

## Lesson 1 God's Perfect Timing

### Part 1-Rescue Stories

- Chapter 3 Pg. 43 The Last Shall Be First: *But many who are first will be last; and the last, first.* Matthew 19:30, NASB.
- Chapter 4 Pg. 49 The Magnificent Seven: *My flesh and my heart may fail, but God is the strength of my heart and my portion forever.* Psalms, 73:26.

### Part 2-Wilderness Safety

- Chapter 37 Pg. 243 Preparing For Mountain Adventures: *In peace I will both lie down and sleep. For You alone O Lord, make me to dwell in safety.* Psalms 4:8, NASB.
  - Pg. 244 Physical Fitness
  - Pgs. 244-245 Mountain Awareness
  - Pg. 245-246 The Ten Essentials
  - Pg. 246-247 Give Someone Your Hiking Itinerary

### Part 3-A Spiritual Wrap-Up

- Chapter 40 Pg. 269 God Has Given Us A Wonderful Life: *I came that they may have life, and have it abundantly.* John 10:10, NASB.
  - Pgs. 269-270 Following The Rules
  - Pgs. 270-271 Taking a Wrong Turn
  - Pgs. 271-273 Hike With Charged Batteries
  - Pgs. 272-273 Dangers of Hiking Alone
- Chapter 41 Pg. 275 The Weakest Link: *Finally, be strong in the Lord and in the strength of His might.* Ephesians 6:10, NASB.

### Discussion Questions:

1. Have you ever felt put aside while others climbed the social, economic, or spiritual ladder? Explain.
  - a. Explain your feelings.
  - b. Did you eventually see God's leading in your situation?
2. John 10:10 states, *I came that they may have life, and have it abundantly.*
  - a. How might this verse apply to someone facing difficult situations?
  - b. Have you ever found yourself in a difficult situation where you felt alone, scared, and without hope? How did you manage?
3. Do you know someone who took a wrong turn in life? Explain.
  - a. Did they ever get on the right path?
  - b. What events caused them to make that decision?
4. Do you often find it difficult to follow rules?
  - a. Why does human nature want to break rules?
  - b. What can we do when pressured to break the rules?

## Lesson 2 Onto What Root Do You Place Your Life?

### Part 1-Rescue Stories

- Chapter 1 Pg. 23 An Ice Axe Accident: *There is salvation in no one else! God has given no other name under heaven by which we must be saved.* Acts 4:12, NLT.

### Part 2-Wilderness Safety

- Chapter 37 Pg. 243 Preparing for Mountain Adventures: *In peace I will both lie down and sleep. For You alone O Lord, make me to dwell in safety.* Psalms 4:8, NASB.
  - Pg. 247 Hiking Mistakes
  - Pg. 248 Common Sense
  - Pg. 248 Basic First Aid
  - Pg. 249 Spiritual Summary

### Part 3-A Spiritual Wrap-Up

- Chapter 42 Pgs. 279 Follow The Tracks: *The way of the lazy is as a hedge of thorns, but the path of the upright is a highway.* Proverbs 15:19, NASB.
- Chapter 43 Pgs. 285 Check The Vital Signs: *Create in me a clean heart, O God, and renew a steadfast spirit within me.* Psalm 51:10, NASB.

### Discussion Questions

1. Discuss some spiritual roots a Christian might hold onto.
  - a. How can we develop these roots?
  - b. How can we develop willpower to strengthen our spiritual roots?
2. Was there ever a time when you felt yourself sliding down the slippery slope of life?
  - a. How did you feel?
  - b. How did you overcome this slide?
3. Have you ever stepped into a situation or position and found yourself unqualified to handle it (a work position, a financial position, etc.)?
  - a. What was the result?
  - b. How did you overcome it?
4. Proverbs 15:19 states: *The way of the lazy is as a hedge of thorns, but the path of the upright is a highway.*
  - a. How can this apply to our lives in general?
  - b. How can this apply to our spiritual lives?

