

“Come Unto Christ... and Lay Your Burden’s at His Feet”

Night Hike

9:00 Code of Silence We did this hike at girls camp. We divided the YW into groups of 8-10. They sat in groups with their scriptures, a church magazine, their journal, or just quiet meditation. Each person had a flashlight. (We started this late because in Montana it doesn’t get dark until about 10:30 this time of year, you can adjust the times as fit your needs). We used an uphill hike and went “cross country” or not on a cleared path.

9:15 Start Time

Leaders to assist	Leader
-Station # 1	Opening Remarks/Video
-Station# 2	Burdens (small rocks)
-Station #3	Struggles (medium rocks)
-Station #4	Fork in the Road
-Station #5	Trials (large rocks)
-Station #6	Burden Lifter
-Station #7	Closing Remarks

The directions given under each station were just guidelines, we let each leader listen to spirit and present her information the way she felt best, but coving the general information.

We lit the path of the hike with white sacks that had rice in the bottom and battery candles in each. We had 2 YCL’s assigned to each group. They carried lanterns or large flashlights to help on the way. (the youth did not carry individual lights on the hike). They also could help a youth who was struggling with her “burdens” for a short time, but were instructed that they always had to give the burdens back, not to keep them. Also the YCL’s were going through the experience for themselves so they had burdens as well as leadership responsibilities.

At stations 2, 3 and 5 we had 2 leaders there. One leader would present and then tell each girl what her burden represented the other would hand them their bags, or rocks.

Station #1

Leader: _____

Opening

Time (10 minutes)

The hardest things you will endure in this life will be all the burdens, struggles and trials that you will face.

Sister Dalton prior to her calling into the General Young Women's Presidency said "I had a small plate inscribed with a motto that read, "I can do hard things." That little plate bearing that simple motto gave me courage she said. But now if I could change the motto it would read: "In the strength of the Lord, I can do all things."

Each of us will face trials and tests, and it is how we react to those difficulties that will determine our success and happiness. Each of us will face adversity no matter where we are. We are taught in the scriptures "For it must needs be, that there is an opposition in all things". (2 Nephi 2:11) We will each face times of difficulty and the question is not when we will face them but how we will face them.

I pray that this evening during this Faith Walk you will learn from your personal trials and also that of others.

Stephanie Story: We are first going to learn of a trial that Stephanie faced....and most importantly how she learned from it and chose to believe that the trial was a blessing. We may not all go through a physical trial as difficult as hers, but we are all given trials, it is part of our mortal test.

Video (Stephanie) 8:20 My New Life Video: youtube - type in: My New Life by Mormon Channel

Again remember that "In the Strength of the Lord, You can do all things." You are one of Heavenly Fathers choicest daughters... you are meant to be here at this time and are made strong to endure the burdens of our day.

We will now have you continue your journey on your Night Hike.

Station #2

Leaders (2):

BURDENS Path Stop

Time (10 minutes: 5 min trail/5 min station)

We are now stopping on our hike to talk about the **Burdens** we might be carrying. A burden is something that is emotionally difficult to bear. It can be a source of great worry or stress in our lives. We all have burdens that we carry on our shoulders. We each have things that we each are personally struggling with emotionally, bother or hold us up in our lives. These burdens we carry can bring a lot of stress into our lives and we tend to worry about all the little things associated with those hardships. These burdens can be hard to carry, and sometimes we don't know how to overcome them or what we should do to make things better.

We all have different burdens that we are carrying. The unique burdens in each of our lives help us to rely upon the merits, mercy, and grace of the Holy Messiah (see 2 Nephi 2:8).

As the Lord once spoke to Joseph Smith on trials, "I say to you: All these things shall give thee experience, and shall be for thy good." (D&C 122:7)

BURDENS

What burdens are we carrying?

