help you hear God more clearly?
4. How can you create rhythms of stillness when you return home?

PRAYER TIME

Draw near to God and He will draw near to you. Take a deep breath, and as you exhale, release whatever thoughts might take your attention off God. Take your time and breathe in the nature that surrounds you, be amazed by creation, and prepare for this time with God.

Praise/Honor God

Just ask the animals, and they will teach you. Ask the birds of the sky, and they will tell you. Speak to the earth, and it will instruct you. Let the fish in the sea speak to you. For they all know that my disaster has come from the hand of the Lord. For the life of every living thing is in his hand, and the breath of every human being. Job 12:7-10

Ask God to show you how creation reveals His nature and character. Take some time to process what comes to mind, and honor God with your praise.

My Concerns

Don't worry about anything; instead, pray about everything. Tell God what you need and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. Philippians 4:6-7

Take a few moments right now and reflect on your current concerns. What do you need to give to God? Visualize handing Him all your worries and envision receiving His peace in return.

Thankfulness

Praise the Lord! Give thanks to the Lord, for he is good! His faithful love endures forever. Psalms 106:1

Reflect on a few ways God has shown you His unfailing love. Thank Him specifically for those things right now.

Prayer

God, thank You for the beauty of the world You made and for inviting me to know You personally. When I look at the night sky, I see glimpses of Your glory. When I spend time in nature, I am amazed by Your creativity.

And when I talk to the people You placed in my life, I see your beauty reflected in their faces.

Help me to slow down and truly notice You. Teach me to practice quiet, to practice stillness, and find ways to unplug from all the distractions so I can notice You more and hear Your voice. May my life bring You glory in all that I do. Thank You for walking with me.

I pray this in the Name of Jesus, Amen.

WALKING WITH OTHERS

This journey was never meant to be walked alone. Throughout this Trek, you've experienced the power of encouragement, teamwork, and shared struggle. Whether it was helping carry extra weight, offering a kind word on a difficult climb, or simply walking beside someone, you've seen how much stronger we are together.



God designed us for community. We are meant to support one another, encourage one another, and point each other toward Him. Just as you have walked these trails together, God calls us to walk alongside others in life, lifting each other up, speaking truth, and reminding one another of who we are in Christ.

As you leave this Trek, remember that your journey continues. Who you walk with- and how you walk with them- matters deeply.

BIBLE STUDY VERSES

Ecclesiastes 4:9-12

⁹Two people are better off than one, for they can help each other succeed. ¹⁰If one person falls, the other can reach out and help. But someone who falls alone is in real trouble. ¹¹Likewise, two people lying close together can keep each other warm. But how can one be warm alone? ¹²A person standing alone can be attacked and defeated, but two can stand back-to-back and conquer. Three are even better, for a triple-braided cord is not easily broken.

Hebrews 10:24-25

²⁴Let us think of ways to motivate one another to acts of love and good works. ²⁵And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of his return is drawing near.

Galatians 6:2

²Share each other's burdens, and in this way obey the law of Christ.

DAILY STUDY/SOLO TIME

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1. What moments from today stand out to you the most?
2. Who encouraged you the most on this Trek? How did their support impact you?
3. How did you help or encourage others along the journey? Who are the people in your life you can walk alongside, encourage, and point toward Christ?
4. Why do you think God designed us to live in community instead of alone?
5. How can you continue building Christ-centered relationships when you return home?
6. What has God revealed to you about your identity, belonging, or purpose this week?

PRAYER TIME

Draw near to God and He will draw near to you. Take a deep breath, and as you exhale, release whatever thoughts might take your attention off God. Take your time and breathe in the nature that surrounds you, be amazed by creation, and prepare for this time with God.

Praise/Honor God

Give thanks to the Lord and proclaim his greatness. Let the whole world know what he has done. Sing to Him; yes, sing His praises. Tell everyone about his wonderful deeds. Exult in his holy name; rejoice, you who worship the Lord. Search for the Lord and for his strength; continually seek him. Psalms 105:1-4

The God who created the universe and the beauty around you, also created you. Meditate on that as you praise God and proclaim His greatness.

