

FAITH FORMATION AT HOME - YOUNG ADULTS

BRIEF FAITH ACTIVITIES TO DO AT HOME.

FULL FREE LESSONS CAN BE FOUND ON VIBRANT FAITH CATALYST



vibrantfaith

Camping with Jesus

By Lee Yates

Jesus went into the wilderness and was tempted there. What will the wilderness hold for you? Take your tent and find out. Don't forget your toothbrush!

MATERIALS NEEDED: Bible, a copy of this activity, camping gear, journal or spiral-bound notebook, pen

PREPARE IN ADVANCE: Pick a date and place to go camping. Decide if you will make this a personal pilgrimage or invite others to come along.

PLAN

1. Pitch your tent, set up your campsite, and enjoy being outside. If you are camping with others, be sure everyone has an expectation of some private reflection time.
2. Find a comfortable place to sit and begin in prayer. Here are some words if you need them: Lord, may my time in the wilderness help me understand myself and the ministry of Jesus more fully. Amen.
3. Read Luke 4:1-13 from your Bible. Underline the images or ideas that immediately catch your attention.
4. Read Luke 4:1-4 again. In a journal or notebook, list times you have worried about what you would eat. Reflect on the role food and other necessities (shelter, water, clothing) play in your life. What temptations face you in relation to food, water, and shelter?
5. Read Luke 4:5-8 again. In a journal or notebook, list the most splendid places you have visited. What splendid places would you like to visit one day? What do you consider the great joys of life? Reflect on the roles that beauty, joy, and happiness play in your life. What temptations face you in relation to seeking beauty, joy, and happiness?
6. Read Luke 4:9-12 again. In a journal or notebook, list some of the biggest risks you have taken. Why did you take those risks? What was the outcome of doing so? Reflect on the role of risk-taking in your life and your motivations for taking risks. What do you temptations face in taking risks or not taking risks in life?
7. Write down other thoughts you have about this Bible story, and then put away your pen for a while.
8. Take a nap, go for a hike, or do something else that brings you joy. Eat a meal, and enjoy the outdoors.
9. Pull out your journal or notebook and read over your reflections. Has your perspective changed? If so, how? How does being outdoors make a difference on your thoughts? Think about how your basic needs are met, where you find joy, and how you face the risk of "falling" or failure. Where is God in that mix for you? Write any additional thoughts in your journal, and then put it away until a later date.
10. Close in prayer. Here are some words if you need them:
Lord, thank you for sustaining me, for the beauty of life around me, and for your presence when the darkness closes in. May my time in the wilderness remind me of Jesus' journey and assure me that I am never alone. Amen.