



CROSS TRAILS MINISTRY

SUMMER CAMP 2018



### **A Bible Study Supplement for Parents and Campers**

This summer at all Cross Trails Ministry programs, campers will be learning about the importance of prayer and different types of prayer. Through Bible study, worship, and devotional activities, campers will understand why we communicate to God through prayer and the importance of that communication in our relationship with God. Please use this supplement to connect with your camper and hear what they have learned while at camp.

#### **Here I Am**

Focus of the Day:

- God wants to be in a relationship with us
- Prayer is how we communicate to God

Prayer:

- Stand with arms outstretched to your sides
- Here I am Lord; I come to do your will

Text: Isaiah 9:6-7

Ask:

- What other names do you know for God?
- Why do you think God has so many names and attributes?
- What is it about the attributes you said about God that make you want to be in relationship with God?
- Why does God long to be in a relationship with us?

Activity:

- Talk about your names and why you were named that. Research what your name means if you don't already know

- Say a prayer together that you remember from your childhood or that somebody else taught you.

### **Hear the Good news, Here I am to Praise**

Focus of the Day:

- Prayers of adoration are used to praise God for the incredible things God has done that we cannot even understand

Prayer:

- Lift your arms in the air with outstretched hands
- Father, you are completely holy and so breathtakingly beautiful. We praise you for everything you have done because it is good.

Text: Exodus 15:20-21, Psalm 150, Matthew 6:7-13

Ask

- How is Miriam's song and dance a prayer?
- What are some ways we show adoration and give praise to God?
- How does God show God's love for you?
- How do the words of the Lord's Prayer show adoration to God?

Activity:

- Take a walk or a hike during the day or go out with you family and look at stars at night. Wonder in the majesty of creation.
- Tell someone what amazing gifts they have. Tell them that these are gifts from God.

### **Here I am to Confess, Hear that I am Forgiven**

Focus of the Day:

- Prayers of confession are used to tell God of our wrongdoings and to ask for forgiveness

Prayer:

- Kneel down with your arms out front putting your face close to the ground
- Please forgive me for all of the times that I hurt others. Help me to forgive those who have hurt me. Lord, I want to be a better person, with your grace.

Text: 1 John 1:9, Psalm 51:1-12, John 13:1-15, Matthew 6:7-13

Ask:

- How hard is it for people to admit when they are wrong?
- What does it feel like to have your sins washed away?
- How does it feel knowing you do not have to worry about the wrongs you have done?
- Why do you think it is necessary to continuously confess our sins to God?

- Why do we have to confess in order to receive forgiveness?
- How do the words of the Lord's Prayer show confession to God and forgiveness from God?

Activity:

- Practice a Centering Prayer
  - Choose a sacred word. The sacred word expresses our intention to be in God's presence.
    - Examples: Lord, Jesus, Father, Mother, Grace, Love, Peace, Mercy, Silence, Stillness, Calm, Faith, Trust,
  - Sitting comfortably and with eyes closed, silently say your sacred word.
  - When you become aware of thoughts, return ever-so-gently to the sacred word.
    - "Thoughts" is an umbrella term for every perception including sense perceptions, feelings, images, memories, reflections, and
    - By "returning ever-so-gently to the sacred word," a minimum effort is indicated. This is the only activity we initiate during the time of Centering Prayer.
  - At the end of the prayer period, remain in silence with eyes closed for a couple of minutes.
    - The additional 2 or 3 minutes gives you time to readjust to the external senses and enable us to bring the ability to be silent into daily lives.
- Apologize to someone for something you have done. Tell someone that you forgive them for something they have done. This does take practice!

**Hear of our Blessings, Here I am Thankful**

Focus of the Day:

- Prayers of thanksgiving are used to thank God for the blessings that we have in our lives

Prayer:

- Sit with your hands on your lap, palms up.
- Thank you, Lord, for all that you do for me. Thank you for dying on the cross to save me from my sins. Thank you for my family and my friends. Thank you for the chance to learn and to get a good education. Thank you for giving me clothes to wear and food to eat. Thank you for everything.

Text: 1 Thessalonians 5:16-18, Luke 17:12-19, Matthew 6:7-13

Ask:

- How can we show thanks to God for the big, amazing things happening in our lives?
- How can we show our thanks to God for everyday things that surround us?
- What are ways you can rejoice always, pray without ceasing, and give thanks in all circumstances?

- What are other circumstances than meal times that are opportunities for prayers of thanksgiving?
- How do the words of the Lord's Prayer show thanksgiving to God?

Activity:

- Teach your parents a camp singing grace to sing before a meal
- Write thank you cards to people from your day today expressing what you are thankful for

### **Here Together, Hear our Prayers**

Focus of the Day:

- Prayers of supplication are used to pray on behalf of others or for the world around us

Prayer:

- If you are around other people, hold hands in a circle.
- Please, Lord, help me to be a better person. Help me to be more loving and caring. Help me to be able to do well in school. Help me to understand what the teachers are teaching. Please bless my family and my friends. Help them to get what they want in life. Amen

Text: Philippians 4:6-7, Matthew 5:43-48, Matthew 6:7-13

Ask:

- As you pray, can you request things for yourself?
- As you pray, can you request things for others?
- How do you pray for your enemies?
- What are some examples of things you prayed for but you didn't get what you wanted?
- Can you think of a time when your prayer was answered? What were you praying for?
- How do the words of the Lord's Prayer show praying on behalf of others?

Activity:

- Make up petitions for the Five Finger Prayer of Pope Francis
  - Using the fingers on your hand, start with the thumb and pray these intentions in this order:
  - The thumb is closest finger to you. So start praying for those who are closest to you. They are the persons easiest to remember.
  - The next finger is the index. Pray for those who teach you, instruct you and heal you. They need the support and wisdom to show direction to others. Always keep them in your prayers.
  - The following finger is the tallest. It reminds us of our leaders, the governors and those who have authority. Pray for our leaders and for God to guide them.
  - The fourth finger is the ring finger. Even though it may surprise you, it is

our weakest finger. It should remind us to pray for the weakest, the sick or those plagued by problems. Pray for those people in your life.

- And finally we have our smallest finger, the smallest of all. Your pinkie should remind you to pray for yourself. When you are done praying for the other four groups, you will be able to see your own needs but in the proper perspective, and also you will be able to pray for your own needs in a better way.
- Sign up to be a volunteer somewhere. You may be the answer to someone else's prayer!

### **Hear God's Call, Here I Go**

Focus of the Day:

- Prayer is a lifelong journey that doesn't stop at camp. We pray to keep our relationship with God strong.

Prayer:

- We have used a lot of body positions this week. Explore a body position from this week and repeat it.
- Our Father, who art in heaven, hallowed be thy name, thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. For thine is the kingdom, and the power, and the glory, forever and ever. Amen.

Text: Jonah 1:1-3:10, 1 Samuel 3:2-10, Matthew 6:7-13

Ask:

- When are you like Jonah? When are you like Samuel?
- What are things that you hear God telling you to do that you are a little unsure of?
- Why does God use the willing and the unwilling?
- Why is prayer so important?
- What are ways you can continue to keep prayer part of your constant communication with God?
- How do the words of the Lord's Prayer show that you are open to God's call?

Activity:

- Be more willing like Samuel and don't run away from your tasks like Jonah. Do a chore around the house without being asked or without complaining.
- Practice some evangelism. Tell people what you know about God and ask to pray with and for people. Start with your family and tell them what you would say to a stranger. Then go out into the world and do the same with people you don't know. Ask to pray with them