

Spiritual Preparation

It is just as important to spiritually prepare yourself for Trek as it is to physically prepare.

At the end of his talk, “Faith in Every Footstep,” Elder M. Russell Ballard counseled the membership of the church to “begin now to prepare for a spiritual journey... by walking in the footsteps of our beloved pioneers in every land. We must be sure that the legacy of faith received from them is never lost. Let their heroic lives touch our hearts, and especially the hearts of our youth, so the fire of true testimony and unwavering love for the Lord and His Church will blaze brightly within each one of us as it did in our faithful pioneers.

In keeping with his statements, we invite each of you to choose a “pioneer” to research on your own and learn more about his or her “heroic life” and how they exercised faith in traveling on the pioneer trail. It could be an ancestor or a pioneer story that has inspired you. If you feel inspired to do so, you can also research an ancestor who is a “modern-day” pioneer.

The following Church website contain numerous historically accurate accounts of pioneers’ experiences:

treks.lds.org - click on “Pioneer Stories” and “Mormon Pioneer Overland Travel Database”

FamilySearch.org - you might find accounts from your own ancestors or others

The following are talks that we would recommend you read in preparation for Trek:

“Faith In Every Footstep”

-M. Russell Ballard (October 1996 General Conference)

“Finding Faith In Every Footstep”

-Bonnie D. Parkin (March 1997 General Conference)

“Faith In Every Footstep”

-May 1997 Ensign

“Faith In Every Footstep”
-Elder Robert L. Backman (January 1997 Ensign)

We also encourage everyone to pray and read your scriptures daily: