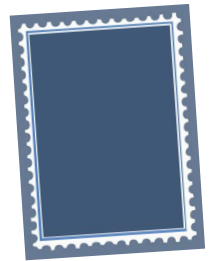




from: **CAN  BDA**
YOUTH

Three horizontal lines for writing, consisting of three parallel black lines.

FAMILY CAMP

from home!

Activity

Head outside with your campers (family) and go on a nature walk together. This is an opportunity as a family to notice the beauty of God's creation around you. Try one of the following ideas:

- Visit a local park or conservation area and follow a trail. Take note of the different types of trees and flowers that you see, how many different birds and insects, and how many other groups of people are walking along the path.
- You can make this more of a challenge by creating a nature scavenger hunt. See who is the first to find a maple tree, spruce tree, birch, etc. See who can find a crow, robin, or sea gull. See who can find the most colourful rock, the smoothest and the most unique shaped. Look for flowers, who can find the most purple flowers, the most dandelions, the tallest flowers. (You may also want to see how many different insects you can spot as well.)
- If you are not able to head out to a trail, go to your nearest green space such as your yard or balcony and take note of what you can see. Pick several nature items and award points to whoever sees it first.

Devotions

(Gather everyone together, possibly on a blanket in a park, your yard, or your balcony.) It was great to be able to spend time looking for trees, flowers, rocks, and birds. I think we did a great job at noticing what is in the world around us. What was your favourite thing that we found? (*Encourage responses.*) Were there somethings that we were looking for that were hard to find? (*Encourage responses.*)

The world we've been given to live in is filled with variety of creatures, plants, and insects! There are hundreds of types of trees, species of birds, and even variety of lawns. I'm thankful that this beautiful world was created for us to enjoy.

This world reminds us that God is a creative creator. Let's look at Genesis chapter 1 and be reminded of how He created this world for us. (If time read: Genesis 1.) In Genesis 1:31, we read that "God saw all that He had made, and it was very good." God created the world and everything in it, including us. He looks at His creation and knows that it is good.

We are part of God's creation and He loves us very much. He wants us to enjoy being a part of His big, beautiful world and care for it. What are some ways that we can help take care of our world? *(Encourage responses and write them down.)* We've got some great ideas. Let's pick a couple and work hard this summer to put them into practice.

Prayer: Allow each camper (family member) to share in prayer items in nature they are thankful God created. Then pray something like: Creator God, we thank you for this big, beautiful world you have given to us. We thank you for the flowers, trees, clean water and even the bugs that crawl or fly around us. You made the world an amazing place. Help us to remember to care for it and to help keep it beautiful.

Snack

Make Pretzel Spiders with round crackers, stick pretzels, spreadable cheese, and raisins. Have each person spread cheese onto two crackers then break 4 pretzels in half and arrange 4 pretzel halves along each side of one cracker (total of 8 legs), place the other cracker on top. Then add two drops of spreadable cheese on top to hold two raisins as eyes. Enjoy eating spiders for your snack!

OBSTACLE COURSE ELECTIVE

FAMILY CAMP

from home!

Activity

A favourite activity at camp is doing a ropes course which is like an obstacle course but in the air. As a family work together to create an obstacle course that each of you will have to complete.

You can set this up inside your house using chairs, blankets, Lego blocks, papers that have been cut to look like stones, yarn or toilet paper can represent rope. Family members can walk or crawl their way through the course either with their eyes open or blindfolded and listening to directions. OR if you have a local park nearby have each family member, try to make their way across the monkey bars and any climbing structures. OR using sidewalk chalk create an obstacle course that family members will have to walk, hop, or ride their bike through along the sidewalk.

Work together to encourage each other as you make your obstacle course and complete it. Be sure to cheer each other on and to give advice on how to complete it.

Devotions

What a challenge to not only make an obstacle course but to successfully make our way through it. I'm glad that we were able to help by giving careful instructions to each other.

I'm reminded of a passage of scripture where Jesus tells us that we are like sheep. Sheep are cute to look at, their wool provides us with cozy warm sweaters, but they are not the smartest animal around. If left on their own they will wander off, fall in a hole or not be able to protect themselves from wild animals. Sheep need a shepherd to lead them to clean water and grass to eat. They need a shepherd to protect them from harm and to lead them safely through fields.

