

#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 It Matters:

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 toughness, preparing us for life's unexpected challenges.

Materials Needed:

- Hiking gear (appropriate shoes, water, snacks)
- Scriptures for reflection
- Notebook or journal



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 with your leaders what precautions you should take to avoid dangers of overdoing it as needed.

2. Hiking Activity (Varies):

- During the hike, pause at checkpoints to discuss endurance, faith, and perseverance. 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?

- Have participants reflect on **personal challenges** and how faith helps them push forward.

3. Reflection & Journaling (10 minutes):

- After the hike, write about the experience and lessons learned.

Follow-Up:

- Discuss how physical endurance relates to **spiritual endurance**.