



Spiritual Challenge Overview



SPIRITUAL CHALLENGE – Overview

The Spiritual Challenge is an intense, six month discipleship program designed to draw students into a deeper relationship with Christ and each other, and actively engage them in the Journey of following in His steps. It is built around the concept that the Christian life is not a life to be lived as a couch potato, but as an adventurous traveler. The entire Challenge is built upon the concept of *The Journey* as a metaphor for our Christian life. Because of its intensity, the SC is probably not for every student in your youth dept. The students it *is* designed for are those who want to know Christ better and who are willing to work hard, be stretched, challenged, and in some cases pushed in their spiritual lives so that they can experience the awesome adventure of a life lived in the daily Kingdom reality of a relationship with Christ. It's not easy – that's why it's called a challenge – but it is doable. And at the end, God willing, the students who take the Challenge and embark on The Journey will have experienced serious advancement in their spiritual lives. The Spiritual Challenge is a perfect “next step” for those students in your group that are hungering to know God better. It's also an ideal place to develop a leadership team for the future.

The other thing to remember about the SC is that it is laid out based on the most common structure of local church programming, and as such, will not fit every church. For example, many churches do not have Sunday School, but rather, have confirmation classes, or something similar. Feel free to customize your requirements to the needs of your group. If you decide to do the SC with your group, let us know and we'll send you masters of all the Resources listed in the overview.

The Spiritual Challenge is made up of three parts:

1. The Weekly Disciplines
2. The Spiritual Challenge Projects
3. The Spiritual Challenge Trip

The Weekly Disciplines

There are seven weekly disciplines that participants will be expected to complete. Students are ministered to and held accountable for completing all the elements of the SC in a weekly small group setting. The weekly disciplines are as follows:

1. Consistent Worship attendance and participation.
2. Consistent attendance and participation in the meetings and activities of the youth ministry.
3. Consistent attendance and participation in your Spiritual Challenge small group
4. Daily Bible reading according to the provided reading plan. (Resource 2)
5. Daily prayer using the Spiritual Challenge Prayer Journal (Resource 1)
6. Choose and pray daily for a particular unsaved friend – their “One-On-One” person.
7. Take advantage of opportunities to seek silence and solitude in order to reflect upon the Scripture readings, book reading, and journaling each day. One hour per week minimum.

Each week the SC small group members will keep each other accountable for the weekly disciplines, and each person will be expected to give a report on their progress and consistency. The small group is a critical piece of the Spiritual Challenge. (Note: Vulnerability, community, and confidentiality are important dynamics to strive for. Those elements are a large part of the SC Trip. The more comfortable the students get with sharing their thoughts and lives in the small group, the more the group will get from the SC Trip.)

Special Projects

In addition to the weekly disciplines there are ten special projects in the Spiritual Challenge. It is the responsibility of the SC participant to seek out these opportunities . It is the responsibility of the small group leaders to follow-up with and assist the

students in getting their projects completed. Several of the projects are corporate in nature and are best done together. The special projects include:

1. Serving at a nursing home in some capacity. (Resource 3)
2. Serving once at the local Ronald McDonald House, your city's Rescue Mission, local food pantry or another place that serves the needy.
3. Hinds Feet on High Places By: [Hannah Hurnard](#)
4. Memorize the 4 Spiritual Laws – Due by the fourth week of the SC (Contact Campus Crusade For Christ for copies of the 4 Spiritual Laws)
5. Share their personal testimony / Gospel with *at least two peers* in the midst of the SC. (One is due by the midpoint of the SC, the other by the $\frac{3}{4}$ point of the SC) (see Resource 4)
6. Seek out and interview two elderly Christians that they respect – preferably not close family members. The participant must schedule a time to meet with the Senoir Saint (it doesn't have to be a long time) and ask about themselves; their lives, their interests, and especially their faith. Participants must then complete the Senior Saint Interview Sheet and prepare to talk about the experience in small group. This must be completed by the end of the SC. (see Resource 5)
7. Do a 1 page written testimony – Life before Christ, Conversion circumstances, Life since. Students should use the testimony sheet as a guide. The goal here is to understand the heart of who Jesus is to each student (see Resource 6)
8. Each student must choose one younger Christian to “shepherd” over the course of the Spiritual Challenge. It will be up to the participant to choose and announce their mentor-ee to their small group leader within two weeks of the SC start date. The participant's job is to encourage that person in the faith, seek them out, spend time with them, and challenge them to be involved in the student ministry and to grow in Christ. It is important that the participant read and follow the Mentoring Guidelines and Suggestions in his/her work with a younger believer. (see resource 7)
9. Participate in the Spiritual Preparation and Meditation (SPAM) weeks. During the week that begins the SC and the week leading up to the Spiritual Challenge Trip, participants will fast from all secular media – TV, radio, CD's,

tapes, magazines, internet, etc. for a full week and will spend the time usually devoted to those pursuits in quiet time, spiritual reading and meditation. The goal is to focus the heart and mind on the purpose of the Spiritual Challenge and the SC Trip.

10. Memorize Specified Scriptures (see Resource 8)

The Spiritual Challenge Trip

The Spiritual Challenge Trip is both the culmination of the Spiritual Challenge and a reward of sorts for those students who persevere and finish the Challenge. The trip focuses on the metaphor of the Journey and seeks to tie together the elements of the SC. There is heavy emphasis on vulnerability, *organic* community, encouragement, support, teamwork, leadership, and personal spiritual development.

The SC trip can be in either of two formats –either as an adventure camp or an adventure trip, and can vary in length based on the needs and resources of each group. At any level the SC trip is relatively intense – both spiritually and physically. It's a good idea to have the group do some hiking in preparation for the trip. Locations vary and can be customized, Central VA, Eastern TN, Eastern PA , CO, WY and other custom locations are options.

Pricing is variable. Contact us for a specific quote. For more details about The Adventure Guild's adventure-based Camps and Treks, please reference our website at www.theadventureguild.com