

MODULE 4  
PERSONALITY, CHARACTER, AND OUTDOOR ADVENTURE  
PARTICIPANT



AS THE FATHER HAS SENT ME, SO I AM SENDING YOU  
**AMBASSADORS**  
fostering a new generation of spiritual leaders





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## **AMBASSADORS**

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# AS THE FATHER HAS SENT ME, SO I AM SENDING YOU AMBASSADORS



Welcome to Ambassadors.

Ambassadors is a new level of youth ministry designed to equip you to be the best that you can be and to be part of a new generation of youth that will take on the challenge to be the hands, feet, and voice of Jesus in your local church and community.

An ambassador generally represents a country or a cause. A Christian ambassador is a representative of another kind; they represent the values, principles, culture, and laws of the kingdom of God. They stand for the character and purpose of the King of this kingdom—Jesus Christ, Himself.

The Ambassadors training is based on seven foundations designed for your development. They include:

1. A Christ-centered discipleship plan
2. Leadership development
3. A personal, public, and small group based mission lifestyle
4. Character and personality development, including outdoor, high adventure programming
5. Lifestyle and vocational training
6. Nurturing godly relationships
7. Community outreach development through service projects and emergency preparedness training

Each of these seven foundations will be taught in the form of seven modules, and you will acquire certification for each module completed.

Each module contains four elements that will be consistently present throughout the course:

- First, the concept of a spiritual companion. At the beginning of each module, you will choose a friend who will be your companion for the duration of the module. You will meet with that friend during each meeting for mutual encouragement and support towards your growth as an Ambassador. Groups of spiritual companions will also join for certain activities. This will foster the concept of community, interdependence, and accountability into the Ambassador's experience.
- Second, an Individual Discipleship Plan (IDP). At the beginning of every module, you will make a simple plan of how you would like to grow spiritually and acquire the practical skills, knowledge, and experience proposed in the module. Your spiritual companion will be there throughout the module to help and encourage you to accomplish your plan. The IDP helps to emphasize

- the continuing nature of discipleship and that learning is a continual part of life. It stresses the need for interdependence on each other as we learn, grow, and work for God. (See guidelines for creating your IDP on the next page.)
- Third, projects. Each module will have a project that will integrate the core concepts from the module into a service learning activity focused on helping others. This will be an opportunity for your group to work together as a whole.
- Fourth, social activities. A social activity will be planned for the group at least once a month. Make sure that you always participate.

## Participant's Guide

A participant's guide for each module has been prepared for you. You hold one in your hands.

- The Participant's Guide is essentially your workbook, which contains all the lessons for each module that you will engage with.
- In the back pages of each module you will find the following: a page to create your IDP, and a list of the sessions of the module that your leader will sign and date upon completion.
- You will be required to complete 75 percent attendance and participation to receive your certification or award at the end of each module. Participants can make up for missed lessons to achieve the required 75 percent at the discretion of their leader.

Fostering togetherness is at the heart of a model for discipleship, which the General Conference is focusing on; it is known as "Together Growing Fruitful Disciples." This model emphasizes understanding, connecting, equipping, and ministering—but doing all of this "together." For God did not design us to grow or minister alone, but in community. Paul writes that growing in Christ is achieved as everyone uses the gifts God has given to them, "until we all reach unity in the faith and in the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ" (Ephesians 4:13).

Thank you for accepting the call and challenge to become an Ambassador of Jesus Christ and His kingdom. May this experience enrich your life and assist you in discovering God's greater purpose for you.

General Conference Youth Ministries Department



Gilbert Cangy  
GC Youth Director



Hiskia Missah  
Associate GC Youth Director



Jonatan Tejel Subirada  
Associate GC Youth Director

# CREATING YOUR IDP

As a human being with a nature that naturally tends to move away from God, growing to reflect Jesus as an Ambassador will rarely happen by chance or without much thought. That's why for each of the Ambassador's modules, you will be creating your own IDP. The focus of each IDP will relate to the theme of your current module and last for the duration of that module.

Here is an example of what an IDP will look like. Fill in your own IDP on the form provided.

**1. IDP Module Name:**

CHRIST-CENTERED DISCIPLESHIP

**2. Spiritual Companion:** Who is the spiritual companion who will encourage and support you in the next stage of your spiritual journey of growing as an Ambassador of Jesus? They will remain your spiritual companion throughout the current module.

JOHN WILCOX

**3. Personal vision statement:** This includes two parts: (a) What do you see in your life today that you would like to change in order to become more effective as an Ambassador for Jesus? (b) Describe how you would like to see yourself in the future. Before you start writing, take a moment to pray for God to guide your thoughts.

- CURRENTLY, I DO NOT HAVE A REGULAR OR VERY MEANINGFUL DEVOTIONAL LIFE.
- I WOULD LIKE TO DEVELOP A DEVOTIONAL LIFE THAT CAN EQUIP ME SPIRITUALLY TO BE AN EFFECTIVE AMBASSADOR FOR JESUS.

**4. Expected evidence of change:** After looking at your personal vision statement, list the evidence you might expect to see that reveals you are growing in Christ.

- I THINK AN EFFECTIVE AMBASSADOR IS SOMEONE WHO IS ALWAYS PRAYING FOR OPPORTUNITIES TO REVEAL THE CHARACTER OF JESUS WHEREVER THEY GO. THAT IS WHAT I WANT FOR MY LIFE.

**5. Next steps:** List the practical steps you will take to accomplish your personal discipleship vision. Think about how these steps will also shape your daily devotions with God.

- SET MY ALARM CLOCK FOR 7AM TO START MY DEVOTIONS
- SPEND 30 MINUTES IN PRAYER AND BIBLE READING
- REPEAT BEFORE I GO TO SLEEP
- FIND A BOOK TO READ THAT TEACHES DIFFERENT WAYS TO STUDY THE BIBLE
- PRAY EACH DAY FOR OPPORTUNITIES FOR GOD TO USE ME AS HIS AMBASSADOR

**6. Reflection: How did I do?** This is completed at the end of the module. It gives you a chance to reflect on what worked well and what you would like to improve in the future. You can compare your expected evidences of change to what actually happened.

- I REALLY ENJOYED THESE LAST FEW WEEKS. THE MORE I READ AND UNDERSTOOD, THE MORE CONFIDENT I BECAME TO PRAY FOR OPPORTUNITIES FOR GOD TO USE ME. I THINK I WILL EXPAND THE TIME FOR DEVOTIONS I HAVE IN THE EVENING, AND NOW THAT I HAVE READ A BOOK ON BIBLE STUDY, I WOULD LIKE TO READ ANOTHER ON INTERCESSORY PRAYER. I HAVE FOUND THAT I REALLY ENJOY PRAYING FOR OTHERS.

# basic template for teaching sessions

This template will be used during most in-house teaching sessions. There will be variations in the format depending on the focus for the day.

## welcome & activity

2+ min

1. General welcome and opening prayer.
2. A short icebreaker activity. As friendships continually deepen, so should the ability to encourage and support each other spiritually deepens.

## did you know?

13 minutes

An activity that introduces the theme for the day.

