

**NEVER GIVEUP!
TREK '94**

TREKKER'S JOURNAL



WILDERNESS TREK CHRISTIAN CAMP

NEVER GIVE UP!



NEVER GIVE UP

**DAY ONE:
NEVER GIVE UP ON A FRIEND**

**DAY TWO:
DON'T BE AFRAID**

**DAY THREE:
NEVER GIVE UP, WE HAVE MOUNTAINS**

**DAY FOUR:
SOLO TIME**

**DAY FOUR:
PRAISE KEEPS US GOING**

**DAY FIVE:
THE ULTIMATE REASON NOT TO GIVE UP**

**DAY SIX:
CONFESSION,
THE CLEANSING THAT LETS US KEEP GOING**



**NEVER GIVE UP
TREKKER'S JOURNAL
DAY ONE: NEVER GIVE UP ON A FRIEND**

PREPARATION FOR DEVOTIONAL

Think about these questions so you can share your thoughts with the group at the devotional.

1. What do you hope to get out of Trek?
2. Who are your friends on this trip? How do you hope to develop these friendship? What friends do you wish could be with you on this Trek?
3. Read the following.

READING

What is a friend? Which of the following definitions do you like?

- > You never have to say I'm sorry to a friend.
- > A friend is always there for you.
- > A friend is someone you can burp in front of.
- > A friend is someone you treat as an equal.
- > A friend is someone you can say anything to.
- > A friend is someone you call when there is some thing really good on TV.
- > A friend is someone you can be quiet together with.

Write your own definition.

JUST FOR YOU

1. What excites you most about your upcoming week?
2. What frightens you the most about your trek?
3. Who do you expect to get to know better this week?
4. What do you think of the theme, "Never Give Up?"
5. List everyone's name in your crew.



**NEVER GIVE UP
TREKKER'S JOURNAL
DAY TWO: DON'T BE AFRAID**

PREPARATION FOR DEVOTIONAL

Think about these questions so you can share your thoughts with the group at the devotional.

1. What was your strongest emotion while waiting to rappell? What did you feel while you were rappelling? If you didn't get to rappell today, how did that make you feel? Who did the best rappelling today?
2. Read the poem "Risking Much." Do you agree with the main point?
4. Think about times when you have risked something and times when you haven't risked anything.

READING

RISKING MUCH

To laugh is to risk appearing foolish.

To weep is to risk appearing sentimental.

To reach out for another is to risk involvement.

To expose feelings is to risk exposing out true selves.

To place ideas and dreams before the crowd is to risk loss.

To love is to risk not being loved in return.

To live is to risk dying.

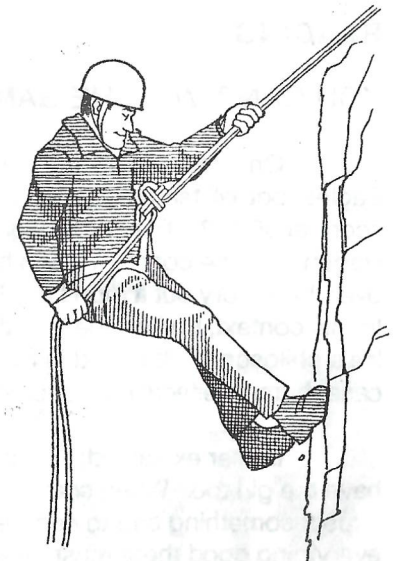
To hope is to risk despair.

To try at all is to risk failure.

But risk we must, because the greatest hazard in life is to risk nothing. The man, the woman, who risks nothing does nothing, has nothing, is nothing.

JUST FOR YOU

1. Write down your thoughts about rappelling. Is it worth the risk?
2. When you return home what are you facing that might cause you to give up? What will require you to take a risk? In what do you need more courage?
3. How are your relationships with your crew developing? What could you do to help develop them better?



**NEVER GIVE UP
TREKKER'S JOURNAL
DAY THREE: NEVER GIVE UP,
WE HAVE MOUNTAINS**

PREPARATION FOR DEVOTIONAL

Think about these questions so you can share your thoughts with the group at the devotional.

