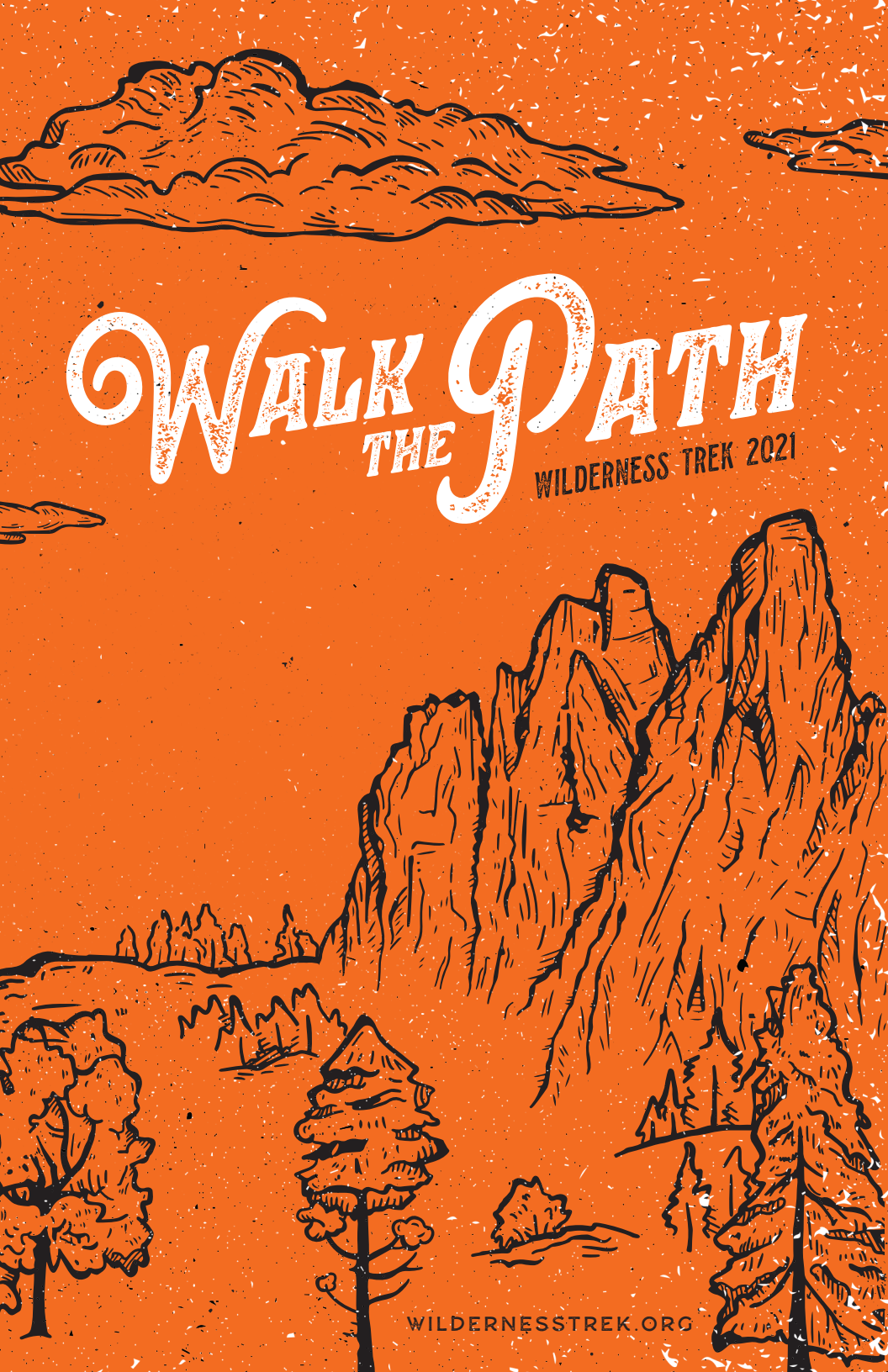

Walk the Path
Wilderness Trek 2021
wildernesstrek.org

THIS BELONGS TO:

© 2021 WILDERNESS TREK. ALL RIGHTS RESERVED.

SECTION 1:

THINGS TO KNOW

06 JOURNAL OVERVIEW
07 THE 4 PATHS
011 OUR HISTORY
13 TRAIL ROLES
17 WHAT IS THE GOSPEL
18 WHAT ARE SPIRITUAL DISCIPLINES
19 SOLITUDE

SECTION 2:

DAILY STUDY/SOLO TIME

22 DAY 1
28 DAY 2
34 DAY 3
46 DAY 4
52 DAY 5
60 DAY 6

SECTION 3:

RESOURCES FOR THE JOURNEY

66 SPIRITUAL GROWTH NEXT STEPS
68 WHAT IS SPIRITUAL FORMATION?
70 SPIRITUAL GIFTS WORKSHEET
74 SPIRITUAL GIFTS WORDS
75 GUIDE TO PRAYER
78 SIMPLE REGIMEN OF PRIVATE PRAYER
79 COLOSSIANS 1 PRAYER
80 8:27 PRAYER
82 BIBLE VERSES ABOUT NATURE
84 CHRIST IN THE PSALMS
85 GOSPEL FLUENCY CHART
86 DAILY EXAMEN
87 RECOMMENDED BOOKS
88 LEAVE NO TRACE

SECTION 4:

JOURNAL

94 - 98

Walk the Path



THINGS TO KNOW

JOURNAL OVERVIEW
4 ELEMENTS OF A TREK
OUR HISTORY
TRAIL ROLES
WHAT IS THE GOSPEL?
WHAT ARE SPIRITUAL DISCIPLINES?
SOLITUDE

SECTION 1

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 Wilderness Trek with us, that you are taking a big step into understanding God's plan for your 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 45 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 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 WHAT ACTIVITY YOU ARE DOING WITH US, THESE ELEMENTS NEVER CHANGE.

CHALLENGE

Every trip is designed to challenge our spiritual and physical norms and get our faith out of stagnation.

EXPERIENCE

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

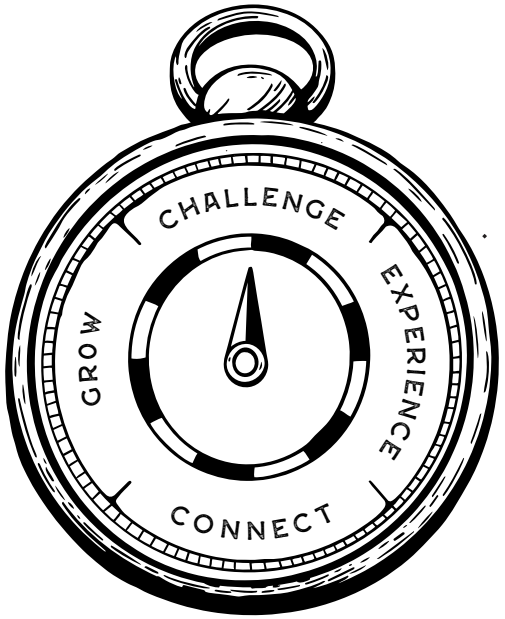
CONNECT

You will connect with God, God's creation, and other people, as well as your own journey.

GROW

Every trip we take will give you an 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.

THE 4 PATHS



SPREADING THE GOSPEL THROUGH ADVENTURE SINCE 1976

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 to help you grow spiritually during and after your trip

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.

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) , 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

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

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

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

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.

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 to pursue one's calling

OUR HISTORY

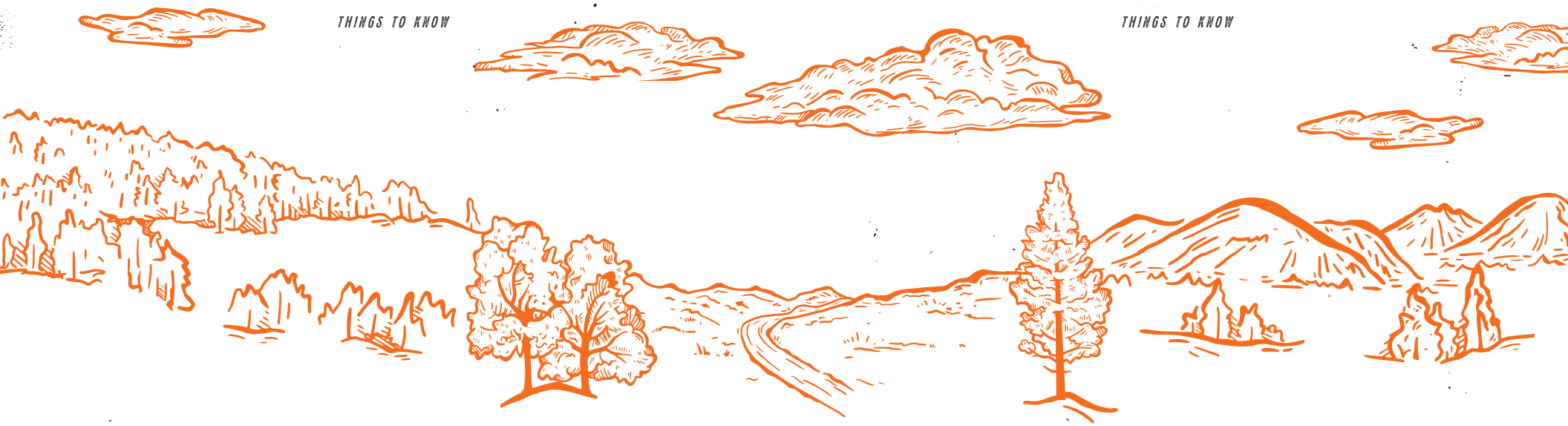
Wilderness Trek started as a dream of a youth minister who worked at the Hillcrest Church of Christ in Abilene, Texas named Bobby Woods. During the summer of 1975, Mr. Woods took a group of 21 9th grade boys, 2 girls, and a few parents for a week-long backpacking trip to the mountains near Gunnison, 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. Woods and provide for Trek's 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 outfitters. In 1992 and 1993 WTCC used Woods and Trails and Wilderness Expeditions as its only outfitter. 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 new '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.