## mission briefing

10 minutes

A simple Bible study that gives the biblical foundation for the theme done in groups of two or three. It will be helpful for leaders to move around the room to listen in on conversations to see that participants are going in the right direction and to answer questions.

## thinking it through

20 minutes

A personal reflection time when each participant writes down what they have personally learned from the Bible study and how this applies to their own life as an Ambassador. To be shared briefly with their spiritual companion who will be a spiritual encourager during the curriculum.

An ambassador for Jesus will grow spiritually and will witness in everyday life beyond the training sessions. Therefore, participants will develop an individual discipleship plan that will help them grow as an ambassador for Jesus when they are outside of the learning environment.

At the beginning of each module in the curriculum, participants will develop an individual discipleship plan (IDP) that will guide their personal spiritual journey during that section. Each IDP will focus on the theme of that section. "Next Steps" is a time for participants to reflect on how their IDP is working and to pray for each other in what they aim to do next. This will be done with their spiritual companion. A spiritual companion is a friend who prays for and encourages their own companion over a set period of time.

## reflecting Jesus &

## His kingdom

40 minutes

An activity that expands on the main theme for the lesson. This section is called "reflecting Jesus and His kingdom" because an ambassador's main task is to represent who Jesus is to others, as well as what the kingdom of heaven stands for.

## summary

5 minutes

As a whole group, this is an opportunity to summarize what participants have learned during the session. It is a time for the leader to generally review what has been done and to ask for volunteers to briefly share what they have learned.

# SESSION 1

## human personality





# SESSION 1

## human personality



did you know...

Every human being has a personality, which means everyone has characteristics we can identify, either by observation or by asking questions about a person's way of thinking and behaving. These characteristics are found in a unique combination in each person.



# personality test

## do you know your color?

### instructions

1. On the next page, circle one word or phrase per line that best describes you.
2. When you have completed the test, circle the corresponding colors on the tally sheet. For example, if you circled nurturing on line 5 of the test page, you would circle orange on the tally sheet.
3. After you complete the tally sheet, total each color separately.
- \* Because most people are a blend of two dominant colors, you may see overlaps of color traits.

### post-activity discussion questions

1. Why might having more than one person with brown personality type in a group lead to conflict?
2. Do you think orange personality types might need a brown or green group member to keep them on task? Why?
3. How might you identify blue personality types in a group?
4. What can green personality types contribute to groups?
5. Why might it be important to have a variety of personality types in a group?



# personality test: do you know your color?

Name \_\_\_\_\_

Circle one word or phrase per line that best describes you or what you are like:

1.	self-assured	organized	touchy feely	trusting
2.	impromptu	checks with others	dreamer	analytical
3.	likes involvement	likes organization	calls a spade a spade	likes to inquire into
4.	adamant	bossy	defiant/disobedient	easily offended
5.	challenging	nurturing	determined	quiet
6.	joiner	likes to brainstorm	resist change	takes charge
7.	people watcher	persistent	enthusiastic	sets very high standards
8.	caring/helpful	outspoken	dependable	mild mannered
9.	trustworthy	forceful	disciplined	dominating
10.	adventurous	dreamer	dutiful	fun-loving
11.	logical	contented	friendly	bold/audacious
12.	enthusiastic	imaginative	accurate/precise	well liked
13.	indirect	frank/candid	selective	strict
14.	bossy	team worker	free thinker	conservative/traditional
15.	talkative	restless	thorough	modest/unassuming
16.	leader	counselor	planner	controller
17.	meticulous	workaholic	supportive	self-directed
18.	hardworking	attentive to details	make-believe	positive thinker
19.	task-oriented	people-oriented	idea-oriented	result-oriented
20.	emotional	flexible/adaptable	likes recognition	selective
21.	bad-tempered	strict	easily slighted	easily threatened
22.	reserved	creative	charming	believing positively
23.	goal-oriented	capable	volunteers for tasks	schedule-oriented
24.	excels in emergencies	thrives on compliments	dry sense of humor	avoids causing attention
25.	careful/guarded	overgenerous	agreeable	full of life
26.	self-confident	cautiously makes friends	likes to be thorough	trendy dresser
27.	neat and tidy	looks good on outside	avoids conflicts	usually right



# tally sheet

Name \_\_\_\_\_

Circle the corresponding color for each circled word above.

1.	brown	green	blue	orange
2.	brown	orange	blue	green
3.	orange	green	brown	blue
4.	green	brown	orange	blue
5.	brown	orange	green	blue
6.	orange	blue	green	brown
7.	blue	brown	orange	blue
8.	orange	brown	green	blue
9.	orange	brown	green	blue
10.	brown	blue	green	orange
11.	green	blue	orange	brown
12.	brown	blue	green	orange
13.	orange	brown	blue	green
14.	brown	orange	blue	green
15.	orange	brown	green	blue
16.	brown	orange	blue	green
17.	green	brown	orange	blue
18.	brown	green	blue	orange
19.	green	orange	blue	brown
20.	blue	orange	brown	green
21.	brown	green	blue	orange
22.	green	blue	brown	orange
23.	brown	blue	orange	green
24.	brown	orange	blue	green
25.	green	blue	orange	brown
26.	brown	blue	green	orange
27.	green	orange	blue	brown

Totals: BROWN \_\_\_\_\_ ORANGE \_\_\_\_\_ BLUE \_\_\_\_\_ GREEN \_\_\_\_\_





### reflecting Jesus & His kingdom

You will be taking a personality test. Find the test on pp. x-x of this handbook, or wait to receive a copy of the test from your group leader. Your leader may tell you that you'll be taking the test on a computer or other Internet-accessible device.

1. Follow the instructions on the test. When you have finished the test and identified your personality type, look over the characteristics listed in your type and think about how many of them apply to you. Write your first impressions of your personality results:

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2. Most people are a blend of more than one type. Are there some characteristics listed in the other types that fit you? Write them below. Be prepared to share the differences with the group.

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### mission briefing

Jesus' disciple Peter spoke out very plainly in many of the recorded conversations he had with Jesus and others of his time. Peter sometimes acted rashly and he made big promises he failed to keep. And yet Jesus chose Peter to lead His followers and the early church after He went back to heaven.

As you and your group read through the following passages, think about Peter's personality. Which of his traits stand out to you?

Matthew 14:22–31; Matthew 26:31–35, 69–75

1. Write down as many personality traits as you can identify from Peter's words and actions.

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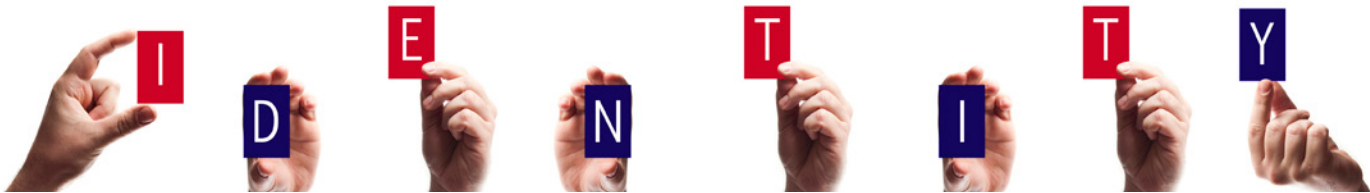
2. Which of the four personality types in your personality test do you think Peter might fit into? Prepare to share your reasons with the group.

