

## Into The Wilderness

Hymn [Tell Me The Stories of Jesus, Children's Songbook, 57](#)

Luke 4:1 "And Jesus being full of the Holy Ghost returned from Jordan, and was led by the Spirit into the wilderness."

Matt. 13:1 "The same day went Jesus out of the house, and sat by the sea side."

1 Ne. 18:3 "And I, Nephi, did go into the mount oft, and I did pray oft unto the Lord; wherefore the Lord showed unto me great things."

"Jesus, our exemplar, often 'withdrew himself into the wilderness, and prayed (Luke 5:16).'  
We need to do the same thing occasionally to rejuvenate ourselves spiritually as the Savior did." - M. Russell Ballard

During His ministry, Jesus often sought solace, solitude, and strength by going to the wilderness. The scriptures are full of examples of those who had spiritual experiences in the outdoors: Joseph Smith, the Brother of Jared, Moses, etc. President Spencer W. Kimball tells of [his experience going to the mountains](#) to receive guidance when he was called to the apostleship. Nature helps us connect with God.

We can follow the example of Jesus by spending time surrounded by His creations. Whether it's the seaside, the mountain tops, the desert, or a local park, we will be blessed by seeking God this way.

### Activity Ideas

Invite family members to share spiritual experiences they've had in the outdoors. Discuss what it is about 'wilderness' that makes the natural world a place of revelation.

Split into two teams. In the first game, have each team brainstorm as many scriptural examples of spiritual nature experiences as they can. The team who comes up with the highest number of unique (i.e. the other team didn't list it) examples wins. Then, as a second game, play Pictionary with those stories.

### Treat Idea

Make your own trail mix to use on your next wilderness outing. There are [a lot of options for mixing and matching](#), so choose your family's favorites!