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 NEXT 40 YEARS!

Make sure and follow us on social media @wildernesstrek

TRAIL ROLES

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

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!
- Lead by example!
- Try every activity, even if you think you might not like it
- Get to know your fellow trip mates and guides
- Encourage others
- Do every SOLO time activity and participate in the discussions
- 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 PARTICIPANT

- 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.

WHAT IS THE GOSPEL?

The gospel is the good news that God became man in Jesus Christ. He lived the life I should have lived, and died the death we should have died in our place. Three days later He rose from the dead proving that He is the Son of God and offering the gift of salvation and forgiveness of sins to anyone who repents and believes in Him.

DON'T JUST TRUST US, READ FOR YOURSELF!

"HOW CAN THIS BE," MARY ASKED THE ANGEL, "SINCE I AM A VIRGIN?" THE ANGEL REPLIED, "THE HOLY SPIRIT WILL COME UPON YOU, AND THE POWER OF THE MOST HIGH WILL OVERSHADOW YOU. SO THE HOLY ONE TO BE BORN WILL BE CALLED THE SON OF GOD. LUKE 1:34-35

FOR WE DO NOT HAVE A HIGH PRIEST WHO IS UNABLE TO SYMPATHIZE WITH OUR WEAKNESSES, BUT ONE WHO IN EVERY RESPECT HAS BEEN TEMPTED AS WE ARE, YET WITHOUT SIN. HEBREWS 4:15

I HAVE BEEN CRUCIFIED WITH CHRIST. IT IS NO LONGER I WHO LIVE, BUT CHRIST WHO LIVES IN ME. AND THE LIFE I NOW LIVE IN THE FLESH I LIVE BY FAITH IN THE SON OF GOD, WHO LOVED ME AND GAVE HIMSELF FOR ME. GALATIANS 2:20

FOR CHRIST ALSO SUFFERED ONCE FOR SINS, THE RIGHTEOUS FOR THE UNRIGHTEOUS, THAT HE MIGHT BRING US TO GOD, BEING PUT TO DEATH IN THE FLESH BUT MADE ALIVE IN THE SPIRIT. 1 PETER 3:18

BUT GOD SHOWS HIS LOVE FOR US IN THAT WHILE WE WERE STILL SINNERS, CHRIST DIED FOR US. ROMANS 5:8

HE HIMSELF BORE OUR SINS IN HIS BODY ON THE TREE, THAT WE MIGHT DIE TO SIN AND LIVE TO RIGHTEOUSNESS. BY HIS WOUNDS YOU HAVE BEEN HEALED. FOR YOU WERE STRAYING LIKE SHEEP, BUT HAVE NOW RETURNED TO THE SHEPHERD AND OVERSEER OF YOUR SOULS. 1 PETER 2:24-25

AND PETER SAID TO THEM, "REPENT AND BE BAPTIZED EVERY ONE OF YOU IN THE NAME OF JESUS CHRIST FOR THE FORGIVENESS OF YOUR SINS, AND YOU WILL RECEIVE THE GIFT OF THE HOLY SPIRIT. ACTS 2:38

WHAT ARE SPIRITUAL DISCIPLINES?

Spiritual disciplines are the things we do to become more like Christ. Just like training for a race or losing weight, our spiritual walk takes work and discipline.

The Spiritual Disciplines are the activities and things we do to "work out" or "exercise" our spiritual muscles.

"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

Spiritual Disciplines can be broken up into three major groups:

INWARD DISCIPLINES

MEDITATION
PRAYER
FASTING
STUDY
JOURNALING
CONTEMPLATION

OUTWARD DISCIPLINES

SOLITUDE
SIMPLE LIVING
SUBMISSION
SERVICE
FELLOWSHIP

GROUP DISCIPLINES

CONFESSION
WORSHIP
GUIDANCE
CELEBRATION

SOLITUDE

At the core of each of our solo times is quiet 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. PSALMS 46:10

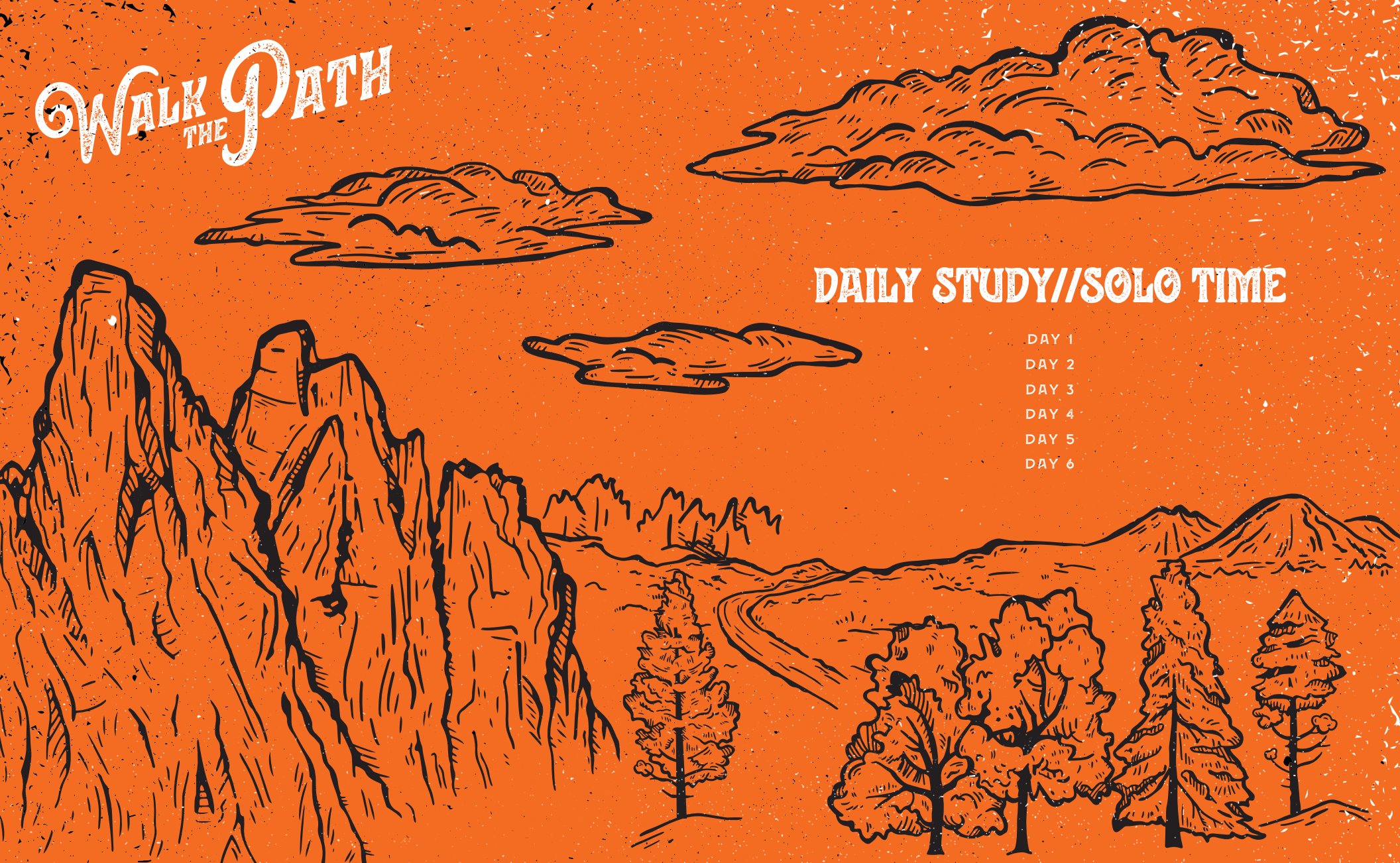
God promises us that when we quiet our souls and listen, He speaks. In fact the bible says that God goes out in front of us preparing the way for us, "My spirit will go before you and I will give you peace." When we find solitude, we find silence and we step into what God has been preparing for us, a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



DAILY STUDY//SOLO TIME

DAY 1
DAY 2
DAY 3
DAY 4
DAY 5
DAY 6

SECTION 2

DAY 1 - ARRIVAL

TODAY'S THEME: WHO IS GOD? AND HOW DO WE PREPARE TO FOLLOW HIM?

