

Wilderness
TREK



THE WALLS ARE COMING DOWN

ADULT TREK

1990

Tuesday

Alpine start to the summit
(Take water, sun gear, and lunch)
Celebration on the summit
Return to camp, bathe, nap, fish
Supper/clean-up
Solo # 3 (How Interdependent Are You?)
Group Time: Our experiences with dependence, independence, and interdependence
Praying for one another

Wednesday

(Alpine start for those who wish)
Breakfast for others/clean-up
Other activities if you don't go another summit: fishing, day hikes, naps, games
Lunch with a friend (Last chance to pull out the "good stuff"!)
Solo # 4 (The Beatitudes and You)
Supper/clean-up
Skit Night and Campfire Games
Group Time: Affirming One Another with the Beatitudes

Thursday

Breakfast/clean-up/break camp
Exit high camp
Check in equipment at the trail head
Travel to Colorado Springs
Check into hotel/shower/explore
Leave for Flying W Ranch
Return to hotel
Group Time: Affirmations and Reflections

Friday

Breakfast in hotel
Site seeing in Colorado Springs
Leave for home

OBJECTIVES & GOALS

OBJECTIVES OF ADULT TREKKING

1. Understand the Bible in a more personal way
2. Enlarge personal comfort zones regarding diverse issues
3. Recognize wilderness situations which relate to other real life issues
4. Experience the renewing effects of isolation, quietness, laughter, play, and accomplishing a goal
5. Learn independence and interdependence in a variety of individual and group settings
6. Affirm and restructure priorities (Determine what's important and what's not important)
7. Listen for God and truly worship Him

GOALS OF ADULT TREKKING

1. Through daily "solo" experiences adults will focus on Bible study, prayer, praise, and journaling.
2. Daily group sessions will be used for: a) the exchange of ideas and feelings b) support and encouragement c) the application of wilderness situations to life in general.
3. Initiative strategies, adventure games and trust activities will be used to build a supportive and genuine sense of community.
4. Through the rigors of wilderness travel participants learn the renewing effects of isolation, quietness, and goal accomplishment.
5. Through all the methods previously mentioned participants will learn independence and interdependence.
6. Group worship experiences will be used for the expression of praise and for edification and encouragement.

HISTORY SHARING

THOSE WERE THE DAYS ...

Think back to the time when you were a kid and share something of the beautiful and significant memories:

I REMEMBER ...

1. my favorite TV or radio program when I was a kid was ...
2. my favorite subject (and worst) in school was ...
3. my first pet was ...
4. the chore I hated most was ...
5. my first big trip or vacation was ...
6. my favorite room in the house was ...
7. the thing I wanted to be when I grew up was ...
8. my hero at age 12 was ...
9. the first time I got kissed (outside my family) was ...
10. the tower of strength in our family was ...
11. my first job was ... I was paid ...

BIBLE STUDY: Luke 5:1-11

Luke 5:1-11

CALLING THE FIRST DISCIPLES

LOOKING INTO THE SCRIPTURE/20 Minutes. Read Luke 5:1-11 and discuss.

1. What gets your attention about this first meeting of Jesus and Simon?
 - a. it was a terrific coincidence
 - b. it was more than coincidental
 - c. Jesus trusted a stranger to help him
 - d. how Jesus showed his interest in Simon's work
2. If you had been Simon Peter when Jesus asked him to "Put out into deep water, and let down the nets for a catch," what would you have done?
 - a. what Peter did
 - b. made some excuse
 - c. politely told Jesus to stick to his preaching
 - d. suggested another time when the fish were biting
 - e. gone ahead grudgingly
 - f. wondered who this person thought he was
3. When they "caught such a large number of fish that their nets began to break," how do you think Simon Peter felt?
 - a. overjoyed
 - b. terrible about what he had said to Jesus
 - c. dumbfounded
 - d. aware of who Jesus was
4. When Simon Peter said, "Go away from me, Lord; I am a sinful man!" what did he mean?
 - a. You embarrass me because you know more about fishing than I do
 - b. I feel uncomfortable being around you because of my sinful life
 - c. I know you are all that you say you are, but I am not ready to follow
 - d. Stop bugging me. Get out of my life
 - e. I'm confused. If I say "yes," I know that it will mean changing my life and I don't think I can measure up
5. "They left everything and followed Him." Why?
 - a. they wanted Jesus to become their fishing partner
 - b. they followed him in blind faith
 - c. they were confused and needed time to figure him out
 - d. they were attracted to his message
 - e. they were intrigued by the thought of becoming "fishers of men"
 - f. they were irresponsible
 - g. they knew then and there that he was the Messiah

MY OWN STORY/20 Minutes. Share some of your own spiritual journey with your group.

