

A Night HIKE

Best Use

As a family or group activity!

Goal

To breathe new life into well-known Scriptures that tell us Jesus is “the light of the world” and that his word is a “lamp to (our) feet and a light to (our) path.” To examine the ways we walk in darkness and turn to Christ for direction for our lives.

Advance Preparation

- Hiking Gear (Or just a good pair of walking shoes, depending on the difficulty of the hike you will be taking.)
- Bible(s)
- Flashlights or Lanterns
- Leader: Pre-scout and familiarize yourself with the route you will be walking ahead of time, preferably in the light.



Serve It Up

Follow these steps for a great experience...

1. Before setting out on your hike, read Psalm 119:105 together:
“Your word is a lamp to my feet and a light to my path.”

Say: “It is one thing to read this verse and imagine what it might be like to walk in the darkness... it is quite a different thing to experience it. Let’s do it!”

2. Head out on your nighttime hike to see what it’s like to navigate with the added difficulty of finding your way in the dark. Make sure everyone has a flashlight or other method of illumination. While this activity is most powerful when experienced with a hike on a trail or through the woods, a simple walk around the neighborhood or cul-de-sac will suffice. If your group isn’t quite brave enough for full darkness, a short walk at dusk should get the point across.
3. At the midpoint of the hike, pause and extinguish all light sources to fully experience being surrounded by darkness. After a short time in total darkness, turn on 1 source of light and consider these questions:
 - What was it like to be totally enveloped in darkness?
How is this like life without “the word?”
 - How does God’s word provide “light to our path?” Did experiencing a dark path being illuminated breathe new life into Psalm 119:105?
 - In what ways is Jesus our “light” and “the word?”
(Read John 1:1 & 8:12)
 - Who wants to try the hike back with no light? Why or why not?
 - It seems so obvious that we need light to navigate the path and we know the same is true of our spiritual path.
Why then do people continue to stumble in darkness?
(Read Proverbs 4:10-19, John 3:16-21, and Romans 10:13-15)
4. Begin the return hike, pondering the truths discussed.
5. End your time together in prayer, thanking God for sending Jesus (the “Light of the World), for His word (the Bible) that serves as a “light to our path,” and for the Holy Spirit, who opens our eyes and illuminates truth. Confess the ways we have each walked in darkness and turn to Jesus Christ in repentance! Consider who you can share the light with!