- The Young Women are given a plastic bag of small rocks that they will carry as a **Burden**.
- The plastic bag will be strung onto their wrist by the leaders at the site and be moved up their arm and be placed at their elbow to carry. When the bag is placed the YW will be told- "Your Burden is....."
- List of burdens they might carry with their plastic bags are (small rocks):

Ideas:

- You are fighting with your friends and just can't seem to get along.
- You have to share a room with your sister and you don't like it.
- You feel like you are not as good at things as your other siblings.
- You have test anxiety- you perform poorly no matter how hard you study.
- You have no motivation to do anything- you would rather just lie on the couch.
- Addicted to video games.
- You don't think you have any friends.
- Your friends don't keep church standards- some have even got lattes at lunch.
- Have a really hard time at school.
- You worry about your weight and how you look.
- You are really bad at math.
- Stress over making good grades.
- You deal with Acne.
- The scriptures are hard for you to understand.
- You have a hard time following the prophet when he asked you to wait until you are 16 to date.

STRUGGLES Path Stop**Time (10 minutes: 5 min trail, 5 min station)**

We are now stopping on our hike to experience how **Struggles** can affect our lives. We all carry different struggles in our personal lives. Each one of us are different and each of us will go through a struggle differently than someone else might. A struggle is something that we deal with that is difficult to bear. It is something that we try very hard to do or achieve. When we are going through struggles in life they are usually personal and tend to be prone to our own weaknesses that we have.

Article Quote: “Sometimes we want to have growth without challenges and to develop strength without any struggle. But growth cannot come by taking the easy way. Earth life includes tests, trials, and tribulations, and some of the trials we face in life can be excruciating. Whether it be illness, betrayal, temptations, loss of a loved one, natural disasters, or some other ordeal, affliction is part of our mortal experience. Many have wondered why we must face difficult challenges. We know that one reason is to provide a trial of our faith to see if we will do all the Lord has commanded”. (Paul V. Johnson)

Article Quote: “At times it may seem that our struggles are focused on areas of our lives and parts of our souls with which we seem least able to cope. Since personal growth is an intended outcome of these challenges, it should come as no surprise that our struggles can be very personal—almost laser guided to our particular needs or weaknesses. And no one is exempt, especially not Saints striving to do what’s right. Some obedient Saints may ask, “Why me? I’m trying to be good! Why is the Lord allowing this to happen?” The furnace of affliction helps purify even the very best of Saints by burning away the dross in their lives and leaving behind pure gold. Being good is not enough. We want to become like the Savior, who learned as He suffered “pains and afflictions and temptations of every kind.” (Paul V. Johnson)

STRUGGLE

What struggles are we carrying?

- The Young Women are given a cinch backpack with medium size rocks that they will carry as a **Struggle**. (These rocks can be placed initially in a Walmart bag and then placed in the cinch backpacks to help keep the cinch backpacks in good shape and to not have the cinch backpacks be damaged from the rocks).
- The cinch backpacks will be placed on the YW’s backs by the station leaders. When the backpack is placed on their back the YW will be told “The Struggle you will carry is.....”
- List of struggles they might carry in the Cinch Backpacks are (medium rocks):

Ideas:

- Being bullied at school.
- Your friends are drinking and smoking around you.
- Your grandmother has Alzheimer’s and is living with you.
- You have a close friend who has thought about suicide.
- You and your parents seem to be fighting all the time.
- You have experimented with drinking alcohol and are having a hard time stopping.
- You have experimented with marijuana.
- You are pressured into going to parties by your friends.
- Your boyfriend is pushing for an intimate relationship.
- You feel like you are alienated because everyone thinks you are a goodie-two-shoes.
- You blew out your knee in the middle of basketball season.
- You feel pressured to dress immodestly to follow the crowd and fit in.

Station #4

Leader(1): _____

Fork in the Road Path Stop

Time (10 minutes: 5 min trail, 5 min station)

At this stop on our hike we are going to talk about our ***Forks in the Road*** and how the decisions we make now and throughout our lives will have an effect on the burdens we may carry in the future.

