

Trust Walk

Pair up with someone in your group of 8 whom you may not know as well as some others. One of you will be blindfolded while the other leads you on a walk that requires a little "trust." Then you'll reverse roles and the second person will walk by faith." After you've completed the walk, get together with your group and take 15-30 minutes to discuss the following questions:

1. How would you describe the inner feelings that you had on the trust walk?

2. What was the scariest moment for you during your walk?

3. How would you describe your partner if your only experience with him/her was this experience?

4. What did you discover about yourself from this walk?

5. What experience out of your past did this trust walk bring to mind?

