



NEPHI'S APPRENTICE

FAITH IN ACTION



Nephi's Apprentice

Thank you for Downloading this free activity from the Nephi's Apprentice module of The Forged in Faith youth program. We appreciate your support in helping your youth grow spiritually, mentally, and physically.

What This Free Activity Includes

This free activity is one part of the full **Nephi's Apprentice** module. It includes:

- A complete sample activity plan
- A youth-focused “**Why It Matters**” section
- Step-by-step leader guidance
- Follow-up discussion questions
- Optional reflection or journaling prompts

This activity is just one of 20 in the full program. Each activity is designed to develop a key spiritual, physical, intellectual, or social skill inspired by Nephi's example in the Book of Mormon.

Join the Movement

If you're passionate about helping youth grow in their faith, character, and skills:

- **Subscribe** to stay updated on new module releases.
- **Give feedback** or activity ideas to help us improve. Send an email to Ideas@youthforgedinfaith.com. Tell us what is working and what is not. Tell us how we can better support your youth group.
- **Support the project** by sharing Forged in Faith with your ward or stake.

How to Use This Sample

- Try it during a Weekday night or weekend activity.
- Print the activity and bring it to class or review with your youth leadership team.
- Adapt the instructions as needed for your youth group size, season, and goals.

If your youth enjoy this, the full module includes a year-long schedule and 19 more engaging activities!

Want the Full Experience?

Get the complete **Nephi's Apprentice** module including:

- All 20 activity plans (see page 7 for a complete list of activities)
- Printable worksheets and trackers
- A one-year activity schedule
- Leader notes and follow-up ideas
- Free emblem for completion

 [Buy the Full Module](https://youthforgedinfaith.com/shop/)

<https://youthforgedinfaith.com/shop/>

Our Vision: Building the Forged in Faith Program

The Forged in Faith program is actively growing. We're working to meet the real-world needs of today's Latter-day Saint youth by developing high-impact, faith-based activity modules tailored to age and maturity. Each Forged in Faith module is designed to challenge youth along their spiritual development path—one themed module for every year from age 8 to 18. Each year will focus on age-appropriate challenges that help youth grow in faith, skills, leadership, and purpose. Whether a child is just beginning their discipleship journey or preparing to serve missions and lead, there will be a module to guide and inspire them. Congratulations on becoming an early adopter of

Nephi's Apprentice—thank you! We encourage you to use this program with all youth over 11 years old. Its principles and challenges are meaningful and impactful across a wide range of ages.

Each module is designed to inspire and motivate children and youth to dive deeply into the four fold official church youth program through an assortment of structured activities, designed to be completed over a year with weekly engagement. Activities serve as a launching point—encouraging youth to seek further learning. Parents and leaders/advisors are welcome to adapt activities as needed. Advisors should track progress and set reminders to follow up on previous activities.

How to Complete Each Activity

Rather than providing step-by-step instructions, this program emphasizes what to do and why it matters. Youth are encouraged to develop research skills by finding their own learning resources. This cultivates independence and lifelong learning habits. Activities are not meant to be completed in any particular order. You are encouraged to

choose which activities are best suited to the time you have available, weather conditions, and your level of motivation. We do recommend that you browse the full list of requirements when you first begin this module.

Continuous Improvement

This program is a living effort, with ongoing updates and expansions. New modules will be released as they are developed. Subscribe to our email list to stay informed:
support@YouthForgedInFaith.com

If you have activity ideas you would like us to include in a future module, please send an email to:

Ideas@YouthForgedInFaith.com

Achievement Awards

Completion of each module earns an emblem, available through our online shop. Each manual purchase includes one free emblem, which can be mailed directly to the child, parent, or leader for a formal recognition ceremony. Contact us to claim your emblem.



This program is designed for youth members of The Church of Jesus Christ of Latter-day Saints, but it is not an official program of the Church. It is independently created and inspired by gospel principles and teachings from the Book of Mormon.

