REQUIRED READING:
As you should be aware, below is a list of your required reading materials. Two books are available for you to purchase from Amazon (see URL below), the other two are out of print and available in pdf format on the Highlander webpage. If you need assistance obtaining your reading materials, please contact us.

BOOKS TO ORDER:
- Mans Search for Meaning by Viktor Frankl
  [Link to Amazon](http://www.amazon.com/Mans-Search-Meaning-Viktor-Frankl/dp/080701429X/ref=sr_1_1?s=books&ie=UTF8&qid=1391616861&sr=1-1&keywords=mans+search+for+meaning)
- The Mark of a Christian by Frances Schaeffer
  [Link to Amazon](http://www.amazon.com/Mark-Christian-IVP-classics/dp/0830834079/ref=sr_1_1?s=books&ie=UTF8&qid=1391617002&sr=1-1&keywords=the+mark+of+a+christian+by+francis+schaeffe)

BOOKS AVAILABLE on PDF:
- Loneliness by Elizabeth Skoglund [Password Protected: HWAloneliness]
- What is a Real Person by JoAnne Fields [Password Protected: HWAperson]

These must be read before you arrive and should be brought to Houghton, along with your written answers (see below REFLECTION QUESTIONS).

- Typed answers (when possible) to questions regarding your pre-program readings will be collected and graded on the first day of the program.
- Print these answers off before you get on campus. The college print center will not be open when you arrive on campus.

A. Frankl wrote this book after World War II. What do you think he was hoping to convey to us, his reader, today?

B. Pick out information that relates to you now, i.e. goal setting, commitment, trust, stretching ones’ self, etc.

C. Most of you realize that Frankl was not a true believer, but as a Christian how can you use his wisdom in your daily living?

D. Why do you think that this book was selected as reading for the Highlander Program? What values or carry-overs do you see?
As Frankl suffered far deeper than most men have suffered, he began to formulate a certain philosophy of life and certain hypothesis on why some were able to endure and some succumbed. How do his ideas listed below support or conflict with God's Word?

A. The salvation of man is through love and in love.

B. Love goes very far beyond the physical person of the beloved. It finds its deepest meaning in his spiritual being, his inner self.

C. A man's character became involved to the point that he was caught in a mental turmoil which threatened all the values he held and threw them into doubt. Man can preserve a vestige of spiritual freedom, of independence of mind, even in such terrible conditions of psychological and physical stress. Fundamentally therefore, any man can (even under such circumstances) decide what shall become of him - mentally and spiritually. It is this spiritual freedom - which cannot be taken away - that makes life meaningful and purposeful.

D. The way in which a man accepts his fate and all the suffering it entails, the way in which he takes up his cross, gives him ample opportunity - even under the most difficult circumstances - to add a deeper meaning to his life.

E. The prisoner who had lost faith in the future - his future - was doomed. With his loss of belief in the future, he also lost his spiritual hold; he let himself decline and became subject to mental and physical decay.

F. That which does not kill me, makes me stronger.

G. Man is never driven to moral behavior. In each instance he decides to behave morally. Man does not do so in order to satisfy a moral drive and to have a good conscience; he does so for the sake of a cause, to which he commits himself, or for a person whom he loves, or for the sake of his God. I think that even the saints did not care for anything other than simply to serve God, and I doubt that they ever had it in mind to become saints.

H. What man actually needs is not a tensionless state but rather the striving and struggling for some goal worthy of him.
1. List the five (5) characteristics of a "real person". Are any of them involved in your life? If so, how?

2. "Each person is a unique individual who has unique and special ways of expressing himself or herself freely to the world, to God, and to other people. Someone has said that this freedom is a 'Spontaneous expression of an authentic self' - the real me coming out." Give examples of how you yourself are unique in expressing yourself.

3. The book says that: "identity is an area many of us are perplexed over, and we need to find some answers that fit us right where we are." Assess some of the problems in your own life. Come up with some methods to approaching them that would "fit you right where you are." Reassess the problem after Highlander. (Have your views changed?)

4. Reread the section Free to Serve. Answer the question, "What about You?"

5. Do you have masks that you wear?
ANSWER SHEET
BOOK: Loneliness

1. Read the three accounts described in the opening sections. Describe the person and indicate what you think has caused the problem.

2. Outline the problems mankind has had as described by Skolund's account of Donne, Arnold, Elliot - what is the general theme?

3a. When does loneliness usually strike you?

3b. How would you describe the feelings you get when you’re lonely?

3c. What emotions do those feelings arouse?

3d. When and why do the feelings of loneliness subside?

4. Skolund says, "In the New Testament the problem of loneliness is presented with both psychological and spiritual aspects. Read the following passages from the Old and New Testament. Examine the passages with the thoughts you just jotted down and with this thought in mind:

   a. O.T. Read I Kings 18-19:1-21
      1) How could Elijah say what he says in I Kings 19:4?
      2) How did God deal with his problem?

   b. II Timothy 4:7-10, 21, 16-17

   c. Mark 14:32-37

5. Skolund also says one reason people feel lonely is that they have a low self-esteem, underestimate their value or exaggerate it falsely to the point of concern.


   b. Outline ways Skolund suggests and * some personal to her list.
6. As part of the Highlander program we will be having you spend time alone away from your group.

Why do you think that this experience is good for us? Is aloneness the same thing as loneliness? Clarify the difference.

7. What do you think of the following quote by Moustakas?

"Loneliness is a condition of human life, an experience of being human which enables the individual to sustain, extend, and deepen his humanity. Man is ultimately and forever lonely whether his loneliness is the exquisite pain of the individual living in isolation or illness, the sense of absence caused by a loved one’s death, or the piercing joy experienced in triumphant creation. I believe it is necessary for every person to recognize his loneliness, to become intensely aware that, ultimately, in every fiber of his being, man is alone, terribly, utterly alone.” (Loneliness, p. IX)

What can we learn by being alone?
BOOK:  *The Mark of the Christian*

1. What is the true mark of a Christian?

2. What does our love for other men do for them?

3. What does real unity between Christians or oneness in Christ entail?

4. How should Christians resolve disagreement?

   - Give specific examples.