In John 10:27 we read that Jesus said, "My sheep listen to my voice; I know them, and they follow me." Just as we had to listen to each other as we completed our obstacle course we need to listen to

Jesus and to follow Him. What are ways that we can listen to Jesus?
(Encourage answers such as read our Bible, go to church/Sunday school, and listen to teaching about God, spend time praying, worship music, talking with other Christians.)

Just think, when we must make decisions, when were not sure what we should do Jesus is a shepherd who will lead us. If we stop and ask Him for help, and then listen He will help us make the right decision. He will lead us in the way we should go.

Prayer: Pray with your campers (your family) thanking God for sending Jesus to be our good shepherd. Ask God to help each of you to remember to listen to Jesus when we pray and ask for help. Thank God for loving and knowing each of you.

Snack

Hot dogs are a great camp snack and after an obstacle course they are sure to satisfy your busy campers. Work together to prepare hot dogs, along with some favourite chips and a glass or milk or juice.

FAMILY CAMP

from home!

Activity

Crafts and being creative are part of the camp experience, so today we are going to make some word rocks. Make plans ahead of time (or as part of your camp experience) to wander through your neighbourhood and look for rocks that have at least one smooth side. Each person should try to collect two or three rocks.

Using paint or permanent markers have your campers paint (decorate) their rocks. Spend a few minutes talking about words that encourage people when they see them. (*Examples: Be You, Let God, Love, Hope, Courage, Smile, Look Up, Give it to God!, Hard is not Impossible, Stay Positive, Breathe, Believe, etc.*) Then take time to paint (or use a permanent marker) to write a word of encouragement on the rock. Once the word is on the rock use more paint or markers to decorate it.

Once your "Rocks of Encouragement" have dried go on a short walk and place your rocks in places where people pass by and will be encouraged by your words. You could place them near bus stops, community mailboxes or bulletin boards, playgrounds or in a garden along a sidewalk. Those who pass by might even want to take your rock home to remind them of your encouragement.

Devotions

I enjoyed our time of creativity and especially doing something that will make others feel good. What did you enjoy about our craft today? (*Encourage response.*)

Words are so powerful. A single word can either make us feel great or it can make us feel terrible. Today we had the chance to help make others feel great. Hands up: have people's words sometimes hurt you? Hands up: have your words sometimes hurt others? I think all of us have been hurt by the words of others, but we have also been guilty of hurting others with our words.

I've got a couple of Bible verses for us to look up today: (If possible, have your campers look them up or have the verses written out on slips of paper.)

Proverbs 16:24 - *Gracious words are a honeycomb, sweet to the soul and healing to the bones.*

1 Thessalonians 5:1 - *Therefore encourage one another and build each other up, just as in fact you are doing.*

Ephesians 4:29 - *Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.*

Isaiah 41:6 - *They help each other and say to their companions, "Be strong!"*

The Bible is full of words or Bible verses that encourage us to live our life with God and the way God would want us to live. He wants us to encourage each other and to use our words to help others come to know and love Him. Before we pray, let's just pause for a moment and think about a time we've hurt someone with words.

Prayer: Lead your campers in a time of prayer by first asking God to forgive us for the times we have hurt others with our words. Ask Him to help you remember to pause before you speak and to let His words be spoken. Pray and ask God to bless and encourage those who might come across your "Rocks of Encouragement".

Snack

Rice Crispy snacks are a great way to finish your time together. You can either serve homemade squares or use store bought ones. Serve with juice or chocolate milk.

FAMILY CAMP

from home!

Activity

Ahead of time: Gather up elastic bands, at least two or three per camper. Set up some targets using either targets created out of scrap paper and coloured to look like a bullseye or choose items in your room that your campers can shoot an elastic at. Assign points to the objects based on the object's size. The smaller the object the higher the points.

Archery is a skill elective that is often offered at camp, and we are offering it today at our camp! It takes accuracy (aim) and coordination to shoot an arrow and hit the target. Today we're going to see just how good our accuracy (aim) and coordination is. We're going to work on our "Elastic Band Archery" skills! We've got some targets chosen (or placed around the room) that we are going to take turns shooting our elastics at.

Be sure to remind campers that we need to practice safety when doing archery. This means only one person is shooting their arrow (elastic) at a time. No one is to walk between the shooting line and the target. And no shooting elastics at your fellow campers. (Spend a few moments practicing how to shoot an elastic)

Now that we've all had a chance to warm up, we're going to begin one camper at a time and see who has success hitting the targets. Take turns letting each camper shoot at one target at a time and track their points.