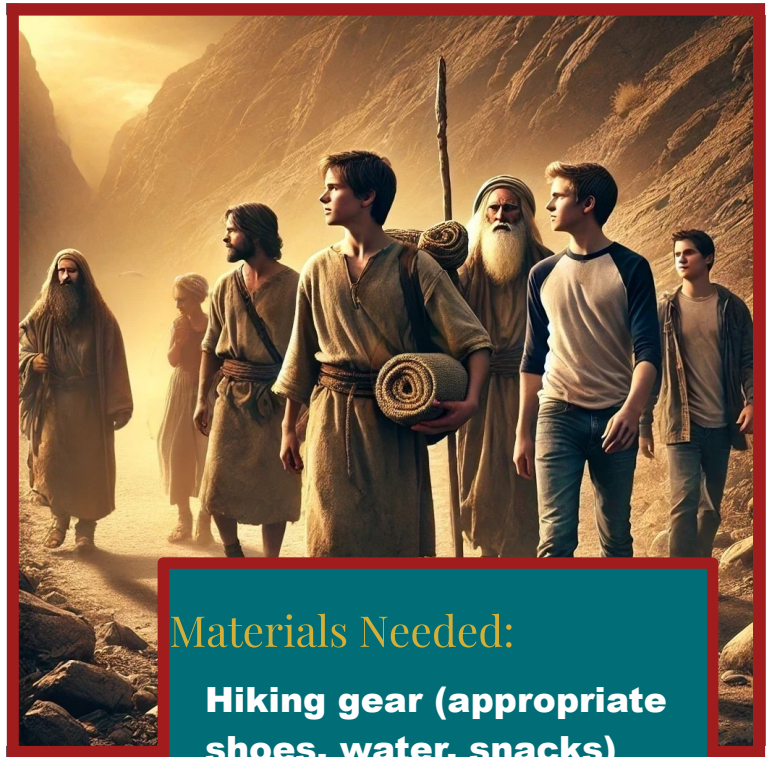
#7 Activity Plan: Nephi's Wilderness Journey – 5-Mile Hike

Objective:

Participants will complete a 5-mile hike, reflecting on Nephi's journey through the wilderness, and developing endurance and resilience.

Why This Matters to You:

Nephi's family didn't walk a few miles—they traveled for years through the wilderness! Strength and endurance were essential for survival. Physical endurance helps us develop mental and spiritual resilience, preparing us for life's unexpected challenges.



Activity Steps:

1. Preparation & Safety Briefing (10 minutes):

- Discuss 1 Nephi 16:15-16, highlighting Nephi's perseverance.
- Cover hiking safety tips and hydration importance.
- Consider taking several shorter hikes to work up to a big hike. Discuss what precautions you should take to avoid dangers of overdoing it.

Materials Needed:

Hiking gear (appropriate shoes, water, snacks)

Scriptures for reflection

Notebook or journal

2. Hiking Activity (Varies):

During the hike, pause at checkpoints to discuss endurance, faith, and perseverance. Have participants reflect on personal challenges and how faith helps them push forward. Consider sharing and discussing the following scriptures:

- Mosiah 2:17 – "When ye are in the service of your fellow beings ye are only in the service of your God."

Reflection: How does endurance and perseverance in physical challenges relate to serving others?

- Ether 12:27 – "If men come unto me I will show unto them their weakness."

Reflection: What weaknesses do I need to rely on the Lord to overcome, and how does this hike symbolize that journey?

- 2 Nephi 31:20 – "Wherefore, ye must press forward with a steadfastness in Christ."

Reflection: How does pressing forward on the hike parallel pressing forward in faith?

- Alma 37:6-7 – "By small and simple things are great things brought to pass."

Reflection: How do small, consistent efforts (like each step in the hike) lead to great spiritual growth?

- Helaman 5:12 – "It is upon the rock of our Redeemer, who is Christ, the Son of God, that ye must build your foundation."

Reflection: How can I strengthen my spiritual foundation to withstand trials?

- 3 Nephi 12:14-16 – "Ye are the light of this people... let your light so shine."

Reflection: How can I be a light to others even when life feels difficult?

- Moroni 10:32 – "Come unto Christ, and be perfected in him."

Reflection: What steps can I take to come closer to Christ in my daily life?

