

Take Action: Developing Trust

Choose one of three activities—*Trust Walk*, *Fall Back*, or *Leading the Blind*—and follow it up with a discussion on how we develop trust in others and also in the Lord.

Trust Walk

The guide learns the challenge and responsibility of caring for another person's well being. The blindfolded partner learns to trust and rely on another person. Choose whether you would like to do this activity indoors or outdoors.

Supplies Needed

- indoor activity: larger space or long hallway, and obstacles such as cones, soft toys, chairs
- outdoor activity: area with some obstacles, e.g. bushes, trees, paths
- blindfolds (one for each pair)



Activity

1. Choose a location with some natural obstacles, but nothing dangerous, or set up an obstacle course using cones, chairs, etc.
2. Divide students into pairs. One will be the guide, and the other will be blindfolded.
3. Once people are blindfolded, spin them around a few times so that they do not know which direction they are facing.
4. The guide does not touch his or her blindfolded partner, but gives only verbal cues. E.g. "In about three steps you will be at a cone" or "Step to your right".
5. The guide is completely responsible for the blindfolded partner's safety. He or she should be guided to avoid obstacles.

Fall Back

This activity may be done in pairs, or as one group. Students learn to trust a partner or team and to protect each other.

Pairs: One player stands directly in front of another player. Both players face the same direction. The player in front lets him or herself gently fall backwards and be caught by the other player.

Groups: If playing as a group, players make a circle about five feet (1.5 meters) wide. One team member is selected to stand in the center of the circle. The player in the center gently falls in any direction and is gently pushed back in another direction by the group. The player is then caught again and re-directed. Switch players until everyone has had an opportunity to be in the center.

Leading the Blind

Guides learn the challenge and responsibility of caring for a person's well being. Blindfolded team members learn to trust and rely on the group.

Supplies Needed

- four long ropes
- one blindfold
- large indoor or outdoor space
- obstacles that are "safe"

One person is blindfolded and his or her hands and legs are tied to four ropes that are held by four players. The players try to guide the blind person through the obstacle course. No talking is allowed. All communication with the blindfolded person is done through gently tugging on the ropes.

Discussion

1. What was it like to be responsible for the safety of your partner or teammates?
2. In what ways is looking after another person similar to the ways in which the Lord takes care of us?
3. Does the Lord ever let people fail or fall?
4. Did you have any difficulty trusting your partner or teammates?
5. How did it feel to have your teammates see what was in your path, but for you to be blindfolded and have no idea?
6. The Lord sees and knows everything. He is "omniscient". He knows what lies ahead in our path of life. And yet we don't have any idea, we are blind to the future. In what ways would our lives be different if we knew the future?
7. Would knowing the future
 - a. make us happy?
 - b. make it easier to get to heaven?
 - c. make us frustrated or angry?
 - d. prevent us from going to heaven?
8. Why is trusting in the Lord important?
9. Describe how it felt to trust in your teammates and together succeed in completing the course.
10. Now imagine how it might feel to be old, to have completed the course of life and be facing imminent death. Describe the different ways people might feel if they
 - a. had trusted in the Lord?
 - b. hadn't ever thought about the Lord?
 - c. had trusted only in themselves?
 - d. didn't trust in the Lord?
11. How can we put our trust in the Lord, like the disciple Peter?