

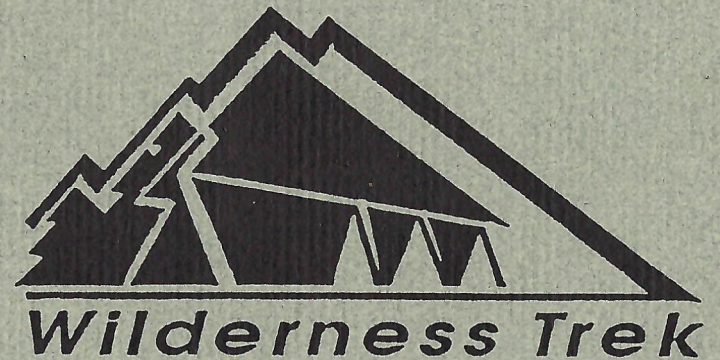
WILDERNESS TREK JOURNAL

1995

LOOK UP...

...AND CLIMB

THIS JOURNAL IS FOR THE RECORDING OF YOUR THOUGHTS, FEELINGS, AND EXPERIENCES DURING YOUR TREK WEEK. IT WILL SERVE YOU IN THE FUTURE AS YOU LOOK BACK TO THIS WEEK. IF YOU ARE READY TO BE STRETCHED AND TO GROW, THEN THESE PAGES ARE MADE FOR YOU!



ABOUT THE THEME...

THIS WEEK YOU WILL BE GUIDED TO THINK ABOUT PRAYER. OFTEN WE LOOK DOWN AND INSIDE WHEN WE PRAY. THIS WEEK YOU WILL BE CHALLENGED TO LOOK UP IN PRAYER TO OUR GOD. AS PART OF LOOKING UP PLEASE CONSIDER THE NEED TO GET UP, THE FIRST STEP, AND TO LISTEN UP, AN OVERLOOKED STEP. WHEN YOU GET UP, LOOK UP AND LISTEN UP YOU WILL THROUGH GOD BE ABLE TO KEEP CLIMBING NO MATTER THE TRAIL.

HOW TO USE THIS JOURNAL

YOU ARE CHALLENGED TO CHART YOUR JOURNEY, BOTH PHYSICAL AND SPIRITUAL, AS YOU HIKE. THIS WEEK YOUR EXPERIENCES, THOUGHTS, AND ANXIETIES WILL CHALLENGE TO GROW IN WAYS YOU NEVER IMAGINED POSSIBLE. SHARE BOTH YOUR VICTORIES AND DEFEATS WITH OTHERS THIS WEEK. YOU WILL LEARN FROM EACH OTHER.

SPEND TIME IN PRAYER THIS WEEK. WRITE YOUR PRAYERS, SPEAK THEM ALOUD WHEN ONLY THE LORD WILL HEAR, AND SHARE THEM WITH A FRIEND. USE WORDS THAT EXPRESS YOUR NEEDS, GOD WILL UNDERSTAND THE WHISPERS OF YOUR HEART.

EACH DAY YOU WILL HAVE BASIC QUESTIONS AND SCRIPTURES FOR YOUR REFLECTION. YOU WILL ALSO HAVE A LIST OF JOURNAL IDEAS THAT MAY BE UNDERTAKEN AT ANYTIME TO HELP YOU GO BEYOND THE BASICS. REMEMBER TO LOOK UP AND CLIMB!

DAY ONE ARRIVAL

RECORD THREE THINGS YOU WILL REMEMBER ABOUT THE TRIP. (EVEN IF YOU WANT TO FORGET THEM.)

- 1.
- 2.
- 3.

YOUR PACK AND CREW

WHAT DO YOU THINK AND FEEL ABOUT YOUR EQUIPMENT AND THE PEOPLE YOU ARE WITH?

WHO DO YOU WANT TO ENCOURAGE THE MOST THIS WEEK? HOW WILL YOU GO ABOUT IT?

JOURNAL IDEAS

USE SOME, MANY, OR ALL OF THESE IDEAS THIS WEEK. ADD SOME OF YOUR OWN. SHARE IDEAS WITH OTHERS. HERE IS YOUR CHANCE TO BE LIKE YOU ALWAYS WANTED TO BE AS A CHILD OF GOD.

ACTIVITIES

- LOOK CLOSELY AT A WILD FLOWER OR A BLADE OF GRASS.
- WATCH FOR WILD LIFE AND SIGNS OF THEIR PRESENCE.
- NOTICE THOSE IN YOUR GROUP WHO STRUGGLE, THEN LEND A HAND.
- ENCOURAGE THOSE WHO "DO NOT GET" TO HELP OTHERS AND IN THEIR CREW.
- CALCULATE THE SIZE OF A MOUNTAIN AND THEN A PEBBLE.