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### thinking it through

1. Read the following quote and reflect on it. Then write your thoughts on what these words mean to a young Christian. What challenges does this passage contain for you? What might you do differently in your life?

*None should consent to be mere machines, run by another man's mind. God has given us ability, to think and to act, and it is by acting with carefulness, looking to Him for wisdom that you will become capable of bearing burdens. Stand in your God-given personality. Be no other person's shadow. Expect that the Lord will work in and by and through you. (Ellen G. White, The Ministry of Healing, 498)*

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2. Take another look at your personality test sheet. Read through the characteristics listed in your personality test under your particular or personality type. As you consider what is listed there, turn to the IDP section (in the back of your handbook) and begin to formulate this module's plan. Focus in particular on the features of your own personality that you are thankful to God for. In what ways will you consciously give the different parts of yourself to God for His refining and improvement?



# SESSION 2

## godly character





# SESSION 2

## godly character



did you know...

Personality is a collection of tendencies that make up who you are, most of which are not accessible to you or subject to much change. Character is all of your characteristics having to do with moral/ethical choices and habits.





mission briefing

The Galatians character traits, better known as the fruits of the Spirit — Galatians 5:22, 23				
Love	Joy	Peace	Patience	Kindness
Goodness	Faithfulness	Gentleness	Self-control	-----

Other biblical character traits (indicators of spiritual transformation)				
Forgiveness	Humility	Fairness	Courage	Friendliness
Honesty	Dependability	Gratitude	Responsibility	Contentment
Generosity	Compassion	Confidence	Availability	Encouragement
Attentiveness	Wisdom	Diligence	Enthusiasm	Initiative
Thoughtfulness	Discretion	Optimism	Efficiency	Cooperativeness
Obedience	Reverence	Commitment	Deference	Devotion
Discipline	Graciousness	Perseverance	Sincerity	Tactfulness
Discernment	Mentoring	Hospitality	Servant leadership	Longsuffering
Respectfulness	Prudence	Punctuality	Loyalty	Justice
Consistency	Conviction	Creativity	Fearlessness	Mercy
Meekness	Truthfulness	Trustworthiness	Thriftiness	Resourcefulness

1. Jesus called the exercise of good character traits “bearing fruit” (see Matthew 7:16–18 and Luke 6:43–45). Among the many parts of the Old Testament He would have studied as a young man were the Proverbs, which point to a variety of godly character traits.
2. Proverbs 1:1–5 sets the stage for an exploration that you will do in the book of Proverbs for character instruction. Read over the table above to familiarize yourself with the range of traits you may find in Proverbs.
3. The leader will assign chapters in Proverbs that you’ll be studying. Your mission is to identify specific character traits in the chapter(s) and what Solomon said about them. Make your list below. Be sure to include the verse reference, the trait, and a brief summary of what Solomon said about it. An example appears on line 1.

verse

trait

what Solomon said

1:33

fearlessness

learning to be wise causes fear to go away





3. Turn to the IDP pages in the back of your handbook. Spend some time thinking about ways to make the book of Proverbs and other character revelations in the Bible the focus of personal devotional study and prayer, with the goal of character improvement.
4. Pair up with your assigned spiritual companion to discuss this devotional exercise and formulate plans.



# SESSION 3

## God's plan — character growth





# SESSION 3

## God's plan — character growth



did you know...

In this lesson we will study the transformation of our characters and how God goes about it.

### **Question to think about:**

What character traits do you recognize in Mother Teresa? What traits are evident in Martin Luther King, Jr.?

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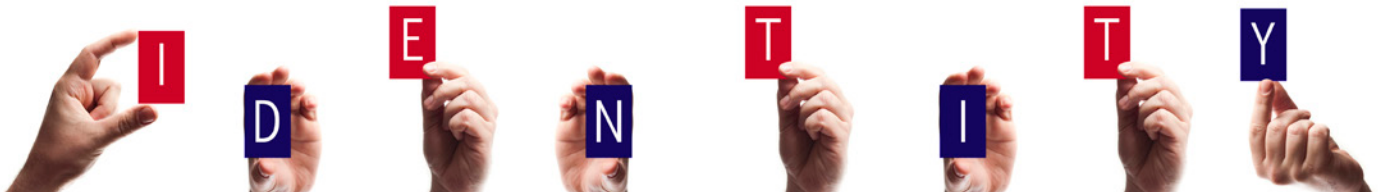
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### thinking it through

Now you have an opportunity to formulate your own plan for character improvement. Review the table from Lesson 2 as a reminder of the traits you may be examining in yourself. How are you doing in each of these areas?

The Galatians character traits, better known as the fruits of the Spirit — Galatians 5:22, 23				
Love	Joy	Peace	Patience	Kindness
Goodness	Faithfulness	Gentleness	Self-control	-----

Other biblical character traits (indicators of spiritual transformation)				
Forgiveness	Humility	Fairness	Courage	Friendliness
Honesty	Dependability	Gratitude	Responsibility	Contentment
Generosity	Compassion	Confidence	Availability	Encouragement
Attentiveness	Wisdom	Diligence	Enthusiasm	Initiative
Thoughtfulness	Discretion	Optimism	Efficiency	Cooperativeness
Obedience	Reverence	Commitment	Deference	Devotion
Discipline	Graciousness	Perseverance	Sincerity	Tactfulness
Discernment	Mentoring	Hospitality	Servant leadership	Longsuffering
Respectfulness	Prudence	Punctuality	Loyalty	Justice
Consistency	Conviction	Creativity	Fearlessness	Mercy
Meekness	Truthfulness	Trustworthiness	Thriftiness	Resourcefulness

Think about how you will come up with a character-growth plan of your own that takes into account the following needs:

- Knowing yourself well enough to diagnose what needs to be improved in your character
- Knowing the blueprint for the godly character traits revealed to us in the Bible (see the table above)
- Knowing how long the process of character growth takes (Is it a few days? Months? A lifetime?)
- Knowing the steps it takes to get going in character development



