



More than a Hike

FLOURISH SUMMER 2022 GROWTH GUIDE

WELCOME TO YOUR SUMMER!

The purpose of this guide is to be present this summer in your time with God in everything you do, not just when you go on a hike. Your knowledge of Him and your faith in Him will grow as you follow this guide page by page. We know that when you make time for Jesus in your life, He pays attention.

After each experience, we encourage you to journal your time. Be descriptive with your thoughts and feelings about how the day started and about how it ended. Do you feel more connected with God? Are you more at peace with the day? Have you been able to have some clarity on issues that have been troubling you? Be open, honest, and transparent with how your engagement with the Spirit of God affected you and any outcomes resulting from choosing to spend time with Him.

When you're done, we encourage you to stop by our Facebook page "More than a Hike" (facebook.com/morethanahike) and share part of your day, your thoughts from your experience, your prayers, and some photos. When others can see the journey you're on, it can be an inspiration for them to get deeper into relationship with Jesus as well.

HOW TO USE THIS GUIDE

The way you use this guide is very simple: as you go about your days this summer, plan an outing to one of the locations listed within and practice the devotional attached to that location. You can go out once a day, once a week, or anything in between. Read the passage of scripture we have chosen to accompany this location, and attempt to memorize the accompanying Bible verse. You don't have to follow it to a T, nor do you have to memorize the verse perfectly. The point of the exercise is to engage with the Word and to spend quality, meaningful time with Jesus.

For each location, you will have:

- **Passage of Scripture to read**
- **Devotional thought**
- **Action or expression of gratitude** (examples provided in the back of this guide, write down the one you choose)
- **Memory verse**
- **Space to journal your experience**

Journey with us as a community this summer and make your travels more than a hike.





Mountain

Scripture Passage to Read: Psalms 24:1-6

Devotional Thought: As you climb higher and higher up the mountain, whether it be by driving or hiking, lift your eyes to the heavens, your spirit to the Lord, and your voice in song today. Be sure to bring along your favorite Spotify or Pandora playlist (we recommend downloading your playlist first!) or if you are in the car you can listen to your local Christian music radio station (here in the Whatcom County area, it's Praise 106.5 FM). If you are with others, express your gratefulness to God for the magnitude, majesty, and beauty of His creation and that by faith nothing is too big for Him to move.

Action or Expression of Gratitude:

(See examples in the back of this guide for ideas)

Memory Verse: *"I lift up my eyes to the mountains—
where does my help come from? My help comes from
the LORD, the Maker of heaven and earth"*
Psalm 121:1-2 (NIV)

Journal Your Experience Here:



Beach

Scripture Passage to Read: Matthew 7:24-27

Devotional Thought: While you are walking on the beach today, think about your footing and the sand you are walking on. Is it firm but smooth, soft, rocky, or maybe even sliding away into the ocean? How is your walk with God going? Does it feel like there are times when your faith may be slipping away or do you have a strong foundation that is practiced daily that helps you feel like you sail through smoothly? You may find the harder path is more difficult, but is where we learn the most about ourselves. When we can trust in the Lord and His Word, we can find our firm footing in the ever-shifting world that we live in.

Action or Expression of Gratitude:

(See examples in the back of this guide for ideas)

Memory Verse: *“Consequently, you are no longer foreigners and strangers, but fellow citizens with God’s people and also members of his household, built on the foundation of the apostles and prophets, with Christ Jesus himself as the chief cornerstone.”*
Ephesians 2:19-20 (NIV)

Journal Your Experience Here:

Garden



Scripture Passage to Read: Genesis 1:29-31

Devotional Thought: As you wander through a flower or vegetable garden, think about how you are experiencing the fruit of much labor that started with just a small seed. Today is about planting seeds. Not fruit or vegetable seeds, but seeds of faith. How can you plant a seed about Jesus in someone else? Have you planted the seed already? It may be time to go back to water and feed the seed. Today is about helping others grow in faith, trust, and knowledge of Jesus.

Action or Expression of Gratitude:

(See examples in the back of this guide for ideas)

Memory Verse: *“The LORD will guide you always; he will satisfy your needs in a sun-scorched land and will strengthen your frame. You will be like a well-watered garden, like a spring whose waters never fail.”*
Isaiah 58:11 (NIV)

Journal Your Experience Here:



Waterfall

Scripture Passage to Read: Psalm 42:7-8

Devotional Thought: When you look at a waterfall, picture it as a living thing. Unlike other bodies of water, it is constantly crashing, splashing, and rushing forward with a force that will spray you (from a distance!) and give you refreshment. Most waterfalls are found after a long walk that drains your energy, tries your stamina, and makes you crave refreshment and peace. The spray from the waterfall will refresh you, and its sound will put your mind at peace once you get there. It's like our walk on Earth: we are always rushing, shouting, and draining our energy with day-to-day things. Jesus promised that by following Him, He will always refresh us with the Living Water.

