

“Run The Race Set Before You” Gathering Activities: Mapping Your Journey

This exercise is one of three activities designed to engage participants as they gather. It is designed to help them perceive their days and lives as a lifelong journey. Maps of the world, nation, county or local community will be available for them to “map” their progression from one location to another on any given day and/or throughout their years. Bible texts will be shared to reference their journeys as a “trek” in faith.

Faith Trek Journey Packs are provided to integrate the content of this program for future reference. A Faith Trek theme design is provided for you to make a banner, poster or PowerPoint slide. A “Run The Race Set Before You” sign design is also provided to identify each activity.

Leaders Notes for this activity, along with the necessary preparations, equipment and supplies are outlined below. A Program Planning Grid (PDF file) is available to assist you in coordinating some of the details and tasks involved.

Scan through this activity and adapt it to honor your own schedule and intent. You might also consider using it to enrich other intergenerational or age-specific events throughout the year.

Approximate time: 5 minutes

Equipment and Supplies:

- Large maps of the world, nation, county or local community
- Newsprint, shelving paper or a roll of gift wrap
- Tape or mounting clay
- Colored markers and pens
- Drawing paper
- [Mapping Your Journey reference sheet](#) (PDF file)
- [Faith Trek Travel Pack and Travel Tips](#) (PDF file)
- [“Run The Race Set Before You” sign design](#) (PDF file)
- [Faith Trek theme design](#) (PDF file)
- [Program Planning Grid](#) (PDF file)

Leader’s Notes:

Scan through the activity outline and adapt your plans to honor the time you have scheduled for your overall event. You may wish to recruit a few people to assist you in accomplishing some of the following tasks.

Collect a variety of maps to create a wall display. Include maps of the world, nation, county and/or local community. You will find state, national and global maps at a travel service, service station, book or discount store. Local maps should be available at a chamber of commerce, city or county office. Hand print “Mapping Your Journey” on a large piece of paper to position above your map display. You might also wish to provide local maps for each individual to track their daily or regular routines. Parents and young children who spend the majority of their days at home may wish to outline the rooms in their home on drawing paper and track their activity throughout the day.

Display the Mapping Your Journey reference sheet and a Faith Trek Travel Pack. If you haven’t already imprinted and assembled a pack, the pattern and guidelines for imprinting and assembly are outlined in the First Steps gathering activity along with the entire collection of Travel Tip sheets. Make sure you have a few extra packs available for participants who haven’t received one.

Prepare samples or illustrations of each exercise for easy reference.

1. Use a marker to star the location of your birth on a local, national or international map and trace a solid line connecting the places you have lived from birth to present day. Then, using a dotted line, track your faith journey from the location you were baptized, to the various places you grew in faith with your family at home, attended Sunday School, confirmation, Bible camp, etc.

2. Map out your typical day – highlighting the various paths you take on a local or county map.
3. Outline some of the rooms in your home and track a sampling of your daily routine.

Use the “Run the Race Set Before You” sign design to identify the title of this activity in the space provided. You might also download the Faith Trek theme design to enlarge and display in your program area. Many professional printers have the ability to enlarge B & W designs to 3' x 4'. You might also consider projecting the design. This option however is dependent upon the availability of Microsoft PowerPoint, a projector and a large screen. You will also need to know how to download the design and save it to an appropriate file for presentation.

Activity:

Greet participants as they gather and encourage them to go to the “First Steps” activity first.

Refer to the maps on the handouts and/or the wall display. Recognize the fact that maps are usually used as a tool for identifying locations and provide direction for people who journey from one place to another. Introduce a “trek” as a journey and ask participants to describe some memorable trips they have taken.

Explain that maps might also be used to highlight a person’s journey through life as you outline your trek from birth-to-present day on a local, national or international map. If you are choosing to use one of the other options instead or in addition to the wall display, refer to the illustrations you have prepared. Then, invite your participants to use the maps and markers to highlight their own daily or lifelong journeys with solid lines.

Introduce the idea that we can also track our journey in faith as we strive to follow Jesus everyday. Identify a faith trek as a journey in faith. Point out the dotted-line outline of your faith journey on a map, from the location of your baptism to other places that have marked your growth in faith. Invite participants to track their faith journeys using the same maps to highlight their faith journeys using a dotted line this time.

Display your sample travel pack and review the content.

- Point out that ‘faith trek’ is another way to describe a lifelong journey in faith.
- Identify the Travel Tip sheets as key learnings from the activity centers that might be helpful to them as they journey in faith.
- Refer to Hebrews 12:1 “Run the race set before you....” as an invitation to follow Jesus everyday.

Refer to the prayer on the back of the Faith Trek Travel Pack as a great way to ask God’s blessing on each day along the way.

Lord God, you have called your servants to ventures of which we cannot see the ending, by paths as yet untrodden, through perils unknown. Give us faith to go out with courage, not knowing where we go, but only that your hand is leading us and your love supporting us, through Jesus Christ our Lord. Amen.

Explain that prayer or talking to God and listening or watching for God’s lead is essential to stay on track. Display the prayer on the Mapping Your Journey reference sheet as you invite them to pray it together.