1. Growing up, what was your favorite "Once upon a time" story?
2. Think about a time when you had a "Mountain Top" experience. It can be a time when you felt close to God or a time when you felt really loved or a time when you were victorious.
3. On a regular basis what pumps you up spiritually?
4. Read "YOU CAN'T WIN THE GAME AND HAVE THE GIRL TOO."
5. Can you relate to Luther's philosophy? How has your life been like a yo-yo?

READING

YOU CAN'T WIN THE GAME AND HAVE THE GIRL TOO

On a recent episode of the TV show, Coach, the Screaming Eagles football team had just won a big game over their arch-rivals by a score of 55 to 7. The show began with everyone celebrating, except Haden Fox, the coach. Haden had just lost his girlfriend and was happy over the victory but it didn't last long because of the rejection of his love. In this context, Luther, the less-than-brilliant assistant coach explains his life's philosophy. It is said in the context of humor, but as so often is the case, humor reflects the seriousness of life that we all feel.

Luther explained; You can't expect to win the big games and have the girl too. When something good happens in your life you have to expect something bad to compensate for it. There is a balance in life. For everything good there must be and equal and opposite bad. You can't have a successful career and have a good life as well. You can't win the big game and keep the girl. -6-

None of us would believe that kind of philosophy, and yet most of us can relate to what Luther is saying. Life seems to be like a yo-yo. You travel up to the top and then crash down again. Life, at one point, doesn't get any better than this, and quickly it is in the pits. Up and down the string so fast, it is confusing. And perhaps that is why sometimes we don't make it back up the string. Do you know what I'm talking about? You get tired of the ups and downs, the constant disappointments that seem to accompany every victory that, like a poorly done yo-yo you can't make it back up the string and you give up.

In the Gospel of Mark chapters eight and nine Jesus is experiencing life just like you do. You can see the yo-yo syndrome at work in the Son of God's life. Jesus knew the ups and the downs. Jesus felt the thrill of victory followed by the agony of defeat. In the devo tonight you will follow Jesus through these two chapters and try to feel with Jesus these ups and downs. Then you will study the first part of chapter nine in order to see how important a single event was in his life and how it can be in yours.

JUST FOR YOU

1. What were your ups and downs today?
2. How hard was it to carry your pack today?
3. Who did you see helping other people today?



**NEVER GIVE UP
TREKKER'S JOURNAL
DAY FOUR: SOLO TIME**

PREPARATION FOR SOLO

1. What is the longest time you have spent in prayer? Do you think you can beat that record today?
2. What expectations do you have for Solo Time?
3. As you read the Gospel of Mark, look to see where your faith needs to be strengthened and pray for it as you read.

READING

The entire Gospel of Mark

JUST FOR YOU
(To be done during Solo Time)

1. Prayer list:



2. Pick one story that helps you never to give up.

3. How do you know Jesus better now that you have read all of Mark?

**NEVER GIVE UP
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DAY FOUR: PRAISE KEEPS US GOING**

PREPARATION FOR DEVOTIONAL

Think about these questions so you can share your thoughts with the group at the devotional.

1. Who is your favorite TV/Movie star? Who is your favorite athlete? Who is your favorite person?
2. What was the largest crowd you have ever been in, that praised someone? Was it a Concert, Movie, Play, Athletic Event or what?
3. Do you think people have a need to praise?
4. Think about who you would be if you could be any TV or movie character.
5. Read excerpt from the SCROLL MARKED II.

READING

Excerpt from the SCROLL MARKED II
from THE GREATEST SALESMAN IN THE WORLD

I will greet this day with love in my heart.

For this is the greatest secret of success in all ventures. Muscle can split a shield and even destroy life but only the unseen power of love can open the hearts of men and until I master this art I will remain no more than a peddler in the market place. I will make love my greatest weapon and none on whom I call can defend against its force.

I will greet this day with love in my heart.