1. Begin to write out your thoughts and plans for your character growth:

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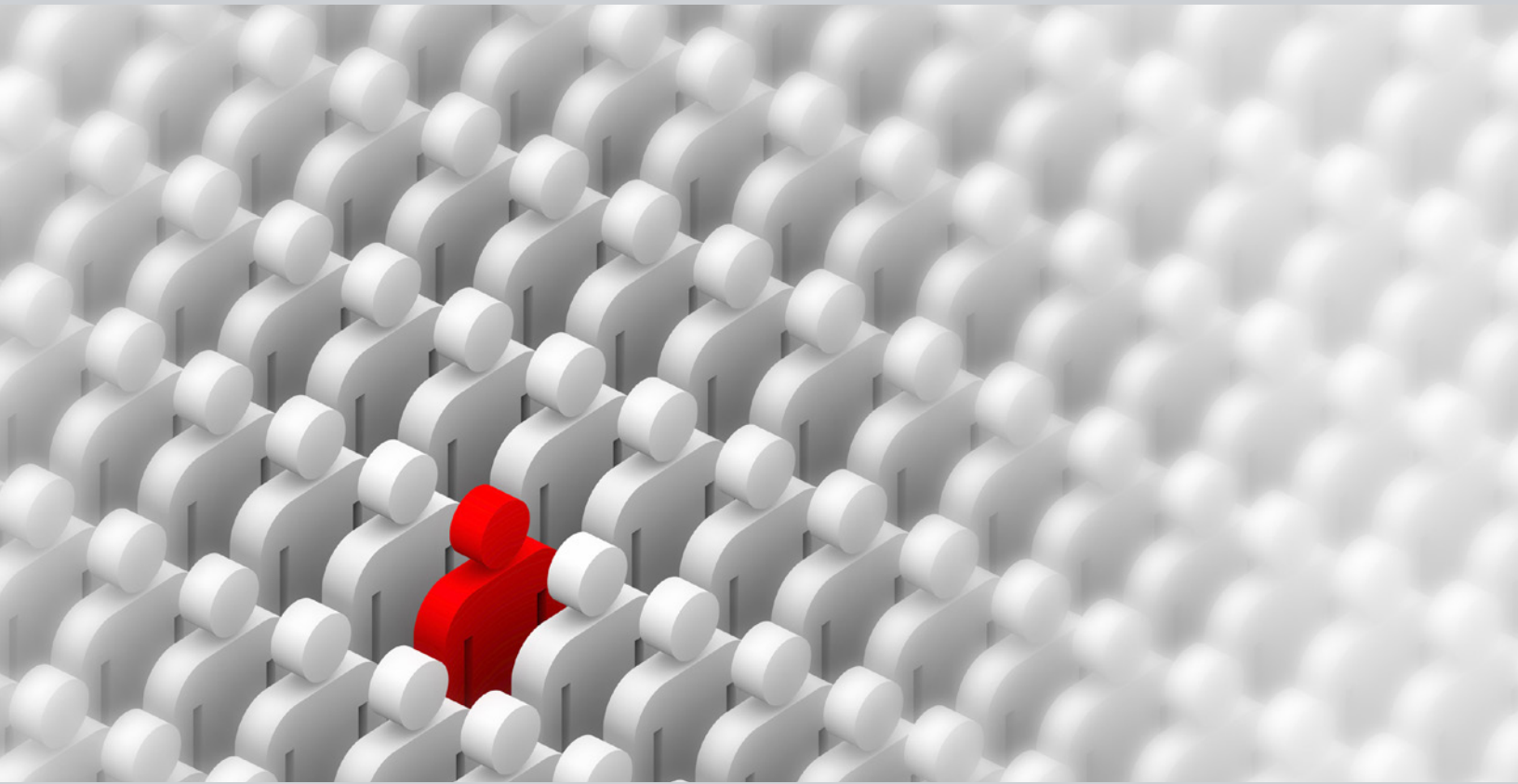
2. Find your spiritual companion and spend some time talking about how you will make an IDP for character growth. What will you need to read in the Bible? What might you ask God in prayer?
3. See the IDP pages in the back of the workbook and write out your IDP for this coming week.

### Activity

The first step in effectively cooperating with God during your sanctification process is to be better aware of your own character. You will take the Christian Character Index test at [www.assess-yourself.org/survey/cci/](http://www.assess-yourself.org/survey/cci/). This requires an Internet connection and a computer or other Internet-connected device. Your instructor will show you how to take the test. Be sure to write down your scores and results so that you have something to take with you for reference.

# SESSION 4

## God's plan — character tested





# SESSION 4

## God's plan — character tested

? did you know...

In this lesson we will explore ways that survival skills have an effect on various traits in your character.

1. Have you been on a camping trip before? If so, what happened on the trip?

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2. What is your past experience with the wilderness? Has anything tested you in specific ways?

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3. What would you say is your level of confidence in outdoor activities? What would you like to achieve in this area?

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### mission briefing

Open your Bible and read Judges 7:1–24. You can read it quietly to yourself, or the members of your small group can take turns reading verses aloud. When you're finished, discuss your answers to these questions:

1. Gideon's new army was camped in the wilderness. It consisted of 32,000 men. God told Gideon that was too many men for His plan. For what reason did Gideon send 22,000 of the men home?

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2. With 10,000 men left, what was the second criterion for choosing who would stay in the wilderness and who would go home?

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3. The men chosen to stay with Gideon held their hands like a bowl and drank water without looking down. Why was that important?

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4. The 300 men in Gideon's army had an equipment list. What was on the list?

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5. God promised that these 300 warriors would triumph over 100,000 Midianite soldiers. Review what God instructed the men to do. What kind of character do you think these men had that led to their obedience to these kind of instructions? Be specific about what traits the men showed. How many can you come up with?

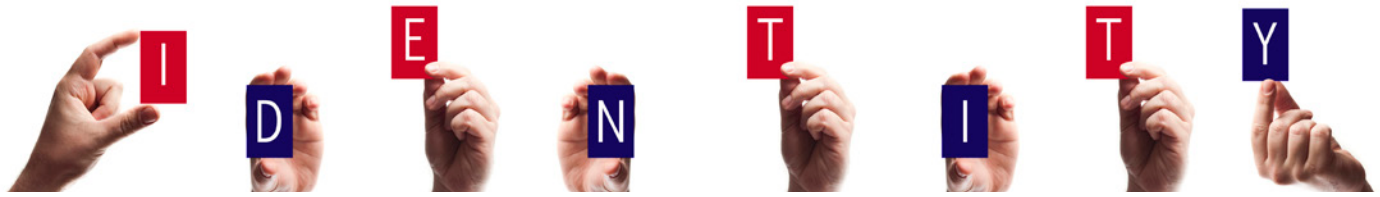
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### thinking it through

1. Review the plan you came up with in Lesson 3 for the character traits that God and you will work on. Then, in your imagination, place yourself in Gideon's army on that exciting night. How would that unfold for you? Describe your part in it:  

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2. Soon you will go on a wilderness camping trip. On that trip, you will be called on to show the strength of your character and test it in various ways. Compare Gideon's expedition with the camping trip. What are you called on to do?  

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3. The final phase of Gideon's operation was the follow-through. When he called for reinforcements, thousands came to chase the Midianites and finish the job. At that point, however, the hard work had been done. Is it easier to be a leader or a follower? Do you have a plan to develop your leadership traits? How? Write your thoughts here:  

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4. Turn to the Individual Discipleship Plan pages in your workbook.

### Activity

Your group leader will instruct you in a game called A-Maze-Ing. Here are the basic instructions:

A volunteer goes out of the room with one of the assistant leaders. The assistant leader ties a blindfold on that person.

All who remain in the room create a human maze. Be creative and place people in lines facing each other that turn corners and create dead ends. You hold hands to make lines and dead ends. Move furniture obstacles out of the way.