## Lesson 3 Shaken

### Part 1-Rescue Stories

- Chapter 2 Pg. 31 Avalanche! *For the mountains may be removed and the hills may shake, but My loving kindness will not be removed from you...* Isaiah 54:10, NASB.

### Part 2-Wilderness Safety

- Chapter 38 Pg. 251 Hiking Equipment and Trail Protocol: *Finally, be strong in the Lord and in the strength of His might. Put on the full armor of God, so that you will be able to stand firm against the schemes of the devil.* Ephesians 6:10-11, NASB.
  - Pgs. 251-252 Hiking Boots
  - Pgs. 252-253 Clothing
  - Pg. 253 Hiking Poles
  - Pg. 253 Backpacks

### Part 3-A Spiritual Wrap-Up

- Chapter 44 Pg. 291 Crossing Boundary Signs: *Wisdom shouts in the street, she lifts her voice in the square; at the head of the noisy streets she cries out.* Proverbs 1:20-21, NASB.
- Chapter 45 Pg. 295 Don't Work So Hard: *Take My yoke upon you and learn from Me, for I am gentle and humble in heart and you will find rest for your souls.* Matthew 11:29, NASB.

### Discussion Questions

1. Have you ever had a frightening experience? Explain.
  - a. How did you overcome this experience?
  - b. Did this experience haunt you afterward?
  - c. How can we apply Isaiah 54:10 to our lives?
2. Have you ever been tempted to cross a boundary line (spiritually, physically, emotionally)? Explain.
  - a. Did others pressure you to cross this line?
  - b. Sometimes boundary lines are not always clear. How can we gain clarity when pondering a difficult decision?
3. Explain the difference between wisdom and knowledge?
  - a. Can you think of a time when you had knowledge but not wisdom?
  - b. Can you think of a time when you had both knowledge and wisdom? Explain.
4. Proverbs 1:20-21 states, *Wisdom shouts in the street, she lifts her voice in the square; at the head of the noisy streets she cries out.*
  - a. How can we develop an ear for wisdom?
  - b. How can we differentiate between wisdom and our own judgments?

## Lesson 4 Following the Right Tracks

### Part 1-Rescue Stories

- Chapter 9 Pg. 85 Tracking Lost Hikers: *Make me know Your ways, O Lord; teach me Your paths.* Psalms 25:4-5, NASB.
- Chapter 13 Pg. 111 An 800 Foot Snow Extraction: *My help comes from the Lord, who made heaven and earth. He will not allow your foot to slip; He who keeps you will not slumber.* Psalms 121:2-3, NASB.

### Part 2-Wilderness Safety

- Chapter 38 Pg. 251: Hiking Equipment and Trail Protocol: *Finally, be strong in the Lord and in the strength of His might. Put on the full armor of God, so that you will be able to stand firm against the schemes of the devil.* Ephesians 6:10-11, NASB.
  - Pg. 254 Signaling for Help
  - Pgs. 254-255 Trail Awareness
  - Pg. 256 Hike with a Partner
  - Pgs. 256-257 Dangers of Taking the Path of Least Resistance
  - Pgs. 257-258 Spiritual Summary

### Part 3-A Spiritual Wrap-Up

- Chapter 46 Pg. 301 Mechanical Advantages: *Come to Me, all who are weary and heavy laden, and I will give you rest. For My yoke is easy and My burden is light.* Matthew 11:28, 30, NASB.
- Chapter 47 Pg. 303 Small Steps: *And let endurance have its perfect results, so that you may be perfect and complete, lacking in nothing.* James 1:4 NASB

## Discussion Questions

1. How do we discern between God's direction and our desires?
  - a. Have you ever had to make a difficult decision and couldn't discern God's voice? Explain.
  - b. Does God always have a designed path for our future, or does He sometimes allow us to make our own decisions? Explain.
2. What does Ephesians 6:10-11 mean by putting on the full armor of God?
  - a. Have you ever tried to mentally put on the armor of God? Explain.
  - b. Explain the various pieces of God's armor as explained in Ephesians 6:10-11.
3. Read Matthew 11:28, 30
  - a. What does Jesus mean by His yoke is easy and His burden is light?
  - b. How do we take Jesus' yoke upon ourselves?
4. Have you ever known someone who went down the wrong path in life?
  - a. Did you try to help that person?
  - b. Did they accept your help? Explain.

