



Pyhsical Conditioning

The goal behind MVE physical preparation is twofold. First: To encourage participants to pursue a lifestyle of fitness taking care of our God given bodies. Secondly, the better physical shape you are in the more enjoyable your trip will be. Physical strength and endurance are critical while in the mountains due to the high elevations and steep terrain over which our trips will cross. Therefore we recommend the following four week training schedule so participants are able to handle the challenges they will be faced with.

PREP WEEK 1:

Walk or run 1 mile 3 times this week.

Every other day: Do 5 sets of 20 pushups and 20 sit ups. (Or 10 sets of 10, 5 in the morning and 5 in the evening)

BE SURE TO STRETCH AFTER

PREP WEEK 2:

Walk or run two miles 3 times this week.

Every other day: Do 5 sets of 20 pushups and 20 sit ups. (Or 10 sets of 10, 5 in the morning and 5 in the evening) For some variety, try to mix up the type of sit ups you do (like bringing the shoulders to the opposite knee).

BE SURE TO STRETCH AFTER

PREP WEEK 3:

Walk/run 2 miles 3 times this week.

Every other day: Do 6 sets of 20 pushups and 20 sit ups. (Or 12 sets of 10, 6 in the morning and 6 in the evening)

BE SURE TO STRETCH AFTER

PREP WEEK 4:

Walk/run 3 miles twice a week. Run two miles once. If you desire a challenge, add hills to one of your walk/runs.

Every other day: Do 7 sets of 20 pushups and 20 sit ups. (Or 14 sets of 10, 7 in the morning and 7 in the evening)

BE SURE TO STRETCH AFTER

Just as a reminder, though this conditioning schedule is highly recommended it is not a requirement. We want you enjoy MVE to the fullest, and we believe this schedule will make you physically prepared.



MOUNTAIN VALLEY
EXPEDITIONS

Spiritual Conditioning 2020

“For bodily exercise profits a little, but godliness is profitable for all things, having the promise of the life that now is and of that which is to come.” I Timothy 4:8

Our physical preparation is important, but our spiritual preparation is essential! We will be looking into God’s word as we explore His creation and want you to be ready to hear what God will say. The following is a week by week guide to help you be ready for the Bible studies we will be doing. Please read through them and write down your thoughts as you go.

The studies are designed to start 4 weeks before your trip. However, we understand that some of you may receive these studies with less than 4 weeks before your trip. If that is the case, do what you can! You may have to adjust the timing so that you can complete as much of the studies as possible before your trip.

Remember, you will get as much out of these studies and this trip as you put into them!

PREP WEEK 1: I Samuel 17

BE SURE TO PRAY BEFORE & AFTER

Who fought for God? Describe what you know from the passage about this man (boy)?

Who took a stand but wouldn’t fight?

What motivated David to confront a giant?

PREP WEEK 2: Genesis 39

BE SURE TO PRAY BEFORE & AFTER

Was Joseph’s life easy? Describe the hardships he endured.

What is Joseph’s response when temptation comes before him?

What can we learn from Joseph in response to temptations that we face?

PREP WEEK 3: Daniel 3

BE SURE TO PRAY BEFORE & AFTER

What did these three men refuse to do?

How do we bow to idols of culture which stand against the one true God?

Would you give a friend more money if he was not faithful with what you'd already given him?

How is your faithfulness toward God in all things?

PREP WEEK 4: Numbers 13:16 – 14:24

BE SURE TO PRAY BEFORE & AFTER

Who trusted God's word, spoken to the Israelites?

What promises are you holding on to in your life? Do you have any? Do you want any?

What are insurmountable problems in your life?

We want you enjoy MVE to the fullest, and we know that the study of God's word will help you be spiritually prepared. We want to encourage you that the "mountain top high" occurs at home when we are obedient to God in all areas of our lives no matter what the cost.