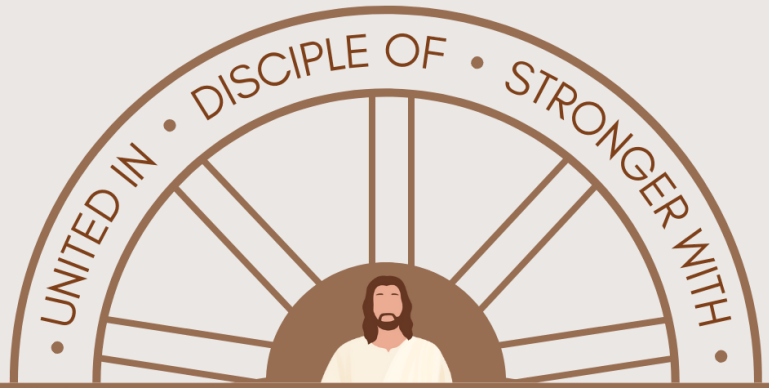


Faith in Every Footstep Challenge



Jesus Christ

Trek 2024

JUNE 20-22

“Years from now your grandchildren will tell with amazement stories of your choices which changed their lives. *You* will be called *their* pioneers.”

Bonnie D. Parkin

Youth Name

Youth Signature

Ward

Adult Signature

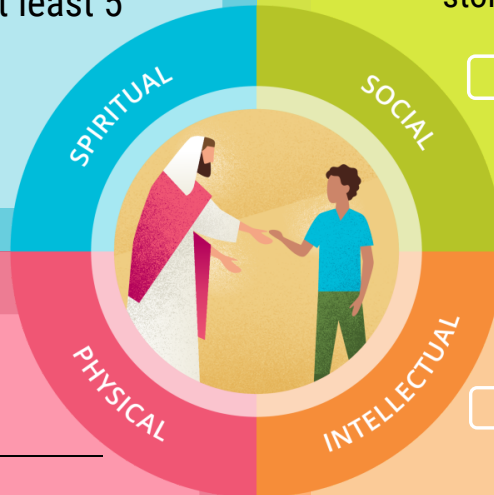


FAITH IN EVERY FOOTSTEP

We invite you to **complete at least 2 activities in each of the 4 categories below (8 goals total)** to prepare for the upcoming Trek. As you prayerfully choose the activities you want to complete and put forth your efforts in these worthy goals, you will see the miracles that await as you strengthen your personal relationship with Jesus Christ. We also encourage you to prayerfully think of your own activities/goals; you just need approval from a parent or leader!

- _____
- Read/listen to 3 conference talks on any topic that you feel will help grow your testimony and journal about it.
- Participate in baptisms for the dead using personal names
- Prepare for your Patriarchal blessing if not received yet; if obtained, study it for 30 minutes and journal about it.
- Read the Book of Mormon at least 5 days per week. Study with purpose and begin with a prayer.

- _____
- Evaluate yourself and your actions towards others. Come up with a plan to try to be more like Jesus in your actions. Tell your YW/YM leader your plan and check back in a week.
- Share your testimony or favorite scripture with a friend not of our faith. Write about your experience in your journal.
- With your friends, research the pioneer stories you're bringing to trek.
- Invite a friend to come to Trek with you!



- _____
- Go on a 3-mile hike wearing your Trek footwear.
- Read D&C 89 (Word of Wisdom) & "Physical & Emotional Health" in FSY Booklet. Commit to 5 specific ways you will live a healthier life. After one week of doing it, record your feelings in your journal and share with a leader or parent.
- Research 5 ways to manage stress. Discuss with a trusted person and record and work on it together with that person.
- Camp in your backyard like the pioneers. Invite a friend if you want.

- _____
- Spend a total of 3 hours on Family Search (i.e. Looking at your family tree and the attached "Memories", finding temple names or Indexing records at: www.familysearch.org/indexing)
- Learn about times when your ancestors demonstrated faith and sacrifice. Pick one whose faithful example you will follow as you go on trek.
- Write a thoughtful account of your life or your own personal history (3 paragraphs or more).
- Watch 3 movies having to do with pioneers (17 Miracles, Ephraim's Rescue, Trek the Movie, A 2nd Witness, Stories from the Life of Porter Rockwell). Record your thoughts in your journal.