DISCIPLESHIP ELEMENT: CONNECT
5C LEADERSHIP ELEMENT: CALLING

"God writes the gospel not in the Bible alone, but also on trees, and in the flowers and clouds and stars."
Martin Luther

THEN JESUS ANSWERED, "THE WORK OF GOD IS THIS: TO BELIEVE IN THE ONE HE HAS SENT." JOHN 6:29

"Worship has been misunderstood as something that arises from a feeling which 'comes upon you,' but it is vital that we understand that it is rooted in a conscious act of the will, to serve and obey the Lord Jesus Christ."
Graham Kendrick

OVERVIEW: HOW CAN WE PREPARE TO MEET GOD?

People have all kinds of beliefs about what God is like. Some say "God is good" others may think God is a bully or someone who is real but distant, uncaring or even mean. Who you think God is affects not only your view of faith, but how you view your role in the world. Today, we are going to look at some bible verses that help us better understand not only attributes of God, but also, how we should approach God.

Psalms 120-134 are called "Psalms of Ascent". These Psalms were sung by Isralites as they walked to the temple to worship God during one of the three times a year they attended a festival at the temple. The Psalms of Ascent are hopeful, honest, and powerful. They contain classic scriptures such as "I lift up my eyes to the mountains - where does my help come from?" (Psalms 121:1) and "let us go to his dwelling place, let us worship at his footstool." Psalms 132:7. Most Israleites would have all 14 Psalms memorized and would sing them as they walked with those around them on their way to worship. The journey was one of reflection, worship, community, and preparation.

These Psalms contain many attributes about God, as well as common feelings about faith, grief, loss, joy, friendship, worship, and deliverance. Reading these Psalms is a great place to start our week. As we prepare for our "faith walk" we can connect with God through the language of the Psalms of Ascent.

During your solo time today, try to reflect on the words used to describe God by the writers of the Psalms in the scriptures selected below. Use the observation space in your journal to write down words, ideas, or attributes of God that jump out to you as you read.

VERSES: PSALMS 99, 100, 120, 121, 122, 123, JEREMIAH 33:1-3, 6-1

JOURNAL

OBSERVATIONS

PROBLEMS

CROSS REFERENCE

APPLICATION

SOLO JOURNAL QUESTIONS:

WHO IS GOD TO YOU?

DESCRIBE A TIME WHEN YOU FELT CLOSE TO GOD.

DESCRIBE A TIME WHEN YOU FELT FAR FROM GOD.

DESCRIBE AN EXPERIENCE THAT MADE
YOU FEEL LIKE GOD IS REAL.

DESCRIBE AN EXPERIENCE THAT MADE
YOU FEEL LIKE GOD IS NOT REAL.

WHY DO YOU THINK WE ARE HERE THIS WEEK?

IN WHAT WAYS WOULD YOU LIKE TO GROW
CLOSER TO GOD THIS WEEK?

WHAT WILL HAVE TO HAPPEN FOR YOU TO GROW IN THAT WAY?

DAILY EXAMEN:

Presence HOW DID YOU SEE GOD TODAY?

Gratitude RECALL TWO TO THREE THINGS THAT HAPPENED TODAY THAT YOU ARE THANKFUL FOR.

Spirit of truth WHERE DID YOU EXPERIENCE GOD'S PRESENCE THROUGHOUT YOUR DAY?

Response WHAT IS YOUR RESPONSE TO THE EXPERIENCES GOD PROVIDED TODAY? WHAT WORDS JUMP OUT TO YOU IN ORDER TO DESCRIBE THIS?

Look ahead with grace HOW DO YOU WANT TO ENTER INTO TOMORROW? WHAT POSITIVE EXPERIENCES WOULD YOU LIKE TO CARRY OVER?

DAILY STUDY/SOLO TIME

DAY 2

TODAY'S THEME: SPIRITUAL GIFTS

DISCIPLESHIP ELEMENT: CONNECT
5C LEADERSHIP ELEMENT:COMMUNITY

"In the New Testament, we don't find our gift through self-examination and introspection, and then find ways to express it. Instead, we love one another, serve one another, help one another, and in so doing we see how God has equipped us to do so."
Russell D. Moore

"God never loses sight of the treasure which he has placed in our earthen vessels."
Charles Haddon Spurgeon

"Every gift of God is empowered by love and expressed by faith."
Kingsley Opuwari Manuel

OVERVIEW: HOW CAN I USE MY SPIRITUAL GIFTS?

Spiritual gifts are gifts given by God through the Holy Spirit to every believer in order to fulfill the mission of the church. Spiritual gifts are a combination of God's supernatural gifting and the experiences God places in your life. Like any gift, they can either be used or ignored. While every believer is given "gifts of the spirit" not every believer uses those gifts.

Spiritual gifts are not "voodoo" or "hocus pocus" or magic like in Harry Potter, but are instead the combination of who God made you to be and what God does in your life to build up the body of Christ. A good example of this is a teacher. God created teachers to like working with other people, to like helping others and to enjoy showing others how to do something. God then gave them the opportunity, as they grew, to use this desire and craft it into a skill through many experiences that God provided. It's the combination of the desire that God planted in their heart, with the opportunities God provided, that made them develop this gift of being a teacher.

That is how spiritual gifts work. God plants the desire, waters it, feeds it, and then would like us to use the gift that grows from this to build up the church and body of believers.

VERSES: ACTS 1:8, 1 CORINTHIANS 12:1-29, ROMANS 12:6-8, EPHESIANS 4:11-13

JOURNAL

OBSERVATIONS

PROBLEMS

CROSS REFERENCE

APPLICATION

SOLO JOURNAL QUESTIONS:

WHAT DID JESUS SAY WOULD HAPPEN TO THE DISCIPLES WHEN THE HOLY SPIRIT CAME UPON THEM IN ACTS 1:8?

LIST THE SPIRITUAL GIFTS PAUL MENTIONED IN ROMANS 12:6-8

LIST THE "MANIFESTATIONS OF THE SPIRIT" THAT ARE GIVEN FOR THE COMMON GOOD IN 1 CORINTHIANS 12:4-11

CIRCLE THE SPIRITUAL GIFTS YOU HAVE SEEN SOMEONE USE BEFORE.

NOW DRAW A SQUARE AROUND THE SPIRITUAL GIFTS YOU THINK YOU MAY HAVE.

TURN TO THE "SPIRITUAL GIFTS WORKSHEET" IN THE BACK OF THE JOURNAL. ANSWER THE QUESTIONS AND WORK THROUGH THE EXERCISE. (WE WILL GO OVER THIS TONIGHT AT THE DEVOTIONAL.)

DAILY EXAMEN:

Presence HOW DID YOU SEE GOD TODAY?

Gratitude RECALL TWO TO THREE THINGS THAT HAPPENED TODAY THAT YOU ARE THANKFUL FOR.

Spirit of truth WHERE DID YOU EXPERIENCE GOD'S PRESENCE THROUGHOUT YOUR DAY?

Response WHAT IS YOUR RESPONSE TO THE EXPERIENCES GOD PROVIDED TODAY? WHAT WORDS JUMP OUT TO YOU IN ORDER TO DESCRIBE THIS?

Look ahead with grace HOW DO YOU WANT TO ENTER INTO TOMORROW? WHAT POSITIVE EXPERIENCES WOULD YOU LIKE TO CARRY OVER?

DAILY STUDY/SOLO TIME

DAY 3

TODAY'S THEME: PRAYER WORDS

DISCIPLESHIP ELEMENT: EXPERIENCE
5C LEADERSHIP ELEMENT: CHRISTLIKENESS

"For prayer is nothing else than being on terms and friendship with God."
SAINT TERESA OF AVILA

"The reality is, my prayers don't change God. But, I am convinced prayer changes me. Praying boldly boots me out of that stale place of religious habit into authentic connection with God himself."
LYSA TERKEURST

"Our prayers may be awkward. Our attempts may be feeble. But since the power of prayer is in the one who hears it and not in the one who says it, our prayers do make a difference."
MAX LUCADO

"The answer to our prayers is more certain than the awareness of the things that we request."
THE HEIDELBERG CONFESSION

OVERVIEW: FINDING THE WORDS TO TALK TO GOD

Does your family pray before dinner? Maybe you have said the Lord's prayer before an activity or an event, or seen someone lead a prayer to start a ceremony. Most likely you have even prayed yourself at some time or another. Prayer is often simplified and made to seem like something to check off a list, a quick "must do" or a superstitious ritual.

Prayer is much deeper than just something you do to bless a meal. Prayer is a rich and meaningful part of our walk with God. Prayer is dialogue with God. It is relationship, friendship, giving and taking, listening and talking all in one. The first time the bible mentions humans talking with God is in Genesis 3:

> AND THEY HEARD THE SOUND OF THE LORD GOD WALKING IN THE GARDEN IN THE COOL OF THE DAY, AND THE MAN AND HIS WIFE HID THEMSELVES FROM THE PRESENCE OF THE LORD GOD AMONG THE TREES OF THE GARDEN. BUT THE LORD GOD CALLED TO THE MAN, GENESIS 3:8-9A

Racked with grief and shame, Adam and Eve tried to hide from God, "but the Lord called to the man…." Even when they hid, God sought them out! The first conversation, the first prayer in the bible was God "calling" out to them!

The examples of prayer in the rest of the bible are almost endless. 1 Samuel says prayer is pouring out of your heart to God.