My Concerns

Do not be afraid, for I have ransomed you. I have called you by name; you are mine. When you go through deep waters, I will be with you. When you go through rivers of difficulty, you will not drown. When you walk through the fire of oppression, you will not be burned up; the flames will not consume you. Isaiah 43:1-2

Take a moment and tell God what you need and what you may be struggling with. Is there someone who also needs your prayers? As He has been with you on your journey this week, know He is with you, and with those you pray for.

Thankfulness

Enter his gates with thanksgiving; go into his courts with praise. Give thanks to him and praise is name. For the Lord is good. His unfailing love continues forever, and his faithfulness continues to each generation. Psalms 100:4-5

God is able to do more than you can hope, think, or imagine. Spend some time giving thanks to the One who knows, loves, and hears you.

Prayer

God, thank You for the people You have placed in my life. Thank You for the encouragement, support, and friendships I have experienced on this Trek. Help me to be someone who lifts others up and points them toward You. Show me who I can walk alongside and encourage in their faith. Give me courage to be real, to care deeply, and to love others well. Thank You for never leaving me and for surrounding me with people who reflect Your love. May my life and my relationships bring You glory.

I pray this in the Name of Jesus, Amen.

LIGHT IN THE DARKNESS

Darkness can be unsettling. It reminds us that we are not in control. But Scripture tells us that the light of Christ shines in the darkness and the darkness cannot overcome it.

This week you likely hiked before sunrise toward a summit. As you remember the light slowly breaking through the darkness, we hope it reminds you that God brings hope, clarity, and purpose to your life.



When Christ's light shines in us and through us, we are able to see the incredible things God has prepared for us, like the summit and the views you experienced this week.

BIBLE STUDY VERSES

Isaiah 9:2

² The people who walk in darkness will see a great light. For those who live in a land of deep darkness, a light will shine.

John 1:4-5

⁴ The Word gave life to everything that was created, and his life brought light to everyone. ⁵ The light shines in the darkness, and the darkness can never extinguish it.

Psalms 27:1

¹ The Lord is my light and my salvation- so why should I be afraid? The Lord is my fortress, protecting me from danger, so why should I tremble?

John 8:12

¹² Jesus spoke to the people once more and said, "I am the light of the world. If you follow me, you won't have to walk in darkness, because you will have the light that leads to life."

Matthew 5:14-16

¹⁴ "You are the light of the world, like a city on a hilltop that cannot be hidden. ¹⁵ No one lights a lamp and then puts it under a basket. Instead, a lamp is placed on a stand, where it gives light to everyone in the house. ¹⁶ In the same way, let your good deeds shine out for all to see, so that everyone will praise your heavenly Father.

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REFLECTION QUESTIONS

1. What stood out to you the most this week? How did you witness God's light and glory?
2. What fears or uncertainties does darkness represent in your life?
Where do you need light and clarity right now?
3. How has God's light shown up for you during difficult times?
4. What does it mean for you to reflect Christ's light to others? How can your life point others to God's glory?

PRAYER TIME

God loved you before He laid the foundation of the universe and brought light into existence. Nothing is impossible for God. Find power in the knowledge that He loves you and hears your prayers.

Praise/Honor God

With all my heart I will praise you, O Lord my God. I will give glory to your name forever, for your love for me is very great. Psalms 86:12-13

Make this Psalm your prayer today and give God whatever worship comes to mind.

My Concerns

God is our refuge and strength, always ready to help in times of trouble. Psalms 46:1

Take a few moments right now and reflect on your current concerns. What do you need to give to God? Visualize handing Him all your worries and envision receiving His peace in return.

Thankfulness

For everything comes from Him and exists by His power and is intended for His glory. All glory to Him forever! Amen." Romans 11:36

What good gifts have you been given? Spend the next few minutes thanking God for His presence and power in your life.

Prayer

God, when I think about you, and see the majesty of your creation, I am filled with awe and wonder. Thank You for the beauty I witnessed today. Whether that was in the stunning views or in others, I am so grateful to be here.