Speak to them about how sometimes we make our burdens and trials in life harder by the decisions we make. They can see a fairly nice, well lit path (with the bags) that goes off in one direction. Tell them that the lights on that path were things like listening to the prophets, obeying the word of wisdom, following the law of chastity, honoring our parents, reading our scriptures, listening to the holy ghost, etc... Then explain to them that we were going to see what happens when we don't follow those things. Lead them off the trail, "cross country" through an unmarked path. It is harder, it had fallen branches, rocks, small holes, etc... We went slow so as not to have anyone get injured. We went out a ways to a small lantern sitting out on a rock. They were told that the lantern represented the light of Christ that is always calling them to come back to the straight and narrow path. We talked about how far they could keep going away from the path, that it is an endless wilderness they can explore, but it only gets darker and harder as they get farther from the path. Then we talked about repentance and how they can always come back to Christ. But that the farther they have strayed from the path the harder it is to get back. Then we turned and hiked back to the lit path.

Station #5

Leaders (2): _____

TRIALS Path Stop

Time (10 minutes: 5 min trail, 5 min station)

The Young Women are brought to this stop where we will have a guest speaker talk about a **Trial** that they have had personally. We want this speaker to share with the Young Women what they have experienced, how the trial has helped them to grow, and how they have had to rely on the Lord for help. We will all face trials and challenges. At these times of trial although they might be the hardest, they will also be the times we can feel the deepest love and help from our Heavenly Father. Our trials mold and shape us into who our Heavenly Father wants us to become. This should be something that the girls can relate to (age appropriate), we used a sister who was able to talk about having a brother die from cancer when she was 13 and then a second brother who was diagnosed with the same kind of cancer two years later. She related how this brought her closer to the Lord. After she finished, she gives each girl a “trial” and Rock.

TRIAL

- The Young Women are given a large rock at this station that they will carry. The large rock will represent a **Trial** that they must carry.
- The YW will carry the large rock that represents a Trial with their 2 hands in front of them. We want this rock to be fairly good sized so that it will be hard for the YW to carry. We want this to be hard as they hike forward along the path.
- We will have various sized large rocks. These rocks will all still be fairly heavy so that we can give the YW a rock that will be hard for each one of them to carry depending on the strength and size of each YW.
- The large rock will be placed in their 2 hands in front of them by the station leaders. When the large rock is placed in their hands the YW will be told “The Trial you will be carrying is.....”
- List of Trials they might carry are (large rock):

Ideas:

- The death of your father.
- You have cancer.
- The loss of your testimony.
- Your parents are divorced.
- You were paralyzed in a car accident from the waist down.
- You suffer with Severe Depression.
- Your home was destroyed by a fire.
- Your best friend committed suicide.
- Your brother has a drug addiction that he has been hiding.
- Your mother has abandoned your family.
- Your mom went to jail.

The stretch of hike after this was not too far, but it went around a corner, so the girls did not know it was fairly short.

Station #6

Leaders (2):

Priesthood Holder (1):

Burden Lifter Path Stop

Time (10 minutes: 2 trail, 8 Station)

This stop is where we will see how we can put our faith and trust in our Heavenly Father and His plan for us. Our Heavenly Father loves each of us so much and wants us turn to Him for help. Heavenly Father's plan was for us to come to this earth to learn, to grow, to be tested, to become like Him and return and live with him again.

Our Heavenly Father sent His Son, Jesus Christ, to be our Savior and to show us the way to live according to God's plan. The Savior's Atonement can wash away our sins and make us worthy to return to God's presence. Because we all sin, we need to learn about and apply the principles of repentance, a core part of the gospel of Jesus Christ. Without the Savior's sacrifice, none of us could conquer sin and return to the presence of our Father.

The Savior said: "Come unto me, all ye that labour and are heavy laden, and I will give you rest. "Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. "For my yoke is easy, and my burden is light" (Matthew 11:28-30).

Footprints in the Sand – Poem

We are not and never need be alone. We can press forward in our daily lives with heavenly help. Through the Savior's Atonement we can receive capacity and "strength beyond [our] own" ("Lord, I Would Follow Thee," Hymns, no. 220). As the Lord declared, "Therefore, continue your journey and let your hearts rejoice; for behold, and lo, I am with you even unto the end" (D&C 100:12).

We had a presenter, that the girls hold their rocks and listen to, then as she is finishing a "Burden Lifter" and his assistant come around a corner and walk up. We had him dress in a robe and use a wheel barrow.

We now will now have a Priesthood Holder **represent** our Savior Jesus Christ and be our **Burden Lifter**.