The person with the blindfold is brought back in and positioned at the beginning of the maze. The people in the maze call out directions. The blindfolded person must find their way through the maze to the end.





# SESSION 5

wilderness survival: prioritize the seven basic needs for survival





# SESSION 5

## wilderness survival: prioritize the seven basic needs for survival



did you know...

1. Get into your small groups as instructed by the leader.
2. Analyze the survival story and share what you would have done in that situation.





### mission briefing

1. Jesus said, "I will come again, and receive you unto myself" (John 14:3). Surviving life is the ultimate survival and the return of Jesus is the ultimate rescue. Take time to ask, as did others, "What must I do to be saved?" (Acts 16:30). For heartfelt answers, study the following passages: Acts 16:31-34, Mark 10:17-31, Luke 10:25-37, and Luke 18:18-30.

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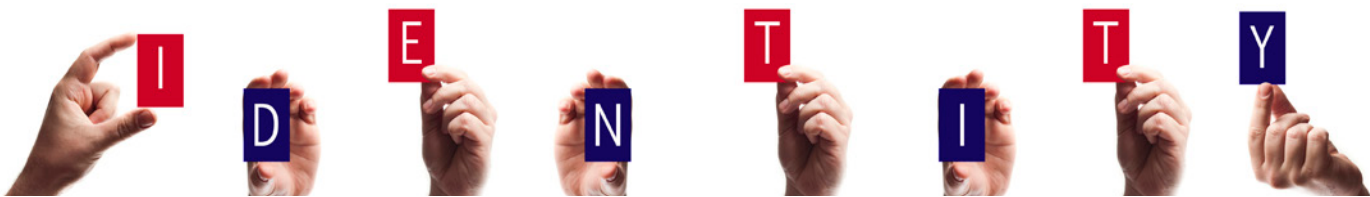
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2. Jesus said, "Go ye into all the world, and preach the gospel to every creature. He that believeth and is baptized shall be saved" (Mark 16:15, 16). Assisting Jesus in seeking and saving the lost serves two primary purposes: (1) It sets the captives free and builds up the kingdom of God, and (2) it keeps the Gospel new and fresh, thus motivating us to wear the armor of God daily and to faithfully imitate the kind and loving example of Jesus. Discuss different ways you and others in the class can use your God-given time, talent, and treasure to win souls for Jesus. For inspired insights, study the following passages: 1 Corinthians 12 and 13, and Galatians 5:16-26.

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### thinking it through

Write down your answers to the Bible study questions above.

1. 

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2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Share your answers with your group.

3. During this time, work on an Individual Discipleship Plan (IDP) for the coming week. It should be focused on character growth you want to learn about as you do the Outdoor High Adventure section.
4. Discuss IDP ideas with your spiritual companion.
5. Spend a few minutes writing down your plan.
6. Pray together for the other students working on their IDPs.



### reflecting Jesus & His kingdom

1. The leader will present an introduction to the seven basic needs of survival. Notes on the seven basic needs:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. Gather in your group as instructed by the leader.
3. Prioritize the seven basic needs of a survivor.



**Mountains:**

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_
- e. \_\_\_\_\_
- f. \_\_\_\_\_
- g. \_\_\_\_\_

**Desert:**

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_
- e. \_\_\_\_\_
- f. \_\_\_\_\_
- g. \_\_\_\_\_

**Jungle:**

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_
- e. \_\_\_\_\_
- f. \_\_\_\_\_
- g. \_\_\_\_\_

**Notes on your prioritized lists:**

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4. Complete this week's assignments.
  - a. Acquire what you need to bring on the camping trip. See the checklist on p. 93–94.
  - b. Practice drinking enough water to cause urination every hour and a half. Do it under varying circumstances. Report your findings.
  - c. Assemble a personal survival kit.
  - d. Complete any forms that still need to be signed and handed in.
  - e. Show up on time for the camping trip with everything you are required to bring.

## wilderness camping equipment checklist

Add items that are recommended for your region. Check carefully that you have included all items needed for safety and general comfort.

- |                                                                           |                                                                            |
|---------------------------------------------------------------------------|----------------------------------------------------------------------------|
| <input type="checkbox"/> Sturdy hiking boots (preferably broken in)       | <input type="checkbox"/> Extra batteries                                   |
| <input type="checkbox"/> Small backpack                                   | <input type="checkbox"/> Bug repellent/head net                            |
| <input type="checkbox"/> Backpack rain cover                              | <input type="checkbox"/> Sunscreen and lip balm                            |
| <input type="checkbox"/> Sleeping bag and stuff sack                      | <input type="checkbox"/> Unscented toilet paper                            |
| <input type="checkbox"/> Ground pad                                       | <input type="checkbox"/> Trowel or folding shovel                          |
| <input type="checkbox"/> Tent                                             | <input type="checkbox"/> Pillowcase (stuff with clothes for pillow)        |
| <input type="checkbox"/> Ground tarp                                      | <input type="checkbox"/> Socks                                             |
| <input type="checkbox"/> Water filter                                     | <input type="checkbox"/> Underwear                                         |
| <input type="checkbox"/> Two large water bottles or bladders              | <input type="checkbox"/> T-shirts (not cotton type if possible)            |
| <input type="checkbox"/> Dishes — bowl, cup, plate                        | <input type="checkbox"/> Long underwear (if weather will be cold)          |
| <input type="checkbox"/> Eating utensils                                  | <input type="checkbox"/> Shorts                                            |
| <input type="checkbox"/> Large plastic bags (for dirty laundry and trash) | <input type="checkbox"/> Hat                                               |
| <input type="checkbox"/> Non-cotton trousers/pants                        | <input type="checkbox"/> Bandanas                                          |
| <input type="checkbox"/> Non-cotton jacket                                | <input type="checkbox"/> Sandals or light shoes (minimizes impact at camp) |
| <input type="checkbox"/> Waterproof poncho                                | <input type="checkbox"/> Day pack (for day hikes out of base camp)         |
| <input type="checkbox"/> Toothbrush/toothpaste                            | <input type="checkbox"/> Bible                                             |
| <input type="checkbox"/> Biodegradable soap                               | <input type="checkbox"/> Ambassadors participant handbook                  |
| <input type="checkbox"/> Notebook & Pen/Pencil                            | <input type="checkbox"/> Clipboard                                         |
| <input type="checkbox"/> Compass                                          | <input type="checkbox"/> Pen or pencil                                     |
| <input type="checkbox"/> Headlamp and/or mini torch/flashlight            |                                                                            |



## common items in a wilderness survival kit

- Small first aid kit
- Orienteering Compass
- Pocketknife or sheath knife
- Small canister of waterproof/windproof matches
- Metal match (a.k.a. Swedish FireSteel)
- Mini torch/flashlight
- One-gallon closeable plastic bag
- Space blanket
- Parachute cord or twine
- Signaling mirror
- Performance or granola bars
- Water purification tablets
- Small magnifying glass
- Large plastic rubbish/garbage bag
- Tweezers
- Tourniquet
- Fishing hooks and line
- Whistle
- Topographical map(s) of camp/hike region

## Optional Items

- Multi-tool
- Cell phone
- GPS
- Emergency transponder/personal locator beacon
- Satellite phone
- Sewing kit

# EMERGENCY CONTACT CONSENT TO TREAT RELEASE, HOLD HARMLESS AND INDEMNIFICATION

## EMERGENCY CONTACT

The Ambassador program attempts to provide a safe, secure, and Christian environment for participants during all activities. However, even with care and supervision, participants may become ill or injured. In the event of an emergency, staff will attempt to contact the individuals listed below.