OPPORTUNITIES

- HELP OTHERS WITH A TASK, JUST BECAUSE.
- PICK UP SOME ROCKS TO REMEMBER PLACES, THOUGHTS, FEELINGS, OR COMMITMENTS.
- SAY THE MOST POSITIVE THING ABOUT A DIFFICULT SITUATION.
- WRITE A LETTER TO SOMEONE BACK HOME ABOUT TREK.
- LEAVE NOTES FOR OTHERS TO AFFIRM THEM.
- ASK FOR FORGIVENESS.
- OFFER FORGIVENESS.

EXPERIENCES

- ACT AS IF YOUR EYES WERE A SPONGE TO CAPTURE THE VIEW.
- SING, READ, AND PRAY ALOUD WHEN YOU ARE ALONE.
- CARRY YOUR PACK AS QUIETLY AS JESUS CARRIED THE CROSS.
- MAKE OR RENEW A COMMITMENT.
- GIVE A FOOT MASSAGE, OR WASH SOMEONE'S FEET.
- ENCOURAGE THE STAFF AND HELP THEM THROUGH THE DAY.
- BEAT THE STAFF AT CARDS.

SENSORY STIMULI

- USE YOUR SENSES; HEAR, SEE, TASTE, SMELL AND TOUCH.
- CONSIDER HOW AND WHY YOUR SENSES ARE DIFFERENT IN THE MOUNTAINS?
- FIND LIFE EXCLUSIVE TO THIS PLACE.
- IMAGINE THE THOUGHTS OF GOD AS HE CREATED THIS MOUNTAIN.

SCRIPTURES TO CONSIDER

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|---------------|-------------------------|
| ○ PSALM 23 | ○ PSALM 104 |
| ○ PSALM 29 | ○ PSALM 124 |
| ○ PSALM 31 | ○ PSALM 141-142 |
| ○ PSALM 34 | ○ PSALM 143-150 |
| ○ PSALM 55 | ○ COLOSSIANS 3:1-17 |
| ○ PSALM 62-63 | ○ 1 THESSALONIANS 1:2-3 |
| ○ PSALM 65-67 | ○ JAMES 1:2-8 |
| ○ PSALM 69 | ○ JAMES 4:1-10 |
| ○ PSALM 83-84 | ○ JAMES 5:13-20 |
| ○ PSALM 88 | ○ 1 JOHN 1:5-10 |
| ○ PSALM 92-93 | ○ EPHESIANS 3:14-21 |
| ○ PSALM 95 | ○ EPHESIANS 4:1-2 |
| ○ PSALM 97 | ○ EPHESIANS 4:17-32 |

DAY TWO GET UP!

THIS WEEK WE WILL TALK ABOUT CLIMBING. WHEN WE SPEAK OF CLIMBING KNOW THAT IT HAS A DOUBLE MEANING. THE PHYSICAL MEANING WILL BE OBVIOUS. YOU SHOULD ALSO UNDERSTAND THAT THERE IS A DAILY SPIRITUAL CLIMB WHEREVER YOU ARE AT THE TIME. WE WANT TO CHALLENGE YOU TO PROCESS THIS SPIRITUAL CLIMB AS YOU STRUGGLE WITH THE PHYSICAL CLIMB.

WE ALL GET KNOCKED AROUND BY LIFE. THE FIRST STEP IN ANY CLIMB IS TO GET UP AND START. AS YOU THINK ABOUT GETTING STARTED THINK ABOUT THESE QUESTIONS:

1. WHAT GETS IN THE WAY OF YOU GETTING UP AND STARTING A PHYSICAL CLIMB? A SPIRITUAL CLIMB?

2. WHAT DO YOU DREAD MOST ABOUT THE CLIMB TODAY? AND THE ONE BACK HOME?

3. APPLY THIS TO TREK AND HOME: ROMANS 8:26-39

26 IN THE SAME WAY, THE SPIRIT HELPS US IN OUR WEAKNESS. WE DO NOT KNOW WHAT WE OUGHT TO PRAY FOR, BUT THE SPIRIT HIMSELF INTERCEDES FOR US WITH GROANS THAT WORDS CANNOT EXPRESS. 27 AND HE WHO SEARCHES OUR HEARTS KNOWS THE MIND OF THE SPIRIT, BECAUSE THE SPIRIT INTERCEDES FOR THE SAINTS IN ACCORDANCE WITH GOD'S WILL.

28 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. 29 FOR THOSE GOD FOREKNEW HE ALSO PREDESTINED TO BE CONFORMED TO THE LIKENESS OF HIS SON, THAT HE MIGHT BE THE FIRSTBORN AMONG MANY BROTHERS. 30 AND THOSE HE PREDESTINED, HE ALSO CALLED; THOSE HE CALLED, HE ALSO JUSTIFIED; THOSE HE JUSTIFIED, HE ALSO GLORIFIED.