> BUT HANNAH ANSWERED, "NO, MY LORD, I AM A WOMAN TROUBLED IN SPIRIT. I HAVE DRUNK NEITHER WINE NOR STRONG DRINK, BUT I HAVE BEEN POURING OUT MY SOUL BEFORE THE LORD". 1 SAMUEL 1:15

In 2 Chronicles, King Hezekiah "cried to heaven." The writer of Psalms 73 says that they are being "drawn near to God" through prayer. Paul tells us to "pray without ceasing" and Jesus shows us how to pray in the gospels. Prayer is essential in the life of a disciple.

THERE ARE 7 DIFFERENT TYPES OF PRAYER LISTED IN THE BIBLE

They are (in no particular order), Adoration (Praise), Thanksgiving, Lament (Grief), Intercession (on behalf of someone), Deliverance, Repentance, Petition (Guidance)

JOURNAL

Use the space below to write down personal prayers or requests from your life for each category. Spend time praying each type of prayer as you work through the examples.

ADORATION/PRAISE

This prayer is a prayer of things you want to praise God for. This type of prayer is often used in worship times and in songs sung in worship. For example:

> BLESS THE LORD, O MY SOUL! O LORD MY GOD, YOU ARE VERY GREAT! YOU ARE CLOTHED WITH SPLENDOR AND MAJESTY, COVERING YOURSELF WITH LIGHT AS WITH A GARMENT, STRETCHING OUT THE HEAVENS LIKE A TENT. HE LAYS THE BEAMS OF HIS CHAMBERS ON THE WATERS; HE MAKES THE CLOUDS HIS CHARIOT; HE RIDES ON THE WINGS OF THE WIND; HE MAKES HIS MESSENGERS WINDS, HIS MINISTERS A FLAMING FIRE. PSALMS 104:1-4

THANKSGIVING

This prayer is a prayer of thankfulness and is thanking God for blessings and gifts. Any and all blessings could be listed no matter how simple or what size they are. For example:

> DANIEL ANSWERED AND SAID: "BLESSED BE THE NAME OF GOD FOREVER AND EVER, TO WHOM BELONG WISDOM AND MIGHT. HE CHANGES TIMES AND SEASONS; HE REMOVES KINGS AND SETS UP KINGS; HE GIVES WISDOM TO THE WISE AND KNOWLEDGE TO THOSE WHO HAVE UNDERSTANDING; HE REVEALS DEEP AND HIDDEN THINGS; HE KNOWS WHAT IS IN THE DARKNESS, AND THE LIGHT DWELLS WITH HIM. TO YOU, O GOD OF MY FATHERS, I GIVE THANKS AND PRAISE, FOR YOU HAVE GIVEN ME WISDOM AND MIGHT, AND HAVE NOW MADE KNOWN TO ME WHAT WE ASKED OF YOU, FOR YOU HAVE MADE KNOWN TO US THE KING'S MATTER." DANIEL 2:20-23

LAMENT/GRIEF

Many Christians are uncomfortable with these prayers. Grief is hard and telling God about things that break your heart can sometimes be painful. Scripture is clear that God shares our grief and that expressing this to God is healing and life giving. For example:

> WE ARE POWERLESS BEFORE THIS VAST MULTITUDE THAT COMES AGAINST US. WE ARE AT A LOSS WHAT TO DO, HENCE OUR EYES ARE TURNED TOWARD YOU. 2 CHRONICLES 20:12

> JESUS, SON OF DAVID, HAVE PITY ON ME! MARK 10:47

> AND FOLLOWING HIM WAS A LARGE CROWD OF THE PEOPLE, AND OF WOMEN WHO WERE MOURNING AND LAMENTING HIM. LUKE 23:27

INTERCESSION

These prayers (also called intercessory prayer) are prayers that you pray for someone else. It could be someone who is sick, hurting, lost, in need of help, that you are thankful for, etc. For example:

> (THE APOSTLE PAUL PRAYING FOR SOMEONE ELSE)
> FOR THIS REASON I BOW MY KNEES BEFORE THE FATHER, FROM WHOM EVERY FAMILY IN HEAVEN AND ON EARTH IS NAMED, THAT ACCORDING TO THE RICHES OF HIS GLORY HE MAY GRANT YOU TO BE STRENGTHENED WITH POWER THROUGH HIS SPIRIT IN YOUR INNER BEING, SO THAT CHRIST MAY DWELL IN YOUR HEARTS THROUGH FAITH - THAT YOU, BEING ROOTED AND GROUNDED IN LOVE, MAY HAVE STRENGTH TO COMPREHEND WITH ALL THE SAINTS WHAT IS THE BREADTH AND LENGTH AND HEIGHT AND DEPTH, AND TO KNOW THE LOVE OF CHRIST THAT SURPASSES KNOWLEDGE, THAT YOU MAY BE FILLED WITH ALL THE FULLNESS OF GOD. EPHESIANS 3:14-20

DELIVERANCE

This prayer is similar to intercession, but is prayer made asking God to deliver you or someone else from something. It could be deliverance from illness, greed, hurt, pain, suffering, or addiction. This prayer could be for someone else, yourself, a church, nation, or any group of people. For example:

> (JESUS ASKING TO BE DELIVERED BY GOD)
> AND (JESUS) CAME OUT AND WENT, AS WAS HIS CUSTOM,
> TO THE MOUNT OF OLIVES, AND THE DISCIPLES FOLLOWED
> HIM. AND WHEN HE CAME TO THE PLACE, HE SAID TO THEM,
> "PRAY THAT YOU MAY NOT ENTER INTO TEMPTATION." AND HE
> WITHDREW FROM THEM ABOUT A STONE'S THROW, AND KNELT
> DOWN AND PRAYED, SAYING, "FATHER, IF YOU ARE WILLING,
> REMOVE THIS CUP FROM ME. NEVERTHELESS, NOT MY WILL,
> BUT YOURS, BE DONE." LUKE 22:39-42

REPENTANCE

This prayer is also sometimes called "confession". This type of prayer is us confessing and repenting our sins to God. While it is easy to think, "I don't have to tell God what I did, God knows." Repentance is an important part of our faith walk as the act of admitting what we did and submitting to God so that we may receive forgiveness . It transforms us in powerful ways. This step is crucial in our growth and development as people of faith and in our relationship with Christ. This could be big or small and range from confessing a wrong attitude to a time we wronged someone. It is an attitude of opening ourselves up to letting God forgive us. For example:

> (JESUS) ALSO TOLD THIS PARABLE TO SOME WHO TRUSTED
> IN THEMSELVES THAT THEY WERE RIGHTEOUS, AND TREATED
> OTHERS WITH CONTEMPT: 'TWO MEN WENT UP INTO THE TEMPLE
> TO PRAY, ONE A PHARISEE AND THE OTHER A TAX COLLECTOR.
> THE PHARISEE, STANDING BY HIMSELF, PRAYED THUS: 'GOD, I
> THANK YOU THAT I AM NOT LIKE OTHER MEN, EXTORTIONERS,
> UNJUST, ADULTERERS, OR EVEN LIKE THIS TAX COLLECTOR.
> I FAST TWICE A WEEK; I GIVE TITHES OF ALL THAT I GET.'
> BUT THE TAX COLLECTOR, STANDING FAR OFF, WOULD NOT
> EVEN LIFT UP HIS EYES TO HEAVEN, BUT BEAT HIS BREAST,
> SAYING, 'GOD, BE MERCIFUL TO ME, A SINNER!' I TELL YOU,
> THIS MAN WENT DOWN TO HIS HOUSE JUSTIFIED, RATHER
> THAN THE OTHER. FOR EVERYONE WHO EXALTS HIMSELF WILL
> BE HUMBLED, BUT THE ONE WHO HUMBLES HIMSELF WILL BE
> EXALTED. LUKE 18:9-14

PETITION/GUIDANCE

This type of prayer is asking God to guide you as you seek to walk in the ways of God. Similar to deliverance, these prayers give us an opportunity to claim our dependence on God and to put our trust in God by asking for help, admitting our dependence on God and putting our trust in God. For example:

> MAKE ME TO KNOW YOUR WAYS, O LORD; TEACH ME YOUR PATHS. LEAD ME IN YOUR TRUTH AND TEACH ME, FOR YOU ARE THE GOD OF MY SALVATION; FOR YOU I WAIT ALL THE DAY LONG. PSALMS 25-4-5

> I KNOW, O LORD, THAT THE WAY OF MAN IS NOT IN HIMSELF, THAT IT IS NOT IN MAN WHO WALKS TO DIRECT HIS STEPS. CORRECT ME, O LORD, BUT IN JUSTICE; NOT IN YOUR ANGER, LEST YOU BRING ME TO NOTHING. JEREMIAH 10:23-24

DAILY EXAMEN:

PRESENCE HOW DID YOU SEE GOD TODAY?

GRATITUDE RECALL TWO TO THREE THINGS THAT HAPPENED TODAY THAT YOU ARE THANKFUL FOR.

SPIRIT OF TRUTH WHERE DID YOU EXPERIENCE GOD'S PRESENCE THROUGHOUT YOUR DAY?