1. In comparison to Simon Peter's call, how would you explain your spiritual beginning?
 - a. tame
 - b. more intellectual
 - c. just as confusing
 - d. even crazier
 - e. different, but just as real
 - f. not sure
2. What is the condition of your spiritual boat right now?
 - a. sinking
 - b. out for repairs in dry dock
 - c. dead in the water
 - d. sailing at a fast clip
 - e. sailing in the wrong direction
 - f. battered by the heavy waves
3. Where do you think Jesus is, in relationship to your spiritual boat?
 - a. on the shore watching
 - b. swimming out to meet me
 - c. climbing on board
 - d. aboard, but not doing anything
 - e. casting out the nets
4. How does the idea of "putting out into deep water and letting down your nets for a catch" sound to you?
 - a. scary
 - b. crazy
 - c. okay, but ...
 - d. fine, if someone will join me
 - e. just the invitation I've been waiting for
 - f. not sure what you mean
5. What is it going to take to get you going?
 - a. time to consider the cost
 - b. a little support from others
 - c. a good kick in the pants
 - d. time to get myself together
 - e. help to clean up my life

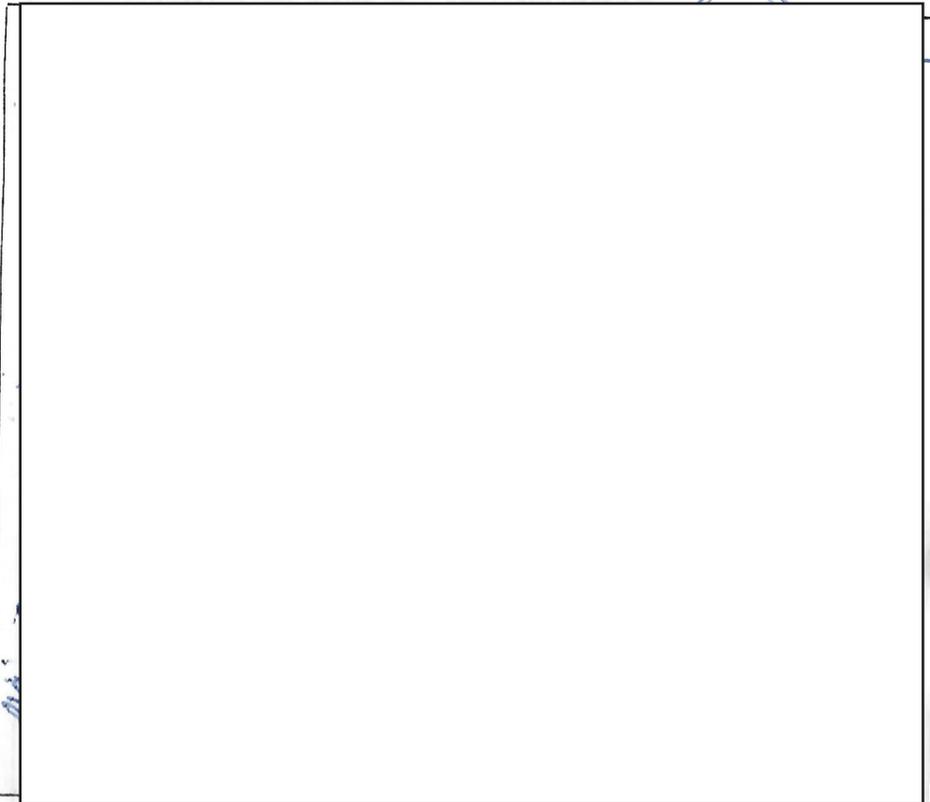
SOLO # 1 - My Spiritual Pilgrimage

MY SPIRITUAL PILGRIMAGE: In the space below, tell the story of your spiritual pilgrimage in a drawing. This drawing can be: (a) a graph showing the ups and downs of your life, (b) a series of doodles or symbols, or (c) a series of colors that shows the feelings for each period of your spiritual life. Take about 5 minutes to draw your life.

Then, "show and tell" your drawing to your group, starting from the beginning and explaining the various colors, symbols and the various "turning points".

When the first person is through explaining their spiritual story, pause and let each member of the group "affirm" something beautiful in the story by finishing this sentence: "The gift that you gave me in your story was...".

Repeat this procedure until everyone in the group has had a chance to share their "story".



SOLO # 2 - Happiness

1. How do you define "HAPPINESS"?

2. In the Bible another word for "happy" is "blessed". Read the following passages and list some characteristics of "blessedness".

Psalms 1 -

Prov. 3:13-18

Prov. 14:21 -

Prov. 18:20 -

John 13:12 -

Romans 14 -

James 5:11 -

I Pet. 3:14 -

I Pet. 4:14-16

3. Read the following definition of HAPPINESS:

"HAPPINESS IS, IN PART, THE FRUIT OF THE DESIRE AND THE ABILITY TO SACRIFICE WHAT WE WANT NOW FOR WHAT WE WANT EVENTUALLY?"

Do you agree? Disagree?

In what ways are you currently "living out" this definition?

SOLO # 3 - How Dependent Are You?

1. Read the following definitions:

- a. Dependent People - Those who usually wait for others because they do not feel confident enough to make decisions are their own. If they do something for someone else, it is usually (unbeknownst to them) for the getting the other person's approval.
- b. Independent People - Those who do their own analysis and make their own decisions based on their own healthy self concept. They usually feel free to choose whether they function with or without others.

