

Faith Walk 2012: We can do hard things

1. Open Remarks: Leader 1 – “Prior to this calling, I had a small plate inscribed with a motto that read, “I can do hard things.” That little plate bearing that simple motto gave me courage. But now if I could change that motto, it would read: “In the strength of the Lord, I can do all things.””¹ Sis. Dalton Return to virtue

New Life Video: <http://www.youtube.com/watch?v=KHDvxPjSm8E>

Music Video: <http://www.youtube.com/watch?v=xyX-l-um5Kk>

Going on a Journey: Leader 1 - What burdens are we carrying? “We are going on a hike and on this hike we cant change where we are going but we can change what we are going to carry – for that will determine how hard the hike is”

2. Burdens: Leader 2 – small rocks with girls names on them (school, homework, sports ..) prepare a short remark

3. Struggles: Leader 3 – Medium Rocks with written struggles (popularity, good friends, hard test) prepare a short remark/ story

4. Trials: Leader 4 – Large rocks blank (death, sickness, loss of testimony . .) Share personal Story

5. Hike: hopefully it will be long enough for the girls to experience the weight of the back pack. I also would like the girls to come to a fork in the road and stop and talk about “the decisions we make now will have an effect on the burdens we may carry.” You can also make the pack of your friends heavier by adding burdens to them . . . treat others with kindness.

6. Burden lifters/ bearers: All Leaders – on our way back to the amphitheater I will have the leaders assist in giving and taking away burdens. “you read your scriptures” Take away. “You dressed immodestly” add a burden.

7. Close Hike in ampitheater: Leader 4 – remarks on christ and handout (picture of Christ will be on screen)

Elder Holland Christ Video: <http://www.youtube.com/watch?v=EpFhS0dAduc>
Picture of Scripture



8. Closing Remarks: Bishop – We can do hard things – how the savior will lighten our back packs

Opening: The theme this year for camp is “We can do hard things”. I believe that the hardest things you will endure in this life will be all the burdens, struggles and trials that you face. Sister Dalton said “Prior to this calling, I had a small plate inscribed with a motto that read, “I can do hard things.” That little plate bearing that simple motto gave me courage. But now if I could change that motto, it would read: “In the strength of the Lord, I can do all things.””

Each of us will face trials and tests, and it is how we react to those difficulties that will determine our success and happiness. Each of us will face adversity no matter where we are. We are taught in the scriptures that there must needs be an opposition in all things. We will each face times of difficulty and the question is not when we will face them but how we face them.

I pray that this evening during this Faith walk you will learn from your personal trials and also that of others. We are first going to learn of a trial that Stephanie faced . . and more importantly how she learned from it and chose to believe that the trial was a blessing. We may not all go through a physical trial as difficult as hers, but we all are given them, it is a part of our moral test. Again remember that “In the strength of the lord, You can do all things”. You are one of HF choicest daughters . .you are meant to be here at this time and are made to be strong to endure the burdens of our day.

#2: We are now going to understand what we are carrying on our shoulders and hopefully end with a better understanding on how to make those burdens lighter. “We are going on a hike and on this hike we cant change where we are going but we can change what we are going to carry – for that will determine how hard the hike is.” You need to fully grasp who you are and why you are here to understand the struggles you are given. At this time I want you to have a clear mind and think now only of your self and the burdens you have . . in your backpack. As the Lord once spoke to Joseph Smith on trials, I say to you: “All these things shall give thee experience, and shall be for thy good.”

Fork in the Road: Richard G Scott- “No one wants adversity. Trials, disappointments, sadness and heartache come to use from basically two different sources. Those who transgress will always have those challenges. The other reason for adversity is to accomplish the Lords own purposes in our life so that we may receive the refinement that comes from testing. It is vitally important for each of us to identify from which of these two sources come our trials and challenges, for the corrective action is very different.”
The decisions we make now will have an effect on the burdens we may carry in our life. As I said before you cant choose the hike you are going on but you can choose what you are carrying.