RESPONSE WHAT IS YOUR RESPONSE TO THE EXPERIENCES GOD PROVIDED TODAY? WHAT WORDS JUMP OUT TO YOU IN ORDER TO DESCRIBE THIS?

LOOK AHEAD WITH GRACE HOW DO YOU WANT TO ENTER INTO TOMORROW? WHAT POSITIVE EXPERIENCES WOULD YOU LIKE TO CARRY OVER?

DAILY STUDY/SOLO TIME

DAY 4

TODAY'S THEME: WHO IS GOD?

DISCIPLESHIP ELEMENT: EXPERIENCE
5C LEADERSHIP ELEMENT:CHARACTER

"I GO TO NATURE TO BE SOOTHED AND HEALED, AND TO HAVE MY SENSES PUT IN ORDER."
JOHN BURROUGHS

"I LOVE TO THINK OF NATURE AS AN UNLIMITED BROADCASTING STATION, THROUGH WHICH GOD SPEAKS TO US EVERY HOUR, IF WE WILL ONLY TUNE IN."
GEORGE WASHINGTON CARVER

"NATURE IS TOO THIN A SCREEN, THE GLORY OF THE OMNIPRESENT GOD BURSTS THROUGH EVERYWHERE."
RALPH WALDO EMERSON

OVERVIEW: GOD AS SHOWN THROUGH THE PSALMS

The bible is the story of God leading a chosen people. The bible is filled with stories of how God interacts with humans leading us, guiding us, and providing for us. While reading the entire bible gives us a depth and understanding of who God is, perhaps it is the Psalms that give us the most clear language of God. Today, we will be using the Psalms to help us understand some attributes of who God is.

Spend some time reviewing the following chart. Look up several of the Psalms connected to an attribute of God that you are interested in and read them. Pay attention to how they describe God. (feel free to write notes in your journal about the words used to describe God)

GOD IN THE PSALMS

GOD IS ALL-KNOWING AND EVER-PRESENT	PSM 139
GOD IS BEAUTIFUL AND DESIRABLE	PSM 27, 36,45
GOD IS CREATOR	PSM 8, 104, 148
GOD IS GOOD AND GENEROUS	PSM 34, 81,107
GOD IS GREAT AND SOVEREIGN	PSM 33, 89, 96
GOD IS HOLY	PSM 66, 99, 145
GOD IS LOVING AND FAITHFUL	PSM 23, 42, 51
GOD IS MERCIFUL AND FORGIVING	PSM 32, 111, 130
GOD IS POWERFUL	PSM 76, 89, 93
GOD IS HIS WILL TO US	PSM 1, 18, 119
GOD IS RIGHTEOUS AND JUST	PSM 71, 97, 113
GOD IS SPIRIT	PSM 104, 139, 143

VERSE: NOW READ THE ENTIRE PSALMS 2

SOLO JOURNAL QUESTIONS:

WHAT WORDS JUMPED OUT AT YOU?

WHAT DO YOU THINK "THE VOICE OF THE LORD" SOUNDS LIKE?

WHAT WORDS WOULD YOU USE TO DESCRIBE THE TONE OF VOICE YOU HEAR AS THE "VOICE OF THE LORD" IN YOUR HEAD? (USE DESCRIPTIVE WORDS)

Spend a few minutes and write your own Psalm to God. Use whatever tone and words you need to use to communicate with God in your own way.

Tip: The Psalms are a mix of worship songs, poems, personal prayers to God, group prayers meant to be sung in church and even a few personal journal entries from a king of Israel named David. Feel free to adopt any style you like to write your own Psalm. A poem, a love letter, an angry note to a friend, a prayer. Any of these would be a great place to express yourself to God.

DAILY EXAMEN:

Presence HOW DID YOU SEE GOD TODAY?

Gratitude RECALL TWO TO THREE THINGS THAT HAPPENED TODAY THAT YOU ARE THANKFUL FOR.

Spirit of Truth WHERE DID YOU EXPERIENCE GOD'S PRESENCE THROUGHOUT YOUR DAY?

Response WHAT IS YOUR RESPONSE TO THE EXPERIENCES GOD PROVIDED TODAY? WHAT WORDS JUMP OUT TO YOU IN ORDER TO DESCRIBE THIS?

Look Ahead with Grace HOW DO YOU WANT TO ENTER INTO TOMORROW? WHAT POSITIVE EXPERIENCES WOULD YOU LIKE TO CARRY OVER?

DAILY STUDY/SOLO TIME

DAY 5

TODAY'S THEME: THE PROMISE OF JESUS

DISCIPLESHIP ELEMENT: GROW
5C LEADERSHIP ELEMENT: CHRISTLIKENESS

"There is only one secure foundation: a genuine, deep relationship with Jesus Christ, which will carry you through any and all turmoil. No matter what storms are raging all around, you'll stand firm if you stand on His love".
Charles Stanley

"Everywhere I go I find that people... both leaders and individuals... are asking one basic question, 'Is there any hope for the future?' My answer is the same, 'Yes, through Jesus Christ."
Billy Graham

"Christ took our sins and the sins of the whole world, as well as the Father's wrath on His shoulders, and He has drowned them both in Himself so that we are thereby reconciled to God and become completely righteous."
Martin Luther

OVERVIEW: WHO IS JESUS? WHAT DID HE COME TO DO?

The New Testament book of Colossians shows us that everything we have is in Jesus Christ. The book was originally written to a new church by the apostle Paul and was written to help them understand how God's promises are fulfilled through God's son, Jesus. In Colossians, we find that Jesus is God in the flesh. This is an important part of our faith as we seek to be more like Christ.

VERSES: COLOSSIANS 1:15-29, COLOSSIANS 2:1-15

JOURNAL

OBSERVATIONS

PROBLEMS

CROSS REFERENCE

APPLICATION

SOLO JOURNAL QUESTIONS:

The verses you just read in Colossians show 10 different traits about Jesus. Look over the list below and the verses that make each declaration.

CHRIST IS THE IMAGE OF GOD	COL 1:15
CHRIST IS THE FIRSTBORN OVER ALL	COL 15
CHRIST IS THE CREATOR	COL 1:16
CHRIST IS THE PRE-EXISTENT SUSTAINER OF ALL THINGS	COL 1:17
CHRIST IS THE HEAD OF THE CHURCH	COL 1:18
CHRIST IS THE FIRST RESURRECTED	COL 1:18
CHRIST IS PLEASING TO GOD	COL 19
CHRIST IS THE FULLNESS OF THE DEITY IN HUMAN FORM	COL 1:19, 2:9
CHRIST IS THE PEACEMAKER	COL 1:20
CHRIST IS THE RECONCILER	COL 1:20-22

WHICH 4 TRAITS STAND OUT TO YOU THE MOST? WHY DO THEY STAND OUT?

WHICH 3 TRAITS ARE THE HARDEST FOR YOU TO UNDERSTAND? WHY DO YOU THINK THAT IS?

BRIEFLY WRITE ABOUT A TIME WHEN YOU SAW OR EXPERIENCED SOMETHING THAT MADE YOU QUESTION ONE OF THESE TRAITS.

WHICH 3 TRAITS GIVE YOU THE MOST COMFORT?

BRIEFLY WRITE ABOUT A TIME WHEN YOU SAW OR EXPERIENCED ONE OF THESE TRAITS FIRST HAND.

WHO IS JESUS CHRIST TO YOU?

WHAT DO YOU THINK IT MEANS TO "GIVE YOUR LIFE TO CHRIST"?

HAVE YOU TAKEN THIS STEP AND PUBLICLY GIVEN YOUR LIFE TO CHRIST?

IF SO, HOW CAN YOU STAY CLOSE TO CHRIST TO FULLY EXPERIENCE THE LIFE HE GIVES THROUGH THESE TRAITS?

IF NOT, WHAT IS HOLDING YOU BACK?

WHAT IS GOD CALLING YOU TO RIGHT NOW?

HOW IS GOD SPEAKING TO YOU THIS WEEK SO FAR?

For further study on today's lesson see the notes in the back of the book about Christ in the Psalms and Colossians 1 prayer

DAILY EXAMEN:

Presence HOW DID YOU SEE GOD TODAY?

Gratitude RECALL TWO TO THREE THINGS THAT HAPPENED TODAY THAT YOU ARE THANKFUL FOR.

Spirit of truth WHERE DID YOU EXPERIENCE GOD'S PRESENCE THROUGHOUT YOUR DAY?

Response WHAT IS YOUR RESPONSE TO THE EXPERIENCES GOD PROVIDED TODAY? WHAT WORDS JUMP OUT TO YOU IN ORDER TO DESCRIBE THIS?

Look ahead with grace HOW DO YOU WANT TO ENTER INTO TOMORROW? WHAT POSITIVE EXPERIENCES WOULD YOU LIKE TO CARRY OVER?

DAILY STUDY/SOLO TIME

DAY 6

TODAY'S THEME: THE REST OF THE STORY

DISCIPLESHIP ELEMENT: CONNECT
5C LEADERSHIP ELEMENT:COMPETENCY

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

"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."
Billy Graham

"Our enslavement occurs most often at the level of habit, it is at the level of habit that our liberation needs to begin."
Emily Griffith

OVERVIEW: HOW DO WE LIVE LIKE A RISEN PEOPLE?