31 WHAT, THEN, SHALL WE SAY IN RESPONSE TO THIS? IF GOD IS FOR US, WHO CAN BE AGAINST US? 32 HE WHO DID NOT SPARE HIS OWN SON, BUT GAVE HIM UP FOR US ALL -- HOW WILL HE NOT ALSO, ALONG WITH HIM, GRACIOUSLY GIVE US ALL THINGS? 33 WHO WILL BRING ANY CHARGE AGAINST THOSE WHOM GOD HAS CHOSEN? IT IS GOD WHO JUSTIFIES. 34 WHO IS HE THAT CONDEMNS? CHRIST JESUS, WHO DIED -- MORE THAN THAT, WHO WAS RAISED TO LIFE -- IS AT THE RIGHT HAND OF GOD AND IS ALSO INTERCEDING FOR US. 35 WHO SHALL SEPARATE US FROM THE LOVE OF CHRIST? SHALL TROUBLE OR HARDSHIP OR PERSECUTION OR FAMINE OR NAKEDNESS OR DANGER OR SWORD? 36 AS IT IS WRITTEN:

"FOR YOUR SAKE WE FACE DEATH ALL DAY LONG;
WE ARE CONSIDERED AS SHEEP TO BE

SLAUGHTERED." 37 NO, IN ALL THESE THINGS WE ARE MORE THAN CONQUERORS THROUGH HIM WHO LOVED US. 38 FOR I AM CONVINCED THAT NEITHER DEATH NOR LIFE, NEITHER ANGELS NOR DEMONS, NEITHER THE PRESENT NOR THE FUTURE, NOR ANY POWERS, 39 NEITHER HEIGHT NOR DEPTH, NOR ANYTHING ELSE IN ALL CREATION, WILL BE ABLE TO SEPARATE US FROM THE LOVE OF GOD THAT IS IN CHRIST JESUS OUR LORD.

4. WHAT WILL YOU ALWAYS REMEMBER ABOUT TODAY?

5. HOW DID YOU SEE GOD TODAY?

6. WRITE A PRAYER OF STRENGTH TO GET UP AND START THE CLIMB.

DAY THREE LOOK UP!

AFTER YOU BEGIN THE CLIMB YOUR NEXT NEED IS TO HAVE A FOCUS, A SUMMIT TO REACH. SOMEONE WHO HIGHER UP CAN ENCOURAGE US. WE MUST LOOK UP TO CONTINUE THE CLIMB.

1. WHO ENCOURAGES YOU THE MOST TO CONTINUE IN YOUR CLIMB THIS WEEK? AND BACK HOME?

2. WHAT DO THEY SAY OR DO THAT GIVES YOU THIS COURAGE?

3. AS CHRISTIANS WE MUST LOOK TO JESUS. CONSIDER THE FOLLOWING: HEBREWS 12:1-3

1 THEREFORE, SINCE WE ARE SURROUNDED BY SUCH A GREAT CLOUD OF WITNESSES, LET US THROW OFF EVERYTHING THAT HINDERS AND THE SIN THAT SO EASILY ENTANGLES, AND LET US RUN WITH PERSEVERANCE THE RACE MARKED OUT FOR US. 2 LET US FIX OUR EYES ON JESUS, THE AUTHOR AND PERFECTER OF OUR FAITH, WHO FOR THE JOY SET BEFORE HIM ENDURED THE CROSS, SCORNING ITS SHAME, AND SAT DOWN AT THE RIGHT HAND OF THE THRONE OF GOD. 3 CONSIDER HIM WHO ENDURED SUCH OPPOSITION FROM SINFUL MEN, SO THAT YOU WILL NOT GROW WEARY AND LOSE HEART.

4. WHO AND HOW WILL YOU ENCOURAGE TODAY?

5. WHAT WILL YOU ALWAYS REMEMBER ABOUT TODAY?

6. HOW DID YOU SEE GOD TODAY?

7. WRITE A PRAYER OF THANKFULNESS FOR THE EXAMPLES YOU LOOK TO IN YOUR CLIMB.

DAY FOUR LISTEN UP!

