

Trek Guided Study Journal



Name _____

Ward _____

Family _____

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Trek Guided Study Journal

Music		Music	
Preparation		Preparation	
Trek Trivia		Trek Trivia	
Trek Experiences:	Morningside	Trek Experiences:	Morningside
	Traveling Elders		Traveling Elders
	Women's Pull		Women's Pull
	Prayer		Prayer
Family Devotionals		Family Devotionals	
Personal Study		Personal Study	
	Adversity		Adversity
	Charity		Charity
	Cheerfulness		Cheerfulness
	Diligence		Diligence
	Faith		Faith
	Hope		Hope
	Humility		Humility
	Obedience		Obedience
	Patience		Patience
	Sacrifice		Sacrifice
Solo Experience		Solo Experience	
Autographs	Testimonies	Autographs	Testimonies

Trek Guided Study Journal

Music

“And the ransomed of the Lord shall return,
and come in to Zion with songs and everlasting
joy upon their heads: they shall obtain joy
and gladness, and sorrow and sighing shall flee
away.”

Isaiah 35:10

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“[They were] in fine health and spirits, singing, as they came along, Elder J.D.T. McAllister’s noted handcart song - ‘Some must push and some must pull,’ &c. One would not think that they had come from Iowa City, a long and rough journey of [about] 300 miles, except by their dust-stained garments and sunburned faces. My heart is gladdened as I

write this, for methinks I see their merry countenances and buoyant step, and the strains of the hand cart song seems ringing in my ears like sweet music heard at eventide or in a dream. [On departure from Florence, we] “saw them off in good earnest to the tune of ‘Some must push,’ &c., can’t move without that.”

-John Henry Latey

*The hymn “Come, Come, Ye Saints” contained this inscription by the Daughters of the Utah Pioneers:

“In the journey over the plains trials were many, sometimes almost more than human strength could bear. It required skilled leadership as well as implicit faith to cope with situations that would arise. At Locas Creek, Iowa, food was scarce and the travelers were becoming discouraged. Brigham Young feeling anxious asked William Clayton to write a Hymn for the Saints to sing around the camp fire, to buoy them up and help them to forget their troubles. Clayton went to his wagon and in two hours returned with the Hymn, Come, Come, Ye Saints.”

Other sources say that William Clayton had also just learned that his wife, Diantha, had just given birth to a baby in Nauvoo.

Susannah Stone of the Willie Company also wrote: “We did all we could to aid and encourage each other. . . . In the blizzards and falling snow, we sat under our hand carts and sang, ‘Come, Come, Ye Saints.’ . . . The Lord gave us strength and courage.”

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Preparation

“ . . . If ye are prepared ye shall not fear.”

D & C 38:30

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Trek Trivia

“We each can learn much from our early pioneer ancestors, whose struggles and heartaches were met with resolute courage and an abiding faith in a living God.”

President Thomas S. Monson

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Trek Experiences

“We honor those who endured incredible hardships. We praise their names and reflect on their sacrifices. What about our time? Are there pioneering experiences for us? Will future generations reflect with gratitude on our efforts, our examples? You young [people] can indeed be pioneers in courage, in faith, in charity, in determination. You can strengthen one another; you have the capacity to notice the unnoticed. When you have eyes to see, ears to hear, and hearts to feel, you can reach out and rescue others of your age.”

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Personal Study

“Search the scriptures; for in them ye think ye have eternal life: and they are they which testify of me.”

John 5:39

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Family Devotionals

“Our pioneer ancestors gave everything, even their lives, for their faith, for the building of the kingdom of God when the Church was in its infancy. . . They helped, nourished, and strengthened each other in their extremity and shared unstintingly. Their material means, such as food, clothing, and shelter, were meager, but their love for one another and their devotion to their Lord and to the gospel were boundless.”

Elder M. Russell Ballard

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Solo Experience

“The Lord isn’t asking us to load up a handcart; He’s asking us to fortify our faith. He isn’t asking us to walk across a continent; He’s asking us to walk across the street to visit our neighbor. He isn’t asking us to give all of our worldly possessions to build a temple; He’s asking us to ... attend regularly the temples already built. He isn’t asking us to die a martyr’s death; He’s asking us to live a disciple’s life.”

President Dieter F. Uchtdorf

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Autographs

“Thy friends do stand by thee, and they shall hail thee
again with warm hearts and friendly hands.”

D & C 121:9

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