Jesus' sacrifice demands a response. Many people think that being a Christain is simply going to church, or saying the right things. Some even believe faith is just about being nice and respecting others or "being a good person".

At its core, faith is being re-born into a new creation "Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!" 2 Cor 5:17. Like a new flower or plant we are made to **bloom, blossom, grow, flourish,** and **spread!**

Today, we are going to look at the rest of the story. Every Easter we celebrate that Christ is risen. Today we will look at what it will be like to live as **risen** people today, tomorrow and **every** day for the rest of our lives.

VERSES: JOHN 11:25-26, MARK 16:1-19, 1 THESSALONIANS 4:14-18, 2 CORINTHIANS 5:14-21

JOURNAL

OBSERVATIONS

PROBLEMS

CROSS REFERENCE

APPLICATION

SOLO JOURNAL QUESTIONS:

IN WHAT WAYS DID YOU GROW THIS WEEK?

IN WHAT WAYS DID YOU CONNECT WITH OTHERS THIS WEEK?

TAKE A MOMENT TO LOOK BACK OVER YOUR NOTES AND JOURNAL FROM THIS WEEK. WHAT THEMES ARE PRESENT? WHAT TOPIC DO YOU NOTICE GOD HAS BEEN INTRODUCING YOU TO?

HOW HAS YOUR VIEW OF GOD CHANGED IN THE LAST WEEK?

WHAT ELEMENTS OF ACTIVITIES FOR THIS WEEK COULD YOU DO AT HOME TO KEEP YOUR FAITH STRONG?

WHAT PEOPLE FROM YOUR TRIP COULD HELP YOU DO THIS? FINISH BY WRITING A PRAYER TO GOD ABOUT YOUR NEXT STEPS.

WEEK EXAMEN: (EVENING)

Presence HOW DID YOU SEE GOD THIS WEEK?

Gratitude RECALL TWO TO THREE THINGS THAT HAPPENED THIS WEEK THAT YOU ARE THANKFUL FOR.

Spirit of Truth WHERE DID YOU EXPERIENCE GOD'S PRESENCE THROUGHOUT THE WEEK?

Response WHAT IS YOUR RESPONSE TO THE EXPERIENCES GOD PROVIDED THIS WEEK? WHAT WORDS JUMP OUT TO YOU IN ORDER TO DESCRIBE THIS?

Look Ahead with Grace HOW DO YOU WANT TO ENTER INTO NEXT WEEK? WHAT POSITIVE EXPERIENCES WOULD YOU LIKE TO CARRY OVER?

Walk the Path





RESOURCES FOR THE JOURNEY

NEXT STEPS
WHAT IS SPIRITUAL FORMATION?
SPIRITUAL GIFTS WORKSHEET
SPIRITUAL GIFTS BIBLE WORDS
A SIMPLE GUIDE TO PRAYER
COLOSSIANS 1 PRAYER
8:27 PRAYER
BIBLE VERSES ABOUT WILDERNESS
CHRIST IN THE PSALMS
GOSPEL FLUENCY CHART
DAILY EXAMEN
RECOMMENDED BOOKS
LEAVE NO TRACE

SECTION 3



SPIRITUAL GROWTH NEXT STEPS

Now that you have had a chance to Challenge, Experience, Connect and Grow yourself, what are some next steps you can take?

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 45 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 trip. Whatever place and time you meet God, we are confident that your trip will be a life changing experience.

HERE ARE A FEW SUGGESTIONS

STEP ONE:
If you have not done so, give your life to Christ! Talk to your youth minister or someone at your church about getting baptized.

STEP TWO:
Do what you have done on trail! Take time to reflect every day. Spend time developing your faith. The tools we have taught you for study and daily reflection also work at home! Use the 4 step study process during your own bible study times.

STEP THREE:
Get involved in a church community! If you do not have a church home, go find one! If you do, talk to someone about getting more involved. Find a small group, a group of friends, to meet with regularly or other Christians who can help you grow in your faith.

STEP FOUR:
Keep growing your faith! How can you do that? Here are a few ways:

- Take a minute and read over the next few pages. The pages about Spiritual formation explain what you can do to be more involved in your own faith. Study the verses included and reflect on how you can apply them to your life.
- Take the Spiritual gifts inventory included in the back of this book to find out more about your spiritual gifts and how you can serve God's Kingdom.
- Read over the verses about Nature and God in the back of the journal.
- Check out one of the books in our recommended books page.
- Take the 21 day challenge! Ask about our special take home bible study for the first 21 days at home!
- Go through some of the extra bible studies at the back of the journal.

WE WANT TO HEAR YOUR STORY! FIND US ON SOCIAL MEDIA @WILDERNESSTREK AND SHARE YOUR GROWTH IN FAITH WITH US!



WHAT IS SPIRITUAL FORMATION?

DISCIPLESHIP ELEMENT: GROW
5C LEADERSHIP ELEMENT: 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

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 who 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, and 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)
- Serving God (Romans 1:9)
- Building God's Kingdom (Matt 24:14, Luke 9:2)
- Demonstrating to the world the Power given to 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

SPIRITUAL GIFTS WORKSHEET

S.H.A.P.E. STUDY

The S.H.A.P.E inventory stands for Spiritual Gifts, Heart, Abilities, Personality, Experience and is a simple self guided study to understand spiritual gifts and help you narrow down what your spiritual gifts may be. By spending some time working through the combination of all 5 elements God is using in your life, you can better understand what your gifts may be and how you can use them.

> . . . EACH ONE HAS HIS OWN GIFT FROM GOD; ONE HAS THIS GIFT, ANOTHER HAS THAT. I CORINTHIANS 7:7

CATEGORIES OF GIFTS

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:

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:

ABILITIES

THERE ARE DIFFERENT ABILITIES TO PERFORM SERVICE...
I CORINTHIANS 12:6

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, art and design, photography, video, counseling, fixing, computers, accounting, music, building, memory, tutoring/mentoring, athletics, etc.

PERSONALITY

NO ONE CAN REALLY KNOW WHAT ANYONE ELSE IS THINKING OR WHAT HE IS REALLY LIKE, EXCEPT THAT PERSON HIMSELF.
I CORINTHIANS 2:11

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 my 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 word 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

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:

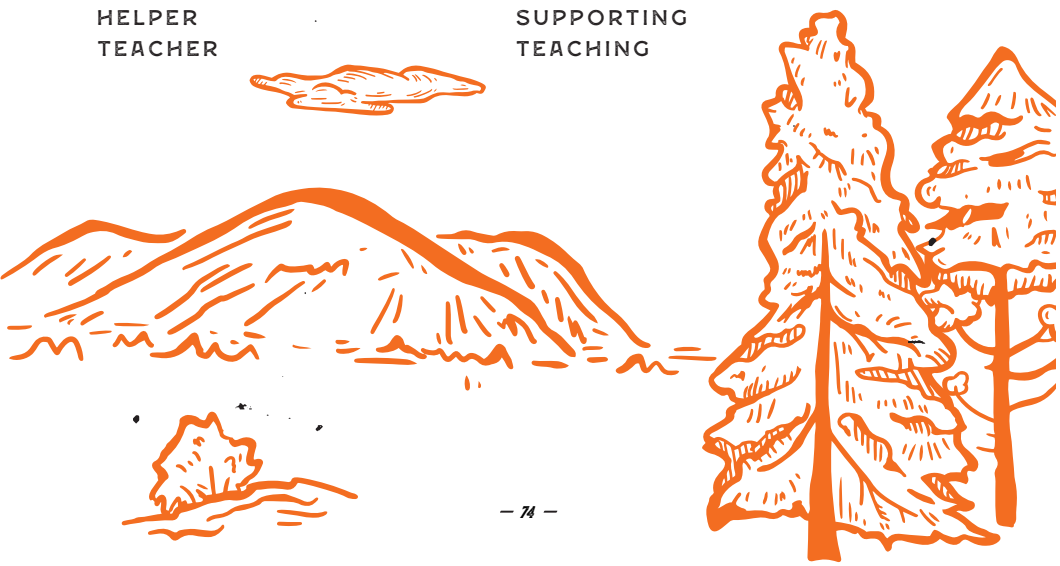
S.H.A.P.E.

If I could design a specific way to serve God around my personal S.H.A.P.E., and I knew I couldn't fail, it might be:

SPIRITUAL GIFTS BIBLE WORDS

Sometimes the Bible uses words we don't use as often today. It is easy to nod our head when someone uses a bible word like "sanctification" even if we really don't fully understand what it means. This list compares the words the bible uses for spiritual gifts and uses more common words we may use more often today.

BIBLE WORDS	WORDS WE USE TODAY
FAITH	BELIEVING
MERCY	COMFORTING
LEADERSHIP	DIRECTING
DISCERNMENT	JUDGEMENT
EVANGELISM	SHARING THE GOSPEL
CONTRIBUTING	GIVING
KNOWLEDGE	LEARNING
PASTOR/SHEPPARD	MENTOR
ADMINISTRATION	ORGANIZING
WISDOM	PROBLEM SOLVING
PROPHET	SPEAKING OUT
HELPER	SUPPORTING
TEACHER	TEACHING



GUIDE TO PRAYER

Adapted from the book "Prayer" By George Buttrick

George Buttrick was a Presbyterian minister who was born in 1892. George spent most of his ministry in New York city and is widely considered as one of the more gifted writers on inner spiritual life. His 1977 book "Prayer" is highly regarded and as Richard Foster says is, "one of the most thorough and comprehensive books on prayer ever written."