Reflection & Journaling (10 minutes):

- How would your life be different if you had to live in the wilderness for years?
- Would you do it if that is what God asked you to do?
- How does this experience relate to your life?

Follow-Up:

Discuss how physical endurance relates to spiritual endurance.

How might your spirituality be reflected in your physical form?

How does caring for your body show devotion to God?

What's Inside the Full Program?

Nephi's Apprentice isn't just a set of youth activities—it's a transformational journey inspired by one of the boldest young leaders in scripture. This year-long program helps youth grow in faith, strength, confidence, and purpose.

You'll get:

20 Challenge-Based Activities

Each one ties directly to Nephi's story and includes:

- **A clear gospel-centered objective**
- Hands-on tasks and real-life skill building
- Reflection prompts for deeper impact
- Leader/parent support tips



These aren't filler activities—they're built to forge spiritual strength, emotional maturity, real-world skills, and physical resilience.

Spiritual Growth

1. Study Nephi's Obedience (1 Nephi 3:7) – Discuss how Nephi's obedience to God helped him in difficult circumstances. Write down one way you can show obedience to God in your life.
2. Memorize 1 Nephi 3:7 – Recite it in front of your family or group. Reflect on how faith can make "hard things" easier.
3. Prayerful Planning – Nephi relied on the Lord's guidance. Plan and execute a family or personal prayer routine for six weeks.
4. Spiritual Journal – Keep a spiritual journal for 30 days, recording moments where you see God's hand in your life.
5. Scripture Study Habit – Commit to daily scripture study for at least 10 minutes for six consecutive weeks.
6. Practice Pondering – Dedicate at least 10 minutes daily to deep contemplation for six weeks. Reflect on your growth.

Physical Fitness

7. Nephi's Wilderness Journey (1 Nephi 16:15-16) – Complete a 5-mile hike. Reflect on endurance and preparation.
8. Basic First Aid – Learn first aid for heat stroke, minor cuts, scrapes, nosebleeds, sprains, hypothermia, and CPR.
9. Healthy Habits Challenge – Track exercise, water intake, and nutrition for one week. Discuss how health impacts service.
10. Personal Physical Challenge – Set and complete a fitness goal (e.g., 5K run, sports challenge, or dance performance).

Social Intelligence

11. Family Responsibilities (1 Nephi 17:18) – Follow a plan for serving your family through chores or responsibilities for one month.
12. Conflict Resolution – Study how Nephi handled opposition. Role-play working through disagreements with patience.

13. Teamwork Activity – Organize or participate in a teamwork-based activity (e.g., sports, group project).
14. Gratitude Project – Write gratitude letters to three people who have influenced you spiritually, physically, or socially.
15. Public Speaking – Prepare and deliver a talk at church or youth group. Study effective public speaking techniques.

Knowledge

16. Reading and Study – Choose three non-fiction topics of interest (excluding entertainment). Read six books covering these subjects.

17. Tool Creation (1 Nephi 17:9-11) – Learn basic hand tool use and create a small project (e.g., wooden box, birdhouse).
18. Outdoor Tools – Learn safe use of pocketknives, axes, and saws. Carry a pocketknife for one week and document its usefulness.
19. Survival Skills – Learn and practice basic wilderness survival skills.
20. Basic Electrical and Mechanical Skills – Learn how to wire a simple circuit (e.g., battery, switch, and lightbulb) and understand how basic mechanical systems (gears, pulleys, or levers) work. Build a small hands-on project to apply your learning.

Activities Rooted In All Four Foundational Pillars

Based on the Church's youth goals:



By following the children and youth development guidelines from the church youth have a greater likelihood of success.

Built-In Structure and Flexibility

Use it:

- Weekly for a full year of activities
- At youth camps or retreats
- At home with families
- In quorums and classes for meaningful midweek activities

Recognition and Achievement

Graduates receive:

- **A Nephi's Apprentice emblem badge (one free with each program purchased at regular price.)**
- Ceremony ideas and final service project plans
- A record of completed activities and personal growth
- Motivation to do hard things and grow from each activity.



Ready to Start the Full Journey?

Unlock all 20 activities and guide your youth toward becoming modern-day Nephis.

[Purchase the Full Program Here](#)