Jesus, You are the light of the world. When I feel afraid or unsure, help me to trust in You. Thank You for shining Your light into my life and guiding my steps. Use me to bring hope, encouragement, and love to others. I am grateful for all You have done and all You will continue to do...So with all that I am I will praise You

I pray this in the Name of Jesus, Amen.

REST

Rest is not weakness... it is trust. True rest comes when we stop striving, stop proving, and stop carrying burdens on our own. God invites us into rest so we can be restored and renewed. Through faith and trust in God, we can find a deep and lasting rest for our souls. The promise of a special rest isn't just a concept. It's a reality for those who walk faithfully with God.

Now that you are back home and perhaps have some time to process your time in the mountains, today is a day to reflect on the journey you've taken ... physically, spiritually, and emotionally. Consider what God has taught you and how He is calling you to live differently in your everyday life.

Our prayer is that you have discovered some healthy daily rhythms that draw you closer to God. A rhythm of stillness and quiet, spending time in God's word to hear how much He loves you and what He has to say to you each day. A rhythm of gratitude and thankfulness... A rhythm of encouragement to others... A rhythm of prayer.

BIBLE STUDY VERSES

Hebrews 4:9

⁹ So, there is a special rest still waiting for the people of God.

Matthew 11:28

²⁸ Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest.

Psalms 62:1

¹ I wait quietly before God, for my victory comes from him.

Colossians 3:17

¹⁷ And whatever you do or say, do it as a representative of the Lord Jesus, giving thanks through him to God the Father.

1 Thessalonians 5:16-18

¹⁶ Rejoice always, ¹⁷ pray continually, ¹⁸ give thanks in all circumstances; for this is God's will for you in Christ Jesus.

REFLECTION QUESTIONS

1. What would it look like for you to fully enter God's rest in your daily life? How can you practice releasing your burdens and anxieties to Him?
2. What rhythms do you want to put into practice that you haven't been doing?
3. How will you live in a way that brings God glory after this Trek?

PRAYER

God, thank You for meeting me on my Trek. Thank You for the lessons learned, the challenges overcome, and the moments of joy and stillness. I rest in You today, trusting that You will continue the work You have started in me. Help me to carry these lessons home and to live for Your glory in all that I do. I am grateful for Your faithfulness.

I pray this in the Name of Jesus, Amen.

WE HOPE TO SEE YOU AGAIN NEXT YEAR!

W

e are thankful for You! We were so honored to have you with us on Wilderness Trek!

We have been blessed to meet you and spend time with you this week and would love to see you again next year in the beauty of God's creation!

Ephesians 3:20-21

²⁰ Now all glory to God, who is able, through his mighty power at work within us, to accomplish infinitely more than we might ask or think. ²¹ Glory to him in the church and in Christ Jesus through all generations forever and ever! Amen.

Proverbs 3:5-6

⁵ Trust in the Lord with all your heart;
do not depend on your own understanding.

⁶ Seek his will in all you do,
and he will show you which path to take.

Psalms 121:8

"The Lord will guard your going out and your coming in, from this time forth and forevermore."

REFERENCES/RESOURCES

¹ Lucado, Max. (2001). *Traveling Light: Releasing the Burdens You Were Never Intended to Bear*. MJF Books & HarperCollins Christian Publishing.

² Jensen, Jason. (2025). *Formed to Lead: Humility, Character, Integrity and Discernment*.

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³ Powell, Karen; Acevedo, Kristel; Griffin, Brad M. (2022). *3 Big Questions that Shape Your Future: A 60-Day Exploration of Who You Were Made To Be*. Baker Books.

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BIBLE PLAN/DEVOTIONAL RESOURCES

YouVersion: The Bible App (2025). Read the Bible online. A free Bible on your phone, tablet, or computer. | The Bible App | Bible.com. Life.Church

www.wildernesstrek.org/wp-content/uploads/2020/11/WT-God-is-Devotional-1.pdf. GOD IS- His Character Revealed in His Creation: A Free 21-day Solo Time Guide from Wilderness Trek.

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