In the book, Buttrick outlines a pattern of prayer he calls "A simple Regimen of Private Prayer." The "regimen" as Buttrock calls it, is not supposed to be a routine or system, but instead offers "hints" on how we can cultivate a deeper prayer life.

We have found this easy to understand, simple prayer guide to be impactful in our own lives and share it with you in the hope that it impacts you as deeply as it has impacted Christ followers for generations.

Tips before you start:

- go to a private place with no interruptions
- do not take your phone
- take a journal and pen to write down your thoughts
- sit somewhere comfortable (but do not lay down)
- clear your mind by taking your time so you don't feel rushed

STEP ONE: SELF-PREPARATION

Prayer begins, not by asking, but by silent self-preparation. Do not rush into prayer. As Buttrick says, "Prayer is friendship with God. Friendship is not formal, but it is not formless: it has cultivation...the casual mind kills it." Meditate on who God is before you start.

Tip Try a breath prayer here by slowly breathing in deeply while saying to yourself, "His light fills the world" and breathing out saying "It fills this room". Repeat several times until you feel relaxed. Do not move forward until you can focus on what can be, not just what is because "whatever you ask for in prayer, believing, you shall receive"

STEP TWO: THANKSGIVING

Start by praying for specific, detailed things you are thankful for. Spend time thanking God for specific large and small blessings you have received. Be specific! "If we are thankful for everything, we may be thankful for nothing." Thank God for both material (home, warm bed, family) and immaterial things (hope, faith, love of others, friendships).

TIP If it helps, write out specific things you are thankful for in a journal or piece of paper as part of your prayer.

STEP THREE: CONFESSION

Prayer can now move from giving thanks to confession. Be aware of extremes however. Confession should not be brutal and destructive, nor should it be soft, casual and surface. In short, do not be over aware or under aware, but open and transparent. Be specific, but not ruthless. Confess to God about those you have wronged, but also realize that all sin is wronging God. Be transparent about where you are, God's friendship is loving and your honesty will help you in the next step.

TIP If it helps, say and finish the sentence, "God I confess…"

STEP FOUR: ACCEPT GOD'S FORGIVENESS

Confession is incomplete without resolve. God is the only one who can resolve our sins. Visualize, see and hear God's forgiveness. Be aware of your posture during this time. Open your arms to accept forgiveness, use a posture of forgiveness. "If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness." 1 John 1:9 Buttrick says it best, "True confession is cleansing of the soul."

TIP Try saying out loud, "I accept your forgiveness"

STEP FIVE: INTERCESSION

Intercession prayer is the act of praying on behalf of or for someone else. Intercessory prayer is asking God to be involved for someone else's behalf. Without intercessory prayer, we might become selfish. Jesus almost always prays for others and His example is important to us in this step. Be specific, "Genuine love sees faces, not a mass. Intercession requires us to bear on our heart the burden of those for who we pray."

TIP This is a good time to pray for others you have said you would pray for or who you know are struggling. Bring your prayer list with you, or write your prayer list in your journal so you can pray for them again.

STEP SIX: PETITION

Petition is asking God for prayers that are about you and your life. We save this step for last in order to clear our mind of any selfishness or greed through the other steps of prayer. In this step "let your requests be known to God." Be specific, honest, and transparent. Depending on what is happening in your life, this might be a time of great joy or deep sorrow, don't be afraid of either. "but in everything by prayer and supplication with thanksgiving let your requests be made known to God." Phil 4:6

TIP Keep a list of your prayer requests in your journal so you can look back in time and see how God has been answering your prayers, and in what ways God has adjusted your outlook.

STEP SEVEN: ADORATION

Our prayer time should end like it began, in adoration. Buttrick says it best, "Prayer is listening as well as speaking, receiving as well as asking: and its deepest mood is friendship held in reverence. This prayer time should end with "In the name of Jesus Christ, Amen."

TIP The word amen means, "Let it be." Try ending with something like, "Let all things be according to your will" or "thy will be done."

A SIMPLE REGIMEN OF PRIVATE PRAYER

SELF PREPARATION
Go to a private place to pray, get ready and prepare your mind and heart by meditating on God's attributes.

THANKSGIVING
Thank God for specific blessings. Do not be generic, be specific. "If we are thankful for everything we may be thankful for nothing."

CONFESSION
Confess your sins to God. Be careful of extremes. Do not be over aware or under aware, be open and transparent. Be specific, but not ruthless.

ACCEPT GOD'S FORGIVENESS
Visualize, see, and hear God's forgiveness. Open your arms and accept God's grace. Be aware of your posture, and open your arms in acceptance.

INTERCESSION
Prayer for others. Be specific, intercession requires us to bear on our heart the burden of those for whom we pray. "Genuine love sees faces not a mass."

PETITION
"Let your requests be known to God." Be open and honest about your heart and your desires. "Present your requests to God."

ADORATION
End the prayer like you began. Thank God and end with "thy will be done on earth as it is in heaven."

COLOSSIANS 1 PRAYER

Colossians 1 provides us with a wonderful example of how to pray for other Christians. This New Testament book was written as a letter to an early Christian church by the Apostle Paul. In his greetings and openings at the first of the letter we see a glimpse into how he prayed for other Christians and this struggling new church.

The following quick guide from the Zondervan Life Application Study Bible is a helpful example of how we can pray for other believers, as well as churches, ministries, and faith based organizations doing Kingdom work.

HOW TO PRAY FOR OTHER CHRISTIANS

- Be thankful for their faith and changed lives (1:3)
- Ask God to help them know what he wants them to do (1:9)
- Ask God to give them deep spiritual understanding (1:9)
- Ask God to help them live for Him (1:10)
- Ask God to give them more knowledge of Himself (1:10)
- Ask God to give them strength for endurance (1:11)
- Ask God to fill them with joy, strength, and thankfulness (1:11, 12)

How many people in your life could be touched if you prayed this way? Try this prayer for one week after your trip and then let us know how it went by tagging us on social media @wildernesstrek

8:27 PRAYER

What is the 8:27 challenge? James 4:15 says, "Submit yourself to God. Resist the devil and he will flee from you." the 8:27 prayer is an easy way to start doing this. Here is what you do.

Set your alarm (on your phone or watch) for 8:27am and 8:27 pm. When it goes off each day, say a short prayer. Twice a day you will get to pray for friends, loved ones and for what God is doing in His Kingdom.

If you need some ideas on what to pray about, fill out this simple form below.

I AM COMMITTING TO PRAY FOR

I WILL PRAY FOR MY FAITH, TO HEAR FROM GOD IN THE AREA OF

I WILL PRAY FOR MY CHURCH BECAUSE

I WILL PRAY FOR MY SCHOOL, SPECIFICALLY

I WILL PRAY FOR MY FRIENDS (LIST THEM)

"PRAYER CATAPULTS US INTO THE FRONTIER OF SPIRITUAL LIFE."
RICHARD FOSTER

"THE CORE OF ALL PRAYER IS INDEED LISTENING OBEDIENTLY STANDING IN THE PRESENCE OF GOD."
HENRI NOUWEN

"PRAYER IS NOT PRIMARILY SAYING WORDS OF THINKING THOUGHTS, IT IS RATHER A STANCE, IT IS A WAY OF LIVING IN THE PRESENCE, LIVING IN AWARENESS."
RICHARD ROHR

BIBLE VERSES ABOUT NATURE

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

GOD AND NATURE

Job 38:1-41:34, Romans 8:19-22, Matthew 6:28-30, Isaiah 35:1-10, Revelations 21:1-27, 1 Tim 4:4-6

CHRIST IN THE PSALMS

The Old Testament is filled with references to Jesus Christ. For thousands of years, God told His people that Christ would come. The New Testament gospel of Luke Jesus says,

> THIS IS WHAT I TOLD YOU WHILE I WAS STILL WITH YOU: EVERYTHING MUST BE FULFILLED THAT IS WRITTEN ABOUT ME IN THE LAW OF MOSES, THE PROPHETS, AND IN THE PSALMS.
> LUKE 24:44

The following verses below are just a few of the references Jesus is talking about from the Psalms and are a helpful study aid for us as we seek to understand Christ the Messiah. Some of the Psalms are clear, direct and easy to see a link to the New Testament fulfillment, others may seem cloudy or vague. We must remember when we read these Psalms that they were written almost 1,000 years before Christ came and were the Holy Spirit preparing God's people for the coming Messiah. Just like when God speaks to us today and calls us, it is sometimes a hard process to explain to others and to fully understand until after we see God's promises fulfilled.