2. What do these scriptures have to say about dependence and independence?

Psalm 62:8 -

Psalm 37:7 -

Prov. 3:5-6

Romans 12:16

I Cor. 2:2-5

II Cor. 1:9

II Cor. 5:7

Phil 2:3-4

I Tim. 4:10

Gal. 5:1

4. What do believe is the difference between a "dependent" Christian and an "independent" Christian?

5. Here's two more definitions:

- a. Interdependent People - Those independent people who choose to put themselves in subjection to others (ie. dependent and independent people) so they might help them become interdependent.
- b. Servant Leadership - What independent people do when they subject themselves to others for the purpose of helping others become interdependent.

6. As they are defined, what differences do you see between independent and interdependent Christians?

7. Do you agree with the definition of Servant Leadership? Why or why not?

8. What do these passages have to say about interdependence?

I Cor. 9:19

Eph. 6:6-7

I Cor. 10:23-33

Gal. 5: 13-14

9. In what ways do feel you are dependent, independent, and/or interdependent? (Think in terms of your marriage, parenting, relationship with relatives, job, friendships, relationship with God, etc.)

SERVANT LEADERSHIP

Servant Leadership - What independent people do when they subject themselves to others for the purpose of helping others become interdependent.

INTERDEPENDENT

Interdependent People - Those independent people who choose to put themselves in subjection to others (ie. dependent and independent people) so they might help them become interdependent.

CHOOSE



INDEPENDENT

Independent People - Those who do their own analysis and make their own decisions based on their own healthy self concept. They usually feel free to choose whether they function with or without others.

CHOOSE



DEPENDENT

Dependent People - Those who usually wait for others because they do not feel confident enough to make decisions are their own. If they do something for someone else, it is usually (unbeknownst to them) for the getting the other person's approval.

CHOOSE

SERVANT LEADERSHIP

SOLO # 4 - The Beatitudes and You

Matthew 5:3-10

THE BEATITUDES

LOOKING INTO THE SCRIPTURE/25 Minutes. Read Matthew 5:3-10 and measure yourself on these mental attitudes—1 being LOW and 4 being HIGH.

POOR IN SPIRIT: I have come to the place where I feel accepted by God when I feel most unacceptable to myself. I recognize my need for God and know that I do not have to earn His love with wealth, status or spiritual sophistication. LOW 1 2 3 4 HIGH

MOURN: I have come to the place where I can really feel the empty places in my life. I can let others know when I am hurting and share the grief of others without embarrassment. I can weep like Jesus did. LOW 1 2 3 4 HIGH

MEEK: I have come to the place where I don't have to be the strong one all the time. I can be tender and gentle with people. I've given the control of my life to God and I don't have to "win" all the time. LOW 1 2 3 4 HIGH

SPIRITUAL HUNGER: I have come to the place where I want to know God and His will for my life more than anything. I am more excited about God's will for the world than my own financial gain, success in my career, or acceptance by my peers. I long for God's perspective in my decision-making. LOW 1 2 3 4 HIGH

MERCIFUL: I have come to the place where I can enter into the feelings of someone who is hurting, lonely, or distressed and feel alongside them in their pain. God has given me a sensitivity for the suffering of others. LOW 1 2 3 4 HIGH

PURE IN HEART: I have come to the place where I can be completely open and honest with God and others—transparent because I have nothing to hide. I don't have to put on "airs," or pretend to be what I'm not. LOW 1 2 3 4 HIGH

PEACEMAKER: I have come to the place where I really work at keeping the channels of communication open between me and those around me. I deal with anger and disagreements immediately and don't allow them to fester. I encourage those around me to work out their differences without hurting one another. LOW 1 2 3 4 HIGH

PERSECUTION: I have come to the place where I know what I am living for, and for this cause I am not afraid to suffer and, if need be, die. I am willing to "take the heat" and stand alone for what is right. I can take criticism without feeling self-pity or self-righteous. LOW 1 2 3 4 HIGH

MY OWN STORY/20 Minutes.

1. In what area (beatitude) have you made the most progress in the last year? How have you experienced the "blessing"?
2. In what area do you need to work on something? How could the group help you grow in that area?

3. Below is a list of qualities based on the Beatitudes. In silence, think about the members of your group and jot down their initials next to the beatitude paraphrase where you see each person as strong. (For instance, you might put Bob's initials next to "gentleness.") Then, ask one person to sit in silence while the others explain where they put this person's name. Then, take the next person and do the same until everyone has been affirmed.

- SELF-ACCEPTANCE: The ability to accept yourself and your imperfections, and to enable others to be more self-accepting.
- EMPATHY: The ability to feel what others feel; to laugh and cry with others.
- GENTLENESS: Ability to be tender because you are inwardly strong and to lead without overpowering others.
- SPIRITUALITY: Ability to maintain spiritual priorities and to cause others to seek a deeper walk with Christ.
- SENSITIVITY: The ability to pick up on the hurt and pain of others and be "present" without being pushy or nosy.
- TRANSPARENCY: The ability to be yourself without any pretenses and allow the presence of Christ to radiate through you.
- PEACEMAKING: The ability to harmonize differences between others without causing either person to "lose."
- ENDURANCE: The ability to stand up for what you believe without getting defensive or compromising your principles.