

Trust Walk

PURPOSE

This activity provides an opportunity to consider which areas in one's life they are not trusting God and being willing to release those things in trust to Him.

MATERIALS

- Blindfold(s)

PREPARATION

This outreach requires no preparation unless you plan to set-up a table. If you will setup a display, some additional materials you may need include an InterVarsity tablecloth, information about InterVarsity, and a table. If you will do this activity as a group, pick a time where you can do the outreach together either in an open area or at an assigned table. If you will do this alone, make sure to pick a time when you can interact with the most people.

ACTIVITY

1. Gather your blindfold(s).
2. Take time to pray for your activity time before you begin.
3. If you will complete this activity as an outreach with others, divide into various roles and rotate roles throughout the outreach.
 - Gatherer: Those who gather people to do the activity.
 - Executer: Those who complete the activity with others.
 - Closer: Those who collect contact information and share about InterVarsity.
4. Connect with people from your network (or release the gatherer(s)) to make invitations to do the activity with you. For example: "Hi my name is _____. Today I am taking some time to do a spiritual activity with people called "Trust Walk." Do you have a moment to go through this interactive activity with me?"
5. For people willing to do the activity, give them a blind fold (or release the executer(s) to give them a blind fold) and share the instructions with them. You will be leading them blindfolded by guiding them with your hands on their shoulders. For example: "Would you be willing to cover your eyes and allow me to guide you around without you looking? (give them the blindfolds) Think about what you have been doubting God about or what you have not been trusting

God for. As I lead you blindfolded, release those things and trust that God will get you to the other side.”

6. Start the activity. The person leading will stand behind the blindfolded person and grab their shoulders. Make sure the path that you are leading them on has a few obstacles for you to navigate and the walk should no longer than 60-90 seconds.
7. Once on the other side, share the next set of instructions with them. Here you will be leading them blindfolded, but guiding them only with your voice. For example: “A lot of times we feel God when His hands are upon us, but what happens when we don’t feel Him and we only have His voice to guide us through situations. I am going to lead you back to the starting point, but this time you will be guided only with my voice. Continue to release your doubts and trust God even when you don’t feel like His hand is on your situation.”
8. Complete the activity. The person leading will again stand behind the blindfolded person and guide them back along the same path, but this time by only giving voice commands. Make sure to lead them back to the starting point.
9. Converse with them about their experience.

NOTE: To complete the activity with multiple people at the same time, feel free to partner participants and then have them switch off the roles of leader and blindfolded follower.

CLOSING

1. Release the closer(s) to thank them for completing the activity.
2. Ask them for feedback about using the activity to pray.
3. Share how prayer has personally impacted your life.
4. If they are open, invite them to take a spiritual next step with you. For example, you can invite them to prayer together again, to connect over a spiritual conversation, or to join you for the next Bible Study.

MAKING IT VIRTUAL

This outreach, unfortunately, cannot be done virtually.