Legal name of emergency contact #1: \_\_\_\_\_  
Full home address: \_\_\_\_\_  
Phone: \_\_\_\_\_ Alternate phone: \_\_\_\_\_  
Relationship to participant: \_\_\_\_\_  
Health Insurance information: \_\_\_\_\_

## HEALTH HISTORY OF PARTICIPANT

Health problems or concerns: \_\_\_\_\_  
Allergies: \_\_\_\_\_  
Current medications: \_\_\_\_\_  
Physical restrictions: \_\_\_\_\_  
Date of last tetanus immunization: \_\_\_\_\_  
Physician's name: \_\_\_\_\_ Phone: \_\_\_\_\_

## PRIVACY POLICY

The Seventh-day Adventist Church values the privacy and personal protection of every participant. All information collected on this form is for the sole purpose of Ambassador ministry. It will not be shared with any second or third-party individuals or organizations unless an emergency situation warrants it, compliance with a court order requires it, or the participant authorizes it in writing.



## CONSENT TO TREAT THE PARTICIPANT

I, the undersigned, am aware that while participating in Ambassador group activities, I may at some point require emergency medical treatment as a result of accident or illness. In the event emergency medical treatment becomes necessary, I grant the Ambassador program and its staff authority to obtain emergency medical treatment for me. I further grant permission for medical personnel to administer emergency medical treatment to me.

Name of participant if a minor: \_\_\_\_\_

Signature: \_\_\_\_\_

Print full legal name: \_\_\_\_\_

Health Insurance Information: \_\_\_\_\_

Date: \_\_\_\_\_

## RELEASE, HOLD HARMLESS, AND INDEMNIFICATION

In consideration of the benefits derived from participation in Ambassador group activities, I voluntarily release, indemnify, and hold harmless the Ambassador program and its staff, the \_\_\_\_\_ Seventh-day Adventist Church, the \_\_\_\_\_ Conference of Seventh-day Adventists, and the foregoing entities' employees, representatives, agents, and affiliates from any claims, losses, damages, or liabilities (including reasonable attorney fees) for any occurrences or actions which result in injury, illness, accident, or harm of any kind, now or in the future, to me while I participate in Ambassador group activities, and from any act or omission of negligence in rendering or failing to render any type of emergency or medical service.

By signing this form, I declare that I have read and understand the contents of this form and agree to all terms and conditions herein. I will follow the Ambassador program's Code of Conduct. In the event of theft or property damage caused by me, I will work with the Ambassador program and its staff to ensure full restitution.

The information I have provided is truthful and accurate. If any provisions of this document should be invalid or unenforceable, the remaining provisions shall continue to be effective.

Participant signature if over age of consent: \_\_\_\_\_

Parent/Guardian signature if considered a minor: \_\_\_\_\_

Print full legal name: \_\_\_\_\_

Date: \_\_\_\_\_

## Cold night on Marcy a survivor's tale

He had a watch, but was afraid to look at it. Instead he tried to gauge time by the slow movement of the stars across the sky. Alas, he forgot that he set his watch alarm for 4 a.m.

"When it went off, I was disappointed," he said. "I knew I had to wait some more."

By then, Steve Mastaitis had been curled up inside a snow hole near the summit of Mount Marcy for more than nine hours, shivering uncontrollably, suffering from frostbite, fearing the worst. The temperature fell to near zero during the night, with a wind-chill factor of 20 below.

"I knew there were people out looking for me. I just didn't think they'd ever find me in time," Mastaitis, a 58-year-old lawyer from Saratoga Springs, New York, said in an interview at Adirondack Medical Center on Tuesday.

Hard to believe that a day hike in relatively mild conditions could turn into the night from hell.

Mastaitis had climbed fifteen High Peaks, but until Monday, he had never attempted Marcy, the state's highest mountain. He did the trip at the urging of two of his sons, Evan, 30, and Benjamin, 34. Joining them was Ben's friend, Matt. The four left Adirondack Loj at 7:30 a.m. and reached Marcy's summit cone about five hours later.

When they emerged above tree line, they were exposed to fierce winds. When Matt stopped to put on his snowshoes, Steve waited for him while his two sons continued upward. Steve and Matt soon resumed their ascent and met Ben and Evan as those two were coming down.

Because of the wind, Steve and Matt did not linger at the summit. After snapping a few photos, they started down. At some point,

Matt stopped for some reason, and Steve continued hiking. He could see his sons 200 or 300 yards below.

"All of a sudden I was looking at the trail and there was no trail," he said. "It was all snow."

Steve veered to the right into an open gully, thinking it would lead to the trail. He fell into a spruce trap and sunk up to his chest in snow. As he struggled to free himself, one of his snowshoes and one of his boots came off. After 15 minutes, he extricated himself and put his boot and snowshoe back on.

Afraid of falling into another spruce trap, he started sliding down the gully on his butt. Instead of taking him to the trail, though, it led him to the edge of Panther Gorge, a wild and rugged canyon between Marcy and Mount Haystack.

"Luckily, I stopped myself just before I would have gone over the edge," he said.

Steve knew he was in trouble. He tried calling 911 and his sons, but he couldn't get a signal on his cell phone. He then tried his wife, Jane, who was at work in her job as chief financial officer for Saratoga Bridges. She picked up.

"How did he get through to me? That's the miracle," Jane said on Tuesday.

Steve told his wife to call 911 and send help. He said this might be his last call, because he didn't know how long the batteries in his phone would last. Minutes later, she texted Steve and, at the urging of authorities, asked him to call 911 again so they could determine his GPS coordinates. On his second try, Steve got through to 911.

It was not quite 2 p.m. when Steve made that last call. He had



reason to hope he would be found that night. Because of the wind, however, forest rangers could not land a helicopter on Marcy. Instead they landed at Lake Colden and hiked up the mountain. They searched until midnight without success, eventually retreating in the face of the severe weather. They evidently came within a hundred yards of Steve's snow hole, but because of the wind, their shouts went unheard.

Steve had started digging the shelter about 5 p.m. He punched through a layer of crust and scooped out the underlying snow with his hands, creating a hole three or four feet deep in the gully's slope. He tried to start a fire with pieces of bark and dead branches, but he gave up after the wind kept blowing out his matches.

He entered the hole for the night about 6:30 p.m. Scrunched up in his frigid prison, he had a view of the clear sky. The stars moved imperceptibly. He thought about his family, thought about death, and tried not to fall asleep. "I was afraid if I went to sleep I wouldn't wake up," he said.