## Lesson 5 Understanding the Mindset of a Victim

### Part 1-Rescue Stories

- Chapter 18 Pg. 137 Bonita Falls: *I will lift up my eyes to the mountains; from where shall my help come? My help comes from the Lord, who made heaven and Earth.* Psalms 121:1-2, NASB.
- Chapter 26 Pg. 173 Understanding the Mindset of a Victim in a Canyon Rescue: *Don't be selfish; don't try to impress others. Be humble, thinking of others as better than yourselves.* Philippians 2:3-4, NLT.

### Part 2-Wilderness Safety

- Chapter 39: Pg. 259 Snow and Ice Travel: *I waited patiently for the Lord; and He inclined to me and heard my cry. He brought me up out of the pit of destruction, out of the miry clay, and He set my feet upon a rock making my footsteps firm.* Psalms 40:1-2, NASB.
  - Pgs. 259-261 The Ice Axe
  - Pgs. 261-262 Crampons
  - Pgs. 262-264 Avalanche

### Part 3-A Spiritual Wrap-Up

- Chapter 48 Pg. 307 The Miracle of Life: *Before I formed you in the womb I knew you, and before you were born I consecrated you. I have appointed you a prophet to the nations.* Jeremiah 1:5, NASB.
- Chapter 49 Pg. 311 Preplanning: *Therefore, prepare your minds for action, keep sober in spirit, fix your hope completely on the grace to be brought to you at the revelation of Jesus Christ.* 1 Peter 1:13, NASB.

## Discussion Questions

1. Have you ever tried to empathize with an annoying or difficult person?
  - a. Could you understand their position in life?
  - b. Could you forgive them for their unruly behavior? Explain.
2. Have you ever come alongside a person in need of help?
  - a. How did you approach that person?
  - b. Were they willing to accept your help? Explain.
3. Have you ever come alongside a person only to have them become overly attached to you?
  - a. How did you react?
  - b. How did they react?
4. What does Philippians 2:3-4 mean by thinking of others as better than yourselves?
  - a. Why is pride such a powerful emotion?
  - b. How can we live humbly but confidently?

## Lesson 6 When Extra Strength Is Needed

### Part 1-Rescue Stories

- Chapter 33 Pg. 217 A Training, A Rescue, and A Search: *Encourage the exhausted, and strengthen the feeble. Isaiah 35:3, NASB.*

### Part 2-Wilderness Safety

- Chapter 39: Pg. 259 Snow and Ice Travel: *I waited patiently for the Lord; and He inclined to me and heard my cry. He brought me up out of the pit of destruction, out of the miry clay, and He set my feet upon a rock making my footsteps firm. Psalms 40:1-2, NASB.*
  - Pgs. 264-265 Snow Caves
  - Pg. 265-Spiritual Summary

### Part 3-A Spiritual Wrap-Up

- Chapter 50 Pg. 315 A Higher Calling: *Therefore, brethren, be all the more diligent to make certain about His calling and choosing you... 2 Peter 1:10 NASB.*

## Discussion Questions

1. Read Isaiah 35:3
  - a. How can we as Christians encourage the exhausted and strengthen the feeble?
  - b. Do you often find it necessary to strengthen yourself personally before helping someone in need? Explain.
2. What does God mean by setting our feet on solid ground in Psalms 40:1-2?
  - a. Do you always feel steadfast on solid ground? Explain.
  - b. Does our personal, emotional, and physical well-being affect our ability to stay fixed on solid ground?
3. Have you ever felt totally overwhelmed and exhausted?
  - a. How did you feel spiritually during this time?
  - b. Were you able to overlook your feelings of being overwhelmed and exhausted? Explain?
4. Do you think God allows a Christian to take a break from ministry? Explain.
  - a. Have you ever taken a break from Christian ministry? Explain.
  - b. Did God eventually lead you back to your ministry, or did He open another ministry for you? Explain.