

Bear Grylls' Wilderness Survival Guide (for students on break)¹

Bear Grylls is a British adventurer, writer, and television presenter. In his most famous series, *Man vs. Wild*, Grylls is dropped in the middle of an “inhospitable environment” and teaches his viewers how to survive there.

At the outset of each episode, Grylls says that the three most important resources to find in an unfamiliar place are **water**, **shelter**, and **fire**. Like Bear Grylls, students are often separated from their familiar spiritual life on campus when they go home or to other cities for internships over breaks.

We think it's important that we plan for this spiritual desert by finding **water**, **shelter**, and **fire** while we're away from the easy security of a campus ministry community.

“Survival can be summed up in three words—*never give up*. That's the heart of it really. Just keep trying.” –Bear Grylls

Practicals

Take this resource to prayer and ask God how He desires for you to grow this break – how He intends to draw you closer to Himself and His Church.

Although it is tedious, take the time to actually write out your responses to all of the questions so that you do not have lots of lofty and illogical goals floating around in that big brain of yours.

Water – Prayer and Sacraments

Prayer and Sacraments are essential to the life of any Catholic. Without intimate and meditative time with the Lord every single day, we are unable to hear His voice and discern His plans for us. Prayer with the Bible and spiritual texts and regular participation in the sacraments of the mass and reconciliation nourish our personal relationship with Christ which forms us into disciples, or “other Christs”.

Shelter – Christian Community

Where do we find this water? In Christ's Bride, the Church. In the Gospels, Christ clearly establishes His one, holy, catholic, and apostolic Church on earth. The baptized are members of His Church, and they are called Christians! Christians need support, somewhere to go to share life with other Christians, and receive formation before going out on mission. We were made in God's image as relational beings, so we have to remember to rely on our peers as brothers and sisters in Christ.

Fire – Mission

Once we reaffirm our identities as sons and daughters through divine intimacy and intentional friendship, we **MUST** go out. If we are not focused outward, towards other souls who are thirsting for the water that we have found, then we are neglecting our call to act in the self-giving and sacrificial example of Christ.

¹ Adapted from a document created by a FOCUS missionary.

My Goals During the Break

“Do not be conformed to this world but be transformed by the renewal of your mind, that you may prove what is the will of God, what is good and acceptable and perfect” (Romans 12:2).

Divine Intimacy – Prayer and Sacraments

“And Jesus, the heart of the Christian faith, is the wildest, most radical guy you’d ever come across.” –Bear Grylls

Where am I now?

A large, empty rectangular box with a thin black border, intended for the user to write their response to the question 'Where am I now?'. The box occupies most of the lower half of the page.

Where do I want to be by the end of break?

1 new habit I want to attain:

1 virtue I want to grow in (and why):

Mass (www.masstimes.org)

In addition to Sunday, how many days a week will I strive to go to Mass? _____

Church Name	Daily Mass Times	Sunday Mass Times

Masses while on vacation (www.masstimes.org)

Location of Vacation	Dates	Church Name	Sunday Mass Times

Confession (www.masstimes.org)

Do I want to go weekly? Bi-weekly? Monthly? _____

Church Name	Confession Times

Meditative Prayer

What do I want to incorporate into my daily prayer routine?

Church Name	Adoration/Holy Hour Times

Devotions (Rosary, Divine Mercy Chaplet, etc.)?

Education/Study

Where do I want to be by the end of the break?

What is 1 book that I want to read by the end of the break?

Who is 1 saint I want to learn more about?

What is 1 aspect of the faith that I want to learn more about?

Virtuous Friendship – Community

“A man’s pride can be his downfall, and he needs to learn when to turn to others for support and guidance.” – Bear Grylls

Where will I find my community of striving Catholics this break?

What are some ways in which I can intentionally grow with my community?

Who is one person who will keep me accountable this break?

What are some specific ways in which I can grow with my community?

Who are long-distance people with whom I need to keep in touch?

Name	How often will we keep in touch?

Intentional Discipleship – Mission

“The line between life or death is determined by what we are willing to do.” – Bear Grylls

How do I want to live out mission this break?

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Who do I want to invest in?

Name	How will I invest in them?

People to Intercede for: (Specifically people with whom you want to share the Gospel)

Name	What about them am I praying for?

Acts of Service

What is one way in which I can serve the poor and the abandoned?

What is one new way in which I can serve my family and friends?

Family:

Friends:

Weekly Reflection Questions

Prayer/Mission

How have I succeeded in fulfilling my goals?

How have I failed in fulfilling my goals?

What can I do to better fulfill these goals next week?

How has God spoken to me in these goals that He has called me to strive for?

Education/Study

How have I succeeded in fulfilling my goals?

How have I failed in fulfilling my goals?

What can I do to better fulfill these goals next week?

What new things has God revealed to me in my study this week? How can I apply this insight into my daily life?

Acts of Service

How have I succeeded in fulfilling my goals? How has my heart grown in charity?

How have I failed in fulfilling my goals? When have I been selfish, living out of an inward attitude?

What can I do to better fulfill these goals next week?

Community

How has my community kept me accountable and how have I kept my community accountable?

What are some ways in which I can help the community grow towards Christ even more?