Devotions

How do you think you did with hitting the targets today? Were they easy to hit or difficult? (*Encourage responses.*) What made hitting a target difficult? (*Encourage responses.*)

Paul, in the Bible, was a teacher of the early Christians. Life during this time was not easy. People were easily distracted by difficulties they were facing, caring for their families, and following rules that were placed before them. Mm, kind of sounds like us today in 2021.

What are some of the things that you spend a lot of time thinking about? *(Encourage responses.)*

Paul wanted the Christians to put their mind on the things of God. He tells them in Colossians 3:2 to, *"Set your minds on things above, not on earthly things."* What do you think Paul might have meant by "setting your mind on things above"? *(Encourage responses such as living a life pleasing to God, telling others about Jesus, helping those in need, studying the Bible, etc.)*

Paul is reminding the early Christians and us today to be focused on living our lives for God. We can stay on target by spending time each day reading our Bible and talking with God in prayer. We can stay on target, or live for God, by helping people who live around us and by telling them about how much God loves them, and by helping them when they are facing difficulties. What are some ways that we as a family can help each other to stay on target? *(Encourage responses such as: read the Bible together, pray for one another, helping each other, as a family helping a neighbour meet a need they may have, etc.)* Those are all great ideas. Let's be sure to encourage each other to stay on target each day.

Prayer: Invite each camper to share one thing with God that keeps them from being on target. Share those things with God in prayer and invite Him to help you keep your focus on Him. Ask Him to help you be aware of others and ways you can help them.

Snack

A Freezie or Popsicle will hit the spot after all our target practice today. Wash those Freezies down with a cool drink of water.

FAMILY CAMP

from home!

Activity

While at camp there is often the opportunity for campers to take a bagged lunch and have a picnic together somewhere on camp grounds. With your campers (family) pack a simple meal of sandwiches (try tuna!), chips, juice boxes, a blanket and a favourite story book or a new book.

You can either head outside to your lawn, balcony, nearby park, or your kitchen floor. Spread your blanket out, have everyone find a spot to sit on the blanket, say a prayer over your food giving thanks for it, and share the light meal together.

While you share your meal together bring out your favourite story book and spend time reading the story together. (OR if you have time and the stories are short, read a couple different story books). You may also want to consider encouraging creativity by having each camper name something that they can see. Write those words on a piece of paper, fold up the paper, and then each camper pulls a piece of paper from the pile and makes up a story based on their word.

Who can tell me about the largest picnic held in the Bible? (*Encourage responses.*) That's right it's the story of the loaves and fishes from John 6:1-13. Who brought the loaves and fishes? (*A small boy.*)

Devotions

Jesus had been travelling around Galilee teaching and performing miracles. As He travelled a large crowd gathered. Jesus looked at the crowd and knew they were hungry. He asked His disciples to find them food. But they said they didn't have nearly enough money to feed such a large crowd. Andrew spoke up and told Jesus that there was a boy there with five small buns and two small fish. Jesus had the people sit down, just like we are, He prayed over the food, then tore the buns and fish into pieces. The disciples shared the food with all the people in the crowd and you know what? After everyone had enough to eat, there were 12 baskets of food left over!

Who knows why this story is important? *(Encourage responses.)*

The story of this picnic lets us know that Jesus is aware of what we need, He cares about our needs, and can meet our needs. Jesus also teaches us that He can take what we offer Him and make it into something so much more. He can use what we have to help others know Him. What are some things that we can share with Jesus? *(Encourage responses such as our friendliness, our home, our talents, our food, our words, our belongings, etc.)* Let's take a moment to think about what we have that we can give to Jesus to help others come to know and love Him.

Prayer: Spend time thanking God for the gifts, talents, and things that He has given to you. Invite Him to show you how He wants you to use those things to make a difference in the lives of others. Ask Him to make you aware of how you can be helping others.

Snack

Finish up your picnic today with some ants, because they always seem to know where there is food! Make a snack using thin apple slices (slice apples across not in wedges), spread with spreadable cheese, peanut butter or hazelnut spread depending on any food allergies. Then place raisins on top of the spreadable cheese. Wash down your "Ants on a Log" with juice or water.