Action or Expression of Gratitude:

(See examples in the back of this guide for ideas)

Memory Verse: *“but whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in them a spring of water welling up to eternal life.”* John 4:14 (NIV)

Journal Your Experience Here:



Road Trip

Scripture Passage to Read: Matthew 4:18–22

Devotional Thought: On your trip today, ponder these questions: How are you getting there? What beauty will you see when you get there? Are you bringing someone who has never been there before? Do you already know the way? Are you going to follow a GPS? Are there going to be stops along the way? Now compare this to your walk to Heaven. What kind of road map are you following? What kinds of things are you doing along the way to ensure your trip to Heaven is successful? Are you helping others see the beauty that Heaven has to offer? Are you helping them find the way?

Action or Expression of Gratitude:

(See examples in the back of this guide for ideas)

Memory Verse: *Then Jesus said to his disciples, “Whoever wants to be my disciple must deny themselves and take up their cross and follow me.”*
Matthew 16:24 (NIV)

Journal Your Experience Here:

A vertical photograph of a sunrise over a mountain range. The sun is low on the horizon, creating a bright glow and a lens flare effect. The sky transitions from a deep blue at the top to a warm orange near the horizon. The foreground shows dark, silhouetted hills and a valley with some clouds. The word "Sunrise" is written in a large, elegant, light-colored serif font across the center of the image.

Sunrise

Scripture Passage to Read: Psalms 113

Devotional Thought: First of all, be sure to thank the Lord for waking up this morning. We all know life is precious and that today and tomorrow are not guaranteed. Then begin to think about what you have to do today, and what new things you can learn. Maybe you'll meet someone new today that can teach you something. Our daily routines may be the same, but you can make small changes each and every day to grow in your gratitude and overall knowledge of the world. Instead of worrying about how you are going to get everything done, think, "How can I do something new today?" Learn a new bible verse, learn a new song, learn a neighbor's name, anything that stimulates the brain and makes the old hamster start spinning!

Action or Expression of Gratitude:

(See examples in the back of this guide for ideas)

Memory Verse: *"From the rising of the sun to the place where it sets, the name of the LORD is to be praised."* Psalm 113:3 (NIV)

Journal Your Experience Here:



Sunset

Scripture Passage to Read: Psalms 113

Devotional Thought: How is your posture right now? Are your shoulders raised and slightly bent forward? I heard a philosophy from a naturopath who once said, they believed the reason people did this with their posture was that they were trying to shut out things they were hearing and attempting to close down their hearts. So, right now while watching the sunset, push your shoulders down and back open up your ears and your heart to the Lord. Think about what kinds of things are going on in your life that may be causing you to pull your shoulders up and in. As you open your ears and your heart to God, release those thoughts. Dig deep and breathe, then release everything that has caused you to close your ears and heart.

Action or Expression of Gratitude:

(See examples in the back of this guide for ideas)

Memory Verse: *Then Jesus said to his disciples, "Whoever wants to be my disciple must deny themselves and take up their cross and follow me."*
Matthew 16:24 (NIV)

Journal Your Experience Here:



River

Scripture Passage to Read: Psalms 1

Devotional Thought: Today should be about growing in your trust, faith, and knowledge of the Lord.

What have you done lately to grow? Is someone or something hindering you in your growth? Are you being distracted from loving Him with your whole heart, soul, spirit, and strength? Today is a good day to bring your bible, study book, or journal with you. Make a plan and have a talk with God today about where He would like you to grow and how He can help you become unhindered by His Word. Write some ideas in your journal and then plan out how you can make them happen.

Action or Expression of Gratitude:

(See examples in the back of this guide for ideas)

Memory Verse: *“Whoever believes in me, as Scripture has said, rivers of living water will flow from within them.”* John 7:38 (NIV)

Journal Your Experience Here:

A scenic view of a lake with a wooden dock in the foreground, a forested hillside in the middle ground, and a clear blue sky above. The dock is made of dark wood with orange safety stripes and leads into the water. The background shows a dense forest of evergreen trees on a hillside under a clear blue sky.

Lake

Scripture Passage to Read: Matthew 14:22-33

Devotional Thought: Today is about faith and trusting the Lord. As you look at the water imagine what Peter was feeling about stepping on the water. What are some things you haven't really trusted the Lord in so you can step out in faith? What is something you can do to be better at letting go and letting God control what is uncontrollable for you? As you do, listen to Jesus' voice that says, "Come."

Action or Expression of Gratitude:

(See examples in the back of this guide for ideas)

Memory Verse: *"He makes me lie down in green pastures, he leads me beside quiet waters"*

Psalm 23:2 (NIV)

Journal Your Experience Here:



Trail

Scripture Passage to Read: Proverbs 3:5-6

Devotional Thought: In our previous summer devotional guide, *Take A Hike With God*, we used our senses—sight, smell, sound, taste, and touch—to grow and share our time with Jesus. This year, let's combine all those senses into one walk rather than five different walks. While at the trailhead before heading out, say a prayer and ask the Lord to guide you on your walk today. What is it he wants you to see? Are there lots of different smells around you? What sounds are you hearing? If you brought a snack, how does it taste, or is the water you are drinking satisfying your thirst? Finally, take time to physically touch things around you (while being mindful of safety!) or reach up to the sky and try to touch the clouds.