PSALMS	REFERENCE TO CHRIST	NT FULFILLMENT
2:7	THE MESSIAH WILL BE GOD'S SON	HEB 1:5-6
16:8-10	HE WILL RISE FROM THE DEAD	LUKE 25:5-7
22:1-21	EXPERIENCE AGONY AT THE CROSS	MATT 26, 27
22:15	HE WILL THIRST ON THE CROSS	JOHN 19:28
22:18	MEN WILL CAST LOTS FOR HIS CLOTHES	MATT 27:35
22:22	HE WILL DECLARE GOD'S NAME	HEB 2:12
34:20	HIS BONES WILL NOT BE BROKEN	JOHN 19:36-37
40:6-8	HE WILL COME TO DO GOD'S WILL	HEB 10:5-7
41:9	HIS CLOSE FRIEND WILL BETRAY HIM	LIKE 22:48
45:6-7	HIS THRONE WILL LAST FOREVER	HEB 1:8-9
68:18	HE WILL ASCENT TO HEAVEN	EPH 4:8-10
69:9	HE WILL BE ZEALOUS FOR GOD	JOHN 2:17
69:21	HE WILL BE OFFERED VINEGAR TO DRINK	MATT 27:48
89:3,4,35,36	HE WILL BE A DECENDANT OF DAVID	LUKE 1:31-33
96:13	HE WILL RETURN TO JUDGE THE WORLD	1 THES 1:10
110:1	HE IS DAVID'S LORD	MATT 22:44
110:4	HE IS THE ETERNAL PRIEST KING	HEB 6:20
118:22	REJECTED BY MANY, ACCEPTED BY GOD	1 PET 2:7-8

GOSPEL FLUENCY

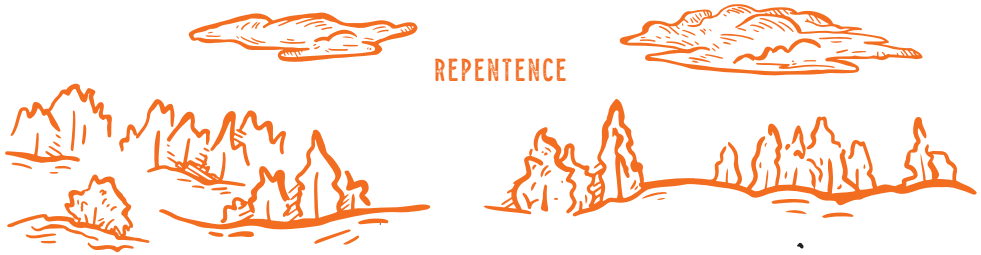
A WAY TO UNCOVER HOW OUR BEHAVIORS REVEAL A DISBELIEF OR A CORE LIE WE BELIEVE ABOUT GOD

→ **WHAT I DO**
What sin do I specifically deal with on a daily basis?

→ **WHAT CHRIST DID**
If what we do is true, what does that say about Jesus?

→ **WHO MAN IS**
If that is true about Jesus, what does that say about man?

→ **WHO GOD IS**
If that is true about man, what does that say about who God is?



→ **WHO GOD IS**
Who is God really?

→ **WHO MAN IS**
If that is God, what does that say about man?

→ **WHAT CHRIST DID**
What does all that say about what Jesus did?

→ **WHAT I DO**
How does that change my actions?

DAILY EXAMEN EXERCISE

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?
- When did you love?
- When were you loved?

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 you 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?

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."

RECOMMENDED BOOKS

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

BOOKS FOR SOMEONE STARTING OUT

CRAZY LOVE by Francis Chan
THE CASE FOR CHRIST by Lee Strobel
LOVE DOES by Bob Goff
FOX'S BOOK OF MARTYRS by John Foxe
THE PILGRIM'S PROGRESS by John Bunyan
JESUS FREAKS by DC Talk

BOOKS FOR PEOPLE READY FOR THE NEXT STEP

MERE CHRISTIANITY by C.S. Lewis
THE SCREWTAPE LETTERS by C.S. Lewis
THE PRACTICE OF THE PRESENCE OF GOD by Brother Lawrence
THE SHACK by William Young

ADVANCED BOOKS ABOUT FAITH OR DISCIPLESHIP

THE IMITATION OF CHRIST by Thomas A'Kempis
THE KNOWLEDGE OF THE HOLY by A. W. Tozer
THE COST OF DISCIPLESHIP by Dietrich Bonhoeffer
CELEBRATION OF DISCIPLINE by Richard Foster

LEAVE NO TRACE

Leave No Trace™
Proud Partner | LNT.org

wilderness trek estd.1976

We are proud to partner with the **Leave No Trace** Organization and to practice a **Leave No Trace** wilderness ethic here at Wilderness Trek. The **Leave No Trace** program has been around for decades and is one of the most useful skills someone can know about low impact traveling in the backcountry.

At Wilderness Trek, we have taken the **Leave No Trace** wilderness ethic a step further and added some bible verses that show stewardship of God's creation and sustainability as a faith issue.

PLAN AHEAD & 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 or GPS to eliminate the use of marking paint, rock cairns, or flagging.
- Prepare your hearts and expect God to reveal things to you, whether that be through His creation, His people, or His word.

THE HEART OF MAN PLANS HIS WAY, BUT THE LORD ESTABLISHES HIS STEPS. PROVERBS 16:9

TRAVEL & CAMP ON DURABLE SURFACES

- Durable surfaces include maintained trails and designated campsites, rock, gravel, sand, 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.
- Build a solid foundation, one that isn't built on others' faith, but your own, rooted in Christ.

EVERYONE WHO COMES TO ME AND HEARS MY WORDS AND DOES THEM, I WILL SHOW YOU WHAT HE IS LIKE: HE IS LIKE A MAN BUILDING A HOUSE, WHO DUG DEEP AND LAID THE FOUNDATION ON THE ROCK. AND WHEN A FLOOD AROSE, THE STREAM BROKE AGAINST THAT HOUSE AND COULD NOT SHAKE IT, BECAUSE IT HAD BEEN WELL BUILT. LUKE 6:47-48

DISPOSE OF WASTE PROPERLY

- Pack it in, pack it out. Inspect your campsite, food preparation areas, and rest areas for trash or spilled foods. Pack out all trash, leftover food and litter.
- Utilize toilet facilities whenever possible. Otherwise, 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.
- Bring yourself to God, repent when you need to be forgiven, and forgive yourself.

IF WE CONFESS OUR SINS, HE IS FAITHFUL AND JUST TO FORGIVE US OUR SINS AND TO CLEANSE US FROM ALL UNRIGHTEOUSNESS. 1 JOHN 1:9

LEAVE WHAT YOU FIND

- Preserve the past: examine, photograph, 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.
- Be present. You can't take the treasures on this earth with you when you leave.

DO NOT LAY UP FOR YOURSELVES TREASURES ON EARTH, WHERE MOTHS AND RUST DESTROY AND WHERE THIEVES BREAK IN AND STEAL, BUT LAY UP FOR YOURSELVES TREASURES IN HEAVEN, WHERE NEITHER MOTH NOR RUST DESTROYS AND WHERE THIEVES DO NOT BREAK IN AND STEAL. MATTHEW 6:19-20

MINIMIZE CAMPFIRE IMPACTS

- Campfires can cause lasting impacts to the environment. 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 down and dead wood from the ground that can be broken by hand.
- Burn all wood and coals to ash, put out campfires completely, then scatter cool ashes.
- Live peaceably with one another, seek wisdom, and forgive.

LIVE IN HARMONY WITH ONE ANOTHER. DO NOT BE HAUGHTY, BUT ASSOCIATE WITH THE LOWLY. NEVER BE WISE IN YOUR OWN SIGHT. REPAY NO ONE EVIL FOR EVIL, BUT GIVE THOUGHT TO DO WHAT IS HONORABLE IN THE SIGHT OF ALL. IF POSSIBLE, SO FAR AS IT DEPENDS ON YOU, LIVE PEACEABLY WITH ALL. ROMANS 12:16-18

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.
- Be in reverence and awe of God's creation. He is a mighty God worthy of our praise and adoration. Even creation is made to glorify God and make His name known.

BUT ASK THE BEASTS, AND THEY WILL TEACH YOU; THE BIRDS OF THE HEAVENS, AND THEY WILL TELL YOU; OR THE BUSHES OF THE EARTH, AND THEY WILL TEACH YOU; AND THE FISH OF THE SEA WILL DECLARE TO YOU. WHO AMONG ALL THESE DOES NOT KNOW THAT THE HAND OF THE LORD HAS DONE THIS? IN HIS HAND IS THE LIFE OF EVERY LIVING THING AND THE BREATH OF ALL MANKIND. JOB 12:7-10

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.
- Love your neighbor as yourself. Go and make disciples.

"AND YOU SHALL LOVE THE LORD YOUR GOD WITH ALL YOUR HEART AND WITH ALL YOUR SOUL AND WITH ALL YOUR MIND AND WITH ALL YOUR STRENGTH. THE SECOND IS THIS: YOU SHALL LOVE YOUR NEIGHBOR AS YOURSELF. THERE IS NO OTHER COMMANDMENT GREATER THAN THESE." MARK 12:30-31

Walk the Path

JOURNAL



SECTION 4

JOURNAL

FOLLOW US ON SOCIAL MEDIA

@WILDERNESS_TREK

/WILDERNESSTREK

@WILDERNESSTREK

SEARCH "WILDERNESS TREK"

WWW.WILDERNESSTREK.ORG
INFO@WILDERNESSTREK.ORG

PLEASE SHARE

Help us spread the word about your trip by tagging us in your pictures and commenting on our social media!

SPREADING THE GOSPEL THROUGH ADVENTURE SINCE 1976