Despite his best efforts, he occasionally nodded off, only to wake with a start, yelling for help. No one answered.

Throughout the night he flexed his fingers, kicked his feet, and thrashed his body to keep the blood flowing. Eventually, he had to pry his fingers open to keep the joints from freezing. At some point he lost all feeling in his feet.

When dawn finally came, he realized that one of his boots had come off during the night. It was still tied. Since he couldn't unlace the boot with his frozen fingers, he used a broken ski pole as a shoehorn to wedge his foot inside. He managed to get his snowshoes on, too. He clambered out of the snow hole and started trudging away from the gorge, sometimes crawling.

He estimates that it took him an hour to travel a few hundred yards. "As I got to a rock ledge, I heard voices and yelled for help,"

he said.

They were forest rangers who had resumed the search earlier in the morning. It was 8:30 a.m. An hour later, Steve was lifted into a helicopter and whisked away to Adirondack Medical Center in Saranac Lake. When he first arrived, his toes were purple and his fingers were ashen gray. His digits also were swollen. By Tuesday afternoon, some of the natural color had returned and the swelling had started to subside.

Jane had been waiting all night for a phone call. Upon hearing her husband had been found alive, she said, "I broke down, because I didn't know what I was going to hear."

Things might have turned out differently if Steve had not been wearing several layers of clothing: long underwear (tops and bottoms), knee-high socks, fleece pants, fleece sleeveless vest, windbreaker, shell jacket (with hood), mittens, two hats, and a face mask. On his feet he wore low-cut boots, which he now concedes wasn't a good choice for winter.

He believes his training as a triathlon competitor (both he and his wife have done the Lake Placid Ironman) helped him get through the ordeal. "I've been through pain before," he remarked. "It gives you a mental toughness."

Yet he said the biggest credit goes to the forest rangers. He came to tears at the thought that they risked their lives searching for him in the night on Marcy's summit. "I owe my life to them," he said.

### **What is the lesson from all this?**

"If you're with a group, stay with the group," he said. "None of this would have happened if we stayed together. And just be prepared."

By Phil Brown, editor of Adirondack Explorer. <http://adirondackexplorer.org/out-takes/2012/02/22/cold-night-on-marcy-a-survivors-tale/>. Used by permission of the author.



# SESSION 6

## the will to survive





# SESSION 6

## the will to survive



did you know...

Follow the leader's  
instructions for this  
part of the lesson.





### mission briefing

1. For this Bible study, stay in the same pair as the previous activity.
2. Pick one of the three options below for your study. Don't try to complete all three.
  - Hagar and Ishmael in the desert — Genesis 21:5–21
  - The Israelites in the desert — Exodus 15:22–26; 16:1–5, 13–15
  - Paul's shipwreck — Acts 27:14–15, 20, 33–44; 28:1–3
3. Read your chosen passage together. As you review it, look at these questions and come up with responses.

How did the main character(s) in the story get into the situation they were in?

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What was their response?

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How did God solve the problem?

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What does this teach you about surviving in a crisis situation in the wilderness? List as many things as you can think of.

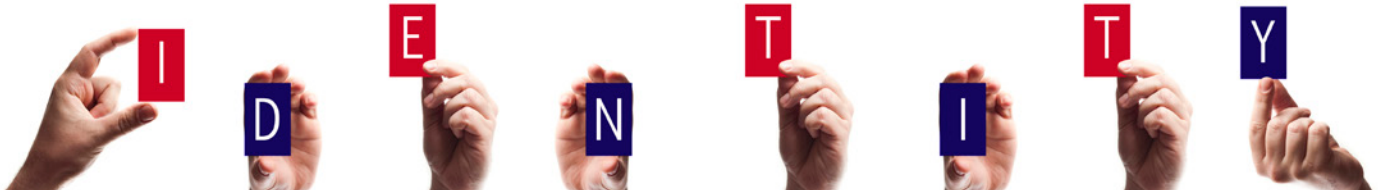
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### thinking it through

Take some time to review how you relate to God in times of crisis in your life. As you reflect on your faith and your relationship with God, answer these questions:

1. What kinds of challenging situations have come up in your life lately?

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2. How have you responded? How have you involved God in your responses?

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3. What are your expectations of God?

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4. Turn to the IDP pages at the back of the workbook. Spend some time reviewing your IDP for this week. Think especially about the character traits that God has impressed you to work on. Pray for guidance and focus. Let the Holy Spirit speak to you about the work He will do.



## Activity

Follow the leader's instructions to get into groups of four and sit at least 3–5 meters from the other groups.

Notes from the leader's presentation:

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Your crisis response plan:

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List your order of priorities for survival here:

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2. 

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3. 

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4. 

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5. 

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6. 

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7. 

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# SESSION 7

## effective signaling techniques





# SESSION 7

## effective signaling techniques

### follow the leader's instruction



did you know...

#### Three types of signals

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

After you've heard the leader describe a crisis scenario, outline your creative ideas for signaling:

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_





## mission briefing

1. God has sent many kinds of signals to His people throughout human history. He made a clear signal with a specific message in each case.
2. Read the following passages and identify the signal and the message it sent.

### Genesis 9:13

Signal

Message

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### Exodus 12:13

Signal

Message

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### Exodus 31:16, 17

Signal

Message

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### Joshua 2:17, 18

Signal

Message

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### 2 Kings 20:8–10

Signal

Message

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**Matthew 12:39 (a tricky one)**

Signal

Message

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**Matthew 24:29, 30**

Signal

Message

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**Activity**

Notes on the types and methods of signals:

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Instructions for your small group:

Write down the type of signal your group is instructed to demonstrate.

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Formulate the way you will use the signal type and how you will explain its use.

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Be prepared to present to the other groups.



# SESSION 8

## fire-building techniques





# SESSION 8

## fire-building techniques



did you know...

Follow the leader's  
instruction for this  
small-group activity





## mission briefing

What does fire represent in the following passages of the Bible?

Exodus 3:1–5

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Exodus 13:21, 22

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Leviticus 10:1–3

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Daniel 3:19–23

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Isaiah 6:1–8

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Revelation 20:13–15

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# SESSION 9

## food and water procurement





# SESSION 9

## food and water procurement



did you know...

Follow the leader's  
direction for this  
section





## mission briefing

Open your Bible to Isaiah 55. Read the passage with your group members. Use the following questions for discussion and add your answers below.

1. As you look over the entire chapter, what do you think are the waters in verse 1? What do they represent?

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2. What is the food that does not cost money?

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3. What do verses 6–9 have to do with the opening invitation to drink and eat?

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4. In the latter half of the chapter, God likens His Word to the rain and snow. What does His Word produce?

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5. What does this verse tell you about the water of life?

Rev. 22:17: "The Spirit and the bride say, 'Come!' And let the one who hears say, 'Come!' Let the one who is thirsty come; and let the one who wishes take the free gift of the water of life."

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# SESSION 10

## survival shelter building





# SESSION 10

## survival shelter building



did you know...