OFTEN WE ALLOW OUR FOOLISH BABBLINGS TO GET IN THE WAY OF HEARING GOD. THE NOISE WE MAKE AND ENDURE BLOCKS EVERYTHING ELSE OUT. WE NEED THE QUIET TO HEAR GOD. ONLY THEN ARE WE ABLE TO LISTEN CONSIDER THE FOLLOWING: 1 KINGS 19:11-13

11 THE LORD SAID, "GO OUT AND STAND ON THE MOUNTAIN IN THE PRESENCE OF THE LORD, FOR THE LORD IS ABOUT TO PASS BY."

THEN A GREAT AND POWERFUL WIND TORE THE MOUNTAINS APART AND SHATTERED THE ROCKS BEFORE THE LORD, BUT THE LORD WAS NOT IN THE WIND. AFTER THE WIND THERE WAS AN EARTHQUAKE, BUT THE LORD WAS NOT IN THE EARTHQUAKE. 12 AFTER THE EARTHQUAKE CAME A FIRE, BUT THE LORD WAS NOT IN THE FIRE. AND AFTER THE FIRE CAME A GENTLE WHISPER. 13 WHEN ELIJAH HEARD IT, HE PULLED HIS CLOAK OVER HIS FACE AND WENT OUT AND STOOD AT THE MOUTH OF THE CAVE.

THEN A VOICE SAID TO HIM, "WHAT ARE YOU DOING HERE, ELIJAH?"

JOB 40:1-5

1 THE LORD SAID TO JOB:

2 "WILL THE ONE WHO CONTENDS WITH THE ALMIGHTY CORRECT HIM?

LET HIM WHO ACCUSES GOD ANSWER HIM!"

3 THEN JOB ANSWERED THE LORD:

4 "I AM UNWORTHY -- HOW CAN I REPLY TO YOU?

I PUT MY HAND OVER MY MOUTH.

5 I SPOKE ONCE, BUT I HAVE NO ANSWER --

TWICE, BUT I WILL SAY NO MORE."

REFER TO THE PAGE THAT HAS JOURNAL IDEAS TO GIVE YOU OPTIONS OF OTHER ACTIVITIES AND READINGS DURING SOLO TIME.

1. IF THE LORD WERE SPEAKING TO YOU DURING YOUR SOLO TIME, WHAT DO YOU THINK HE WOULD TELL YOU.

2. WHAT DO YOU NEED TO CHANGE ABOUT YOUR LIFE SO THAT YOU CAN HEAR THE LORD IN THE NOISE BACK HOME?

3. WHAT WILL YOU ALWAYS REMEMBER ABOUT TODAY?

4. HOW DID YOU SEE GOD TODAY?

5. WRITE A PRAYER OR A PSALM THAT EXPRESSES YOUR DEPENDENCE ON GOD.

DAY FIVE SUMMIT DAY

TODAY DAY YOU MADE A SUMMIT CLIMB.

1. WHAT WILL YOU ALWAYS REMEMBER ABOUT TODAY?

2. HOW DID YOU SEE GOD TODAY?

3. WHAT SPIRITUAL SUMMITS DO YOU NEED TO CLIMB?

2. WHAT DO YOU NEED TO CHANGE ABOUT YOUR LIFE SO THAT YOU CAN HEAR THE LORD IN THE NOISE BACK HOME?

3. WHAT WILL YOU ALWAYS REMEMBER ABOUT TODAY?

4. HOW DID YOU SEE GOD TODAY?

5. WRITE A PRAYER OR A PSALM THAT EXPRESSES YOUR DEPENDENCE ON GOD.

DAY FIVE SUMMIT DAY

TODAY DAY YOU MADE A SUMMIT CLIMB.

1. WHAT WILL YOU ALWAYS REMEMBER ABOUT TODAY?

2. HOW DID YOU SEE GOD TODAY?

3. WHAT SPIRITUAL SUMMITS DO YOU NEED TO CLIMB?

4. WHAT COMMITMENTS ARE YOU MAKING ABOUT THE SPIRITUAL SUMMITS YOU NEED TO CLIMB.

5. WHAT DO YOU NEED IN ORDER TO CONTINUE TO MAKE YOUR CLIMB BACK HOME?

6. WRITE A PRAYER ASKING GOD TO KEEP YOU CLIMBING AND REACHING NEW SUMMITS.

DAY SIX IT'S UP TO YOU!

TREK HAS DONE ITS PART THIS WEEK, NOW IT IS UP TO YOU TO OPEN YOURSELF TO THE WORKING OF GOD.

1. REFLECT ON THE FOLLOWING IN ORDER TO PREPARE FOR THE DEVO TONIGHT:

YOUR COMMITMENTS:

YOUR ROCK AND ITS MEANING:

2. WRITE A PRAYER ABOUT THE COMMITMENTS YOU HAVE MADE:

DAY SEVEN

GOING HOME

RECORD IN THIS SPACE YOUR THOUGHTS AND FEELINGS ABOUT THE WEEK. WHAT IS THE DIFFERENCE IN HOW THINGS TURNED OUT AND HOW YOU THOUGHT THEY WOULD BE? WHAT WILL BE THE FIRST THING YOU DO BACK HOME? WHAT DO YOU WANT TO ALWAYS REMEMBER? HOW WILL YOU BE DIFFERENT?