And how will I do this? Henceforth will I look on all things with love and I will be born again. I will love the sun for it warms my bones; yet I will love the rain for it cleanses my spirit. I will love the light for it shows me the way; yet I will love the darkness for it shows me the stars. I will welcome happiness for it enlarges my heart; yet I will endure sadness for it opens my soul. I will acknowledge rewards for they are my due; yet I will welcome obstacles for they are my challenge.

I will greet this day with love in my heart.

And how will I speak? I will laud mine enemies and they will become friends; I will encourage my friends and they will become brothers. Always will I dig for reasons to applaud; never will I scratch for excuses to gossip. When I am tempted to criticize I will bite my tongue; when I am moved to praise I will shout from the roofs.

-Og Mandino-

JUST FOR YOU

1. Who do you hope will make it to the top tomorrow? Who do you think will need to be encouraged? What can you do to help encourage them?

2. Why do you want to make it to the top?

3. How is your crew getting along?



NEVER GIVE UP TREKKER'S JOURNAL DAY FIVE: THE ULTIMATE REASON NOT TO GIVE UP

PREPARATION FOR DEVOTIONAL

Think about these questions so you can share your thoughts with the group at the devotional.

1. How do you feel about what happened today on the climb?
2. What kept you going? What was your motivation? Did it allow you to keep going even when it hurt?
3. Why do you think Jesus died? What was his motivation?
4. Read "THE DEATH."
5. What was the worst part of Jesus' death?

READING

THE DEATH

Simon is ordered to place the crosspiece on the ground and Jesus is quickly thrown backward with his shoulders against the wood. The legionnaire feels for the depression at the front of the wrist. He drives a heavy, square, wrought-iron nail through the wrist and deep into the wood. Quickly, he moves to the other side and repeats the action, being careful not to pull the arms to tightly, but to allow some flex and movement. The crosspieces is then lifted in place at the top of the vertical beam of the cross.

The left foot is pressed backwards against the right foot, and with both feet extended, toes down, another nail is driven through the arch of each foot, leaving the knees moderately flexed. The Victim is now crucified. As he slowly sags down with more weight on the nails in the wrists, excruciating, fiery pain shoots along the fingers and up the arms to explode in the brain - the nails in the wrists are putting pressure on the median nerves. As he pushes on the nail through his feet. Again there is searing agony of the nail tearing through the nerves between the metatarsal bones of the feet.

At this point, another phenomenon occurs. As the arms fatigue, great waves of cramps sweep over the muscles, knotting them in deep relentless, throbbing pain. With these cramps comes the inability to push upward... Air can be drawn into the lungs, but cannot be exhaled. Jesus fights to raise himself in order to get even one small breath. Finally carbon dioxide builds up in the lungs and in the blood stream and the cramps partially subside. Spasmodically he is able to push himself up and down the rough timber: Then another agony begins. A deep crushing pain in the chest begins as the pericardium slowly fills with serum and begins to compress the heart.

It is now almost over - the loss of tissue fluids has reached a critical level - the compressed heart is now struggling to pump heavy, thick, sluggish blood into the tissues - the tortured lungs are making a frantic effort to gasp in small gulps of air... The body of Jesus is now in extremis and he can feel the chill of death creeping through his tissues...

JUST FOR YOU

1. What was the high point of the day?
2. What do you hope you never forget about today?
3. Who encouraged you the most? Who did you encourage the most?
4. How can what happened today help you never to give up on God?

NEVER GIVE UP TREKKER'S JOURNAL DAY SIX: CONFESSION, THE CLEANSING THAT LETS US KEEP GOING

PREPARATION FOR DEVOTIONAL

1. Bring your rock to devotional. Be prepared to share how it will help you to never give up in a certain situation.
2. Be prepared to encourage, support, pray for and make commitments to help the other members of your group.

JUST FOR YOU

1. Look back at the questions you answered on the first day. Were you right? Did things go as expected?
2. Who do you need to help when you get home? What commitments did you make to your friends?
3. What was your rock of confession? What commitments to God have you made?
4. Write yourself a note about this Trek that you will want to read sometime in the future.