The leader will give  
directions for a  
scavenging activity





### mission briefing

In a number of places, the Bible describes the need for shelter from various threats. Look at the following verses and identify the particular need for shelter. Discuss in your group what each of these passages signifies about shelter.

1. Exodus 9:18–20

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2. Job 24:5–8

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3. Ecclesiastes 7:11, 12

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4. Isaiah 32:1–3

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5. Jonah 4:5–8

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# SESSION 11

## navigation techniques





# SESSION 11

## navigation techniques



did you know...

Follow the instructor's directions for getting into small groups for an activity.





### mission briefing

This is a different kind of Bible study. It is a chance for you to explore your Bible knowledge.

In Psalm 119, King David wrote, “Your word is a lamp to my feet and a light to my path” (verse 105, NIV). He was speaking of God’s Word as a system of navigation, a set of directions for the lost.

Here is the challenge for you: Think about different parts of the Bible and find the best passage of Scripture to answer these questions:

1. When an entire nation is lost, what passage of the Bible tells how they can get back on track?

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2. What are God’s indicators or guides for finding the way out of the wilderness of sin?

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3. What part of Scripture would you show to someone who is lost and doesn’t know what to do?

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Remember, you must answer these questions with Scripture passages. Be prepared to share the ones you found.

### Activity

Make sure you have your compass with you.

Notes on the presentation:

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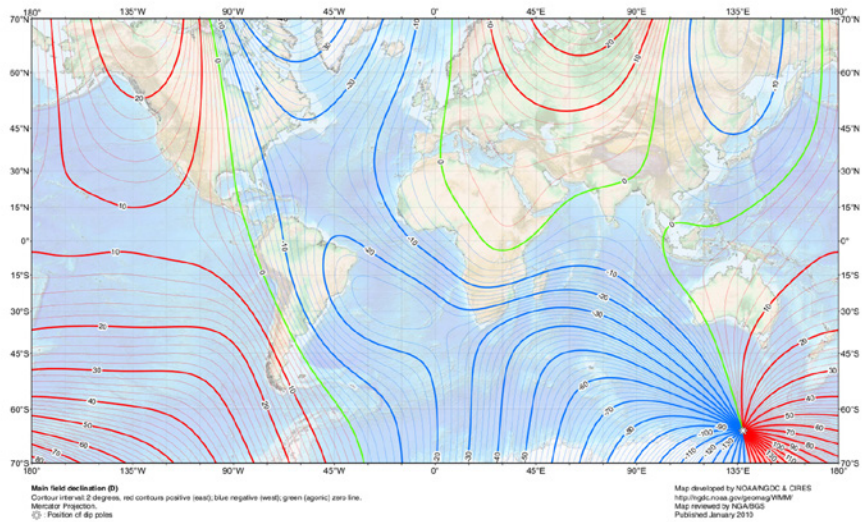
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US/UK World Magnetic Model -- Epoch 2010.0  
Main Field Declination (D)



The lines in this picture show the horizontal magnetic lines under the earth's surface that point toward magnetic north and south.

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# SESSION 12

## solo supervised overnight camping trip





# SESSION 12

## solo supervised overnight camping trip



did you know...

Discuss the following questions in your small group. Write down the ideas you come up with.

1. What situations might cause you to spend a night alone in the wilderness? Come up with at least four ideas.

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2. What is the list of the seven survival priorities you should set in this area where we are having our camping trip? What order should they be in? Write them here:

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_
- e. \_\_\_\_\_
- f. \_\_\_\_\_
- g. \_\_\_\_\_





### mission briefing

All of these men in the Bible came into a situation where they were alone in the wilderness. Look up each of the passages and identify the following:

- a. What caused the person to enter the wilderness?
- b. How did the person react to the situation?
- c. What do you take from the person's experience?

Jacob (Genesis 28:10–12)

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Elijah (1 Kings 17:2–6)

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Jonah (Jonah 1:17)

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Jesus (Luke 6:12)

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### thinking it through

“Do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand” (Isaiah 41:10).

1. What does this verse mean to you? How would you apply it to yourself and your situation?

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### Activity

You will receive instructions from the leader for an overnight solo wilderness trip.

Write down the equipment you will need:

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# SESSION 13

## simple faith and trust-building activities





# SESSION 13

## simple faith and trust-building activities



did you know...

Follow the group leader's instructions for this activity





## mission briefing

Turn in your Bible to Nehemiah 2. Read verses 1–10. As you think about what you've read, answer the following questions:

1. What was Nehemiah's job? (See Nehemiah 2:10.)

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2. In what ways did King Artaxerxes trust Nehemiah?

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3. In what ways did Nehemiah trust King Artaxerxes?

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4. How did Nehemiah show his trust in God?

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5. What do you learn from Nehemiah's attitude of trust?

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### thinking it through

1. Nehemiah had heard about the dismal state of Jerusalem and its inhabitants and it grieved him. He asked God to give him an opportunity to change those conditions. Four months after he had heard news from Jerusalem, he got the chance to pop the question.

Read the following passage and ponder this question: “What situation have you faced in which you had only your trust in God to carry you through?”

*The recital of the condition of Jerusalem awakened the sympathy of the monarch [Artaxerxes] without arousing his prejudices. Another question gave the opportunity for which Nehemiah had long waited: “For what dost thou make request?” But the man of God did not venture to reply till he had sought direction from One higher than Artaxerxes. He had a sacred trust to fulfill, in which he required help from the king; and he realized that much depended upon his presenting the matter in such a way as to win his approval and enlist his aid. “I prayed,” he said, “to the God of heaven.” In that brief prayer Nehemiah pressed into the presence of the King of kings and won to his side a power that can turn hearts as the rivers of waters are turned (Prophets and Kings, 631).*

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2. This is an opportunity for you to plan ahead for your Individual Discipleship Plan. Reflecting on what the camping trip taught you about yourself, prepare a plan for working on parts of your character, especially newly identified areas, that need strengthening.

### Activity

Follow the group leader’s instructions for trust-building activities.





# SESSION 14

## advanced faith and trust-building activities





# SESSION 14

## advanced faith and trust-building activities



did you know...

Follow the group leader's instructions for an outdoor activity





## mission briefing

Turn in your Bible to Nehemiah and read 2:11-3:2. The scene has changed, and Nehemiah is in Jerusalem. Let's consider the trust issues in play here.

1. What kind of confidence did Nehemiah have in himself?

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2. How did the Jewish people living in the ruins of Jerusalem respond to Nehemiah's proposal? (See 2:18.)

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3. A challenge arose immediately. How did Nehemiah respond? In whom does he trust? (See 2:20.)

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4. In spite of threats, what did the priests begin to do? (See 3:1, 2) What does this say about trust?

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### thinking it through

1. Quote from *Can God Be Trusted*.
2. Turn to the IDP pages in the back of your handbook. Spend some time on the planning questions.

### Activity

Follow the directions of the group leader for three activities.





# My Journal: outdoor

## Session 13

simple faith and trust-building activities

## Session 14

advanced faith and trust-building activities

date

leader's signature

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AS THE FATHER HAS SENT ME, SO I AM SENDING YOU  
**AMBASSADORS**