BURDEN LIFTER

- The Young Women are brought to a point on the trail where our **Burden Lifter** will meet them. Our burden lifter will take the rocks from the YW and carry them for them.
- The burden rocks (small rocks-Walmart bags) of all the girls in the group are put on his arms. The struggle rocks (medium rocks- Cinch backpacks) of all the girls in the group he will carry on his back. The Trial (large rocks) we will all place in a wheel barrow and he will push the weight of our Trial rocks for each one of us.
- The Young Women give their burden, struggle and trial rocks to our Burden Lifter and walk with him on the trail side by side (or "following" him) with the Burden Lifter representing the Savior and how he carries our Burdens and asks us to "Come Follow Me".

As the girls arrive at the top of the hike (we used a large meadow that overlooked the valley and lake) they are hugged and welcomed and told that this represents the end of their earthly struggles and they can rest a while. The priesthood holder representing the Saviour unloads the rocks and returns to Station 6 for the next group. We had large blankets set out and they could go sit and meditate (still in the code of silence) until all groups have arrived.

Station #7

Leader (we used a member of the Stake Pres):

Closing: "Come Unto Christ": happens after all groups have arrived at the top

The closing role will be to wrap up the Night Hike with all the YW gathered together at the end with a closing talk. We want you to make sure that the YW understand why we have burdens, struggles, and trials in life and what the atonement means to us. Talk about how repentance can lighten our load (our backpacks- from the Night Hike) and that we can bring and give all our difficulties to Christ. We want them to understand that our hardships don't always completely go away like in our Night Hike example, but that He can make them seem light so we can handle them.

The Young Women will learn on the Night Hike that we are all given burdens, struggles and trials in life as part of us being tested here on the earth. Heavenly Father's plan was for us to come to the earth to learn, to grow and to be tested so that we can learn to become like Him.

The trials, struggles and burdens that we carry mold and shape us into who our Savior wants us to be. As we are refined through the difficulty of trials we can learn to "Come Unto Christ" and draw closer to our Heavenly Father. We should put our faith and trust in our Heavenly Father and His plan for us. Our Heavenly Father loves each of us so much and wants us turn to Him for help.

Our Heavenly Father sent His Son, Jesus Christ, to be our Savior and to show us the way to live according to God's plan. The Savior's Atonement can wash away our sins and make us worthy to return to God's presence. Because we all sin, we need to learn about and apply the principles of repentance, a core part of the gospel of Jesus Christ. Without the Savior's sacrifice, none of us could conquer sin and return to the presence of our Father.

With the help and strength of the Lord we can do all things. Each of us will face trials and tests, and it is how we react to those difficulties that will determine our success and happiness. At these times of trial although they might be the hardest, they will also be the times we can feel the deepest love and help from our Heavenly Father if we choose to turn to Him for help. Our trials mold and shape us into who our Heavenly Father wants us to become. We are not and never need be alone. We can press forward in our daily lives with heavenly help. Our Savior will lighten our "backpacks" and "lift our burdens".

Faith Walk

Items needed (TO DO LIST)

Video **Extension Cords/TV/Computer**

Rocks

YW (we had 90)

-small (Burdens)	6-7 per Young Woman	Total: 540-630
-medium (Struggles)	4-5 per Young Woman	Total: 360-450
-large (Trials)	1 per Young Woman	Total: 90

Plastic bags (200 bags)

-start collecting

Cinch Back Packs (we ordered these online)

Lighting on path

- tea lights, rice, bags
- Lanterns
- Wheelbarrow

Leaders to assist

-Groups waiting:

- Station # 1** Opening Remarks/Video
- Station# 2** Burdens (small rocks)
- Station #3** Struggles (medium rocks)
- Station #4** Fork in the Road
- Station #5** Trials (large rocks)
- Station #6** Burden Lifter
- Station #7** Closing Remarks

Leader

- Ideally one leader with each group
- 2 YCL's with each group
- 1 leader needed
- 2 leaders needed
- 2 leaders needed
- 1 leader needed
- 2 leaders needed
- 2 leaders and 1 Priesthood holder
- 1 leader to welcome the YW and direct to sit down and 1 Stake Presidency member to speak