Action or Expression of Gratitude:

(See examples in the back of this guide for ideas)

Memory Verse: *“Your word is a lamp for my feet, a light on my path.”* Psalm 119:105 (NIV)

Journal Your Experience Here:



Woods

Scripture Passage to Read: Matthew 4:1-11

Devotional Thought: The woods are often painted as a dark, scary place. Many stories and nursery rhymes use the woods as the scene of horrific events. We hear stories of people out exploring the woods and being attacked by cougars or bears. Worst of all, what about those nasty little mosquitos?? The truth is, the woods don't have to be a scary place for us to be. We can take precautions, like bringing bear spray with us and covering ourselves with mosquito repellent. We can do the same when we are tempted by the devil. We can proactively put on the armor of God and be prepared to defend ourselves with His word. What are some ways you will be arming yourself to defend against or repel temptation today?

Action or Expression of Gratitude:

(See examples in the back of this guide for ideas)

Memory Verse: *“No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.”*

1 Corinthians 10:13 (NIV)

Journal Your Experience Here:



Train/Plane

Scripture Passage to Read: 1 Kings 8:28–30

Devotional Thought: Today you will have lots of downtime sitting on either a plane or a train while you wait to get to your destination. Let's leverage that downtime and have a conversation with God. Challenge yourself on how long this conversation will last. Most of us say small quick prayers throughout the day, but with so much idle time, here's a chance for you to be present with the Lord. Pray for as many people as you can think of. When you can't think of anyone else, start praying for those on the plane or train with you. Remember to take a chance to stop and listen as well. Prayer is a conversation, and a conversation goes two ways.

Action or Expression of Gratitude:

(See examples in the back of this guide for ideas)

Memory Verse: *"Lord, the God of Israel, there is no God like you in heaven above or on earth below—you who keep your covenant of love with your servants who continue wholeheartedly in your way."*

1 Kings 8:23 (NIV)

Journal Your Experience Here:



Campfire

Scripture Passage to Read: John 21:9–19

Devotional Thought: People like to tell spooky stories around a campfire. Tonight, instead of a spooky one, gather everyone around and tell your born-again story. How did you come to accept Jesus Christ as your Lord and Savior? When were you baptized? What is the most amazing story you have ever heard of where someone was saved? What has the Lord done in your life since you were saved? Like Peter, when has He given you or others you know an undeserved or miraculous second chance? Gloat wildly about what God has done in your life, about what He has burned away, and how he continues to stoke you up to burn brighter each day.

Action or Expression of Gratitude:

(See examples in the back of this guide for ideas)

Memory Verse: *“The crucible for silver and the furnace for gold, but the LORD tests the heart.”*
Proverbs 17:3 (NIV)

Journal Your Experience Here:

ACTS OF KINDNESS AND GRATITUDE



Below are some suggestions of ways you can step out of your comfort zone today and do something nice for someone else, or to focus your mind and attention on things you have to be grateful for.

Choose one or two to do each day, and try to switch it up rather than sticking to the same ones over and over. If it helps, you can cross them off the list as you do them.

- Buy a meal/coffee for a stranger.
- Share your testimony with someone.
- Do a chore for a parent/spouse/neighbor.
- Make homeless toiletries bags and either deliver yourself or take them to a homeless ministry.
- Buy flowers for someone.
- Mow a neighbor's lawn.
- Visit a senior center and talk to someone.
- Volunteer somewhere for the day.
- Invite someone to church.
- Share Jesus with someone.

- Say “God Bless You” 3 times today to strangers.
- Go out and meet a neighbor you don't already know.
- Add some change to an expired meter.
- Hand-write a thank you note for someone (e.g. postal worker, sanitation worker, restaurant server).
- Leave a tip at a restaurant or coffee shop that is twice as much as the normal amount.
- Post sticky notes around your workplace with something that will make others smile.
- Call, email, or write the closest 5 people in your life and let them know the unique impact they have had on you.
- Donate some used clothing, books, or games somewhere that needs it.
- Spend the day opening doors for strangers everywhere you go today.
- Bake cookies and drop them off to a friend who could use uplifting or encouragement.
- Buy a bouquet of flowers and go to your favorite populated location. Hand one out to each person you meet and say, “God bless you,” “God be with you,” “Jesus loves you,” etc.



GET AWAY... AND FLOURISH

There is something special about God's creation. It seems like He saves His most powerful revelations for us when we are out in nature, taking in the full beauty and majesty of His artistry.

This summer, take a walk in the wild with God, and explore His Word in new and striking ways. Engage with the Holy Spirit while surrounded by His glory. Take yourself outside your comfort zone to allow Him to reveal new and amazing things.

We are pleased to embark on this journey together as a CTK North Bay community this summer and grow both individually and collectively. Partner, engage, and flourish with us as we explore the supernatural Word of God through the lens of Biblical scripture and beautiful nature.