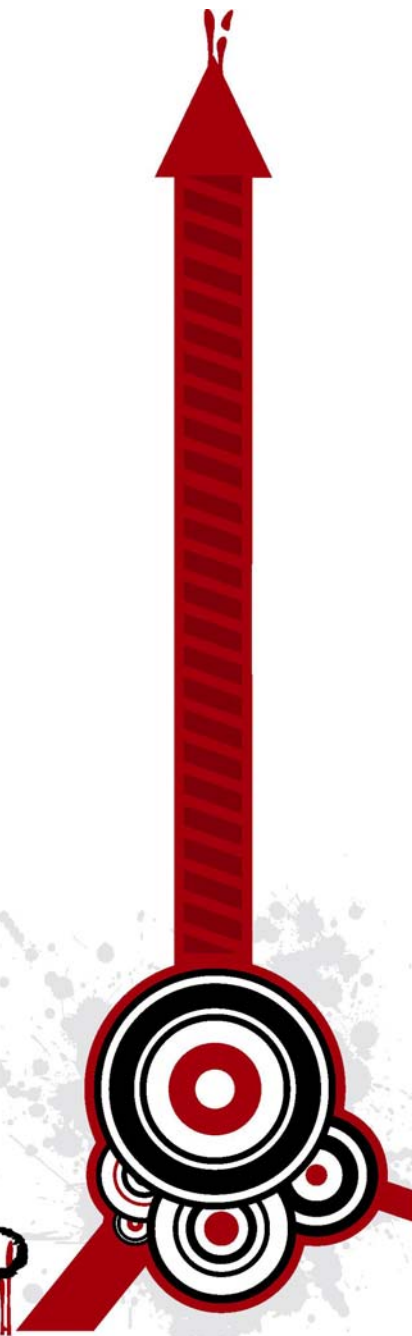


BEYOND



Welcome...

to a place and a time that will **TRANSFORM** your life.

Camp is a unique place that combines many (disconnected) parts of our lives. Camp is a **JOB** where you work, a **MISSION FIELD** where you go, a **COMMUNITY** where you live, a **VACATION** where you relax, a **RETREAT** where you find renewal and a **MINISTRY** where you serve.

Camp is time away from normal routines, daily tasks, constant responsibilities and established relationships. It's a unique time, set aside when God will allow you to work **ON** your life, instead of just **IN** your life.

This guide is designed to walk with you during your stay here at Camp. **GOING BEYOND** is our challenge to you this week. Like Jesus we have a mission – right here and now... but to get there we have to go beyond.

It is our hope that you will live out an **INCARNATIONAL**, **MISSIONAL** and **RELATIONAL** life - here at camp and as you return home. Incarnational, as you follow God and become more like Jesus. Missional, because God has a purpose and plans specifically for you. Relational, because as an image bearer of God we were made to love God and love others through relationships.

We are excited to see the great things God will do in and through you here at Arrowhead. My prayer for you comes from Paul's letter to the Colossians.

Colossians 1:10

"May you walk in a manner worthy of the Lord, to please Him in all respects, bearing fruit in every good work and increasing in your knowledge of God."

- Ben Myers

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TRANSFORMATION – Intentional Space

We hope you find that camp life is just like the rest of life. Your experiences here at camp are not some Bible boosting, praise pounding, spiritual high. This is not an isolated experience. Your experiences here will have a great connection to who you are and what you do back home. At the same time we believe God will use this specific time and place, and the people you are here with to do something great... to **transform** you.

We encourage you to carve out **intentional space** with God this week. Intentional space is a part of worship where you spend time alone with God. Intentional space is a time for healthiness. Maybe for you, healthy intentional space means taking a nap, having a relaxed conversation with your spouse or a friend, reading the Bible without an agenda or sitting quietly in solitude.

As we focus on **Going Beyond** this week we will also explore several spiritual disciplines. Our goal is to encourage and equip you with healthy ways to structure your intentional space.

We challenge you to **worship** God this week by washing tables, playing games, cleaning toilets, scrubbing dishes, changing light bulbs, putting together crafts, singing songs, serving food, taking someone by the arm from one place to another AND by creating intentional space with God just for yourself.

GOING BEYOND

During His public ministry Jesus poured Himself out to hundreds if not thousands of people, meeting their needs in a multitude of ways. Jesus accomplished so much in just three and half years. But wasn't there so much left undone? Why didn't Jesus heal more, teach more, feed more, give sight or restore health more, preach more or raise the dead the more? Why only three and half years? Were things really left undone? Can that be true?

Of course, it is true that Jesus could have done more. Perhaps He could have started earlier or finished later. Maybe He could have traveled farther and worked faster. But, we know from the beginning of Scripture that three and a half years of public ministry was not the plan.

Jesus was focused **BEYOND**. Beyond His home, beyond His lifestyle, beyond His social status, beyond His own well being, beyond pressing urgencies... beyond Himself... to His mission – the **Great Rescue Plan**. He is the Rescuer Who's mission was clear, Who's mission went beyond a certain time or place or people. Jesus had come to rescue everyone... including you and me.

Going Beyond is about Jesus' mission - the Great Rescue Plan. Going beyond is about the present... and the future. Going beyond is about what is inside you... and everything outside of yourself. Going beyond is what God is doing right now... and what He will do next.

"The years teach much which the days never knew."

– R.W. Emerson

I challenge you this week to **Go Beyond**, like Jesus. To join His mission – the Great Rescue Plan. The mission He passed on to His disciples.

EXAMEN – intro

This guide provides you each evening with a set of questions to help you relax, pray and reflect back on your day through an old spiritual practice called Examen.

In the Presence of God

Through this time of prayer and self examination we become especially attentive to God's presence... which has been with us the whole day.

"In Him (God) we live and move and have our being." (Acts 17:28)

Look at Your Day with Gratitude

Do not miss the simple truth that each day is a gift from God – ordered for His plans and His purpose for you. God made no mistake in making today.

Ask for Help

Work **on** your life not just **in** your life. God will give you everything you need for life and godliness.

*"When the Spirit of truth comes He will guide you into all truth."
(John 16:13)*

Review Your Day

When did I fail? When did I love? When did I see God's grace extended to me? When did I extend grace to others?

Look at habits and patterns. Take the positive and the negative.

When did you see God? When did you miss seeing Him?

"... examine yourselves. Perhaps you yourselves do not realize that Christ Jesus is in you." (2 Cor. 13:5)

Reconcile and Resolve

A new day is about to unfold. Only a fool would not remember the lessons he has learned.

"As the clay is in the potter's hand, so are you in mine." (Jer. 18:6)



OBEDIENCE

DAY 1

A Foundation of Going Beyond

To go beyond we have to start with the right beginning... from Scripture.

Gensis 22:1-14

After these things God tested Abraham and said to him, "Abraham!" And he said, "Here am I." ²He said, "Take your son, your only son Isaac, whom you love, and go to the land of Moriah, and offer him there as a burnt offering on one of the mountains of which I shall tell you." ³So Abraham rose early in the morning, saddled his donkey, and took two of his young men with him, and his son Isaac. And he cut the wood for the burnt offering and arose and went to the place of which God had told him. ⁴On the third day Abraham lifted up his eyes and saw the place from afar. ⁵Then Abraham said to his young men, "Stay here with the donkey; I and the boy will go over there and worship and come again to you." ⁶And Abraham took the wood of the burnt offering and laid it on Isaac his son. And he took in his hand the fire and the knife. So they went both of them together. ⁷And Isaac said to his father Abraham, "My father!" And he said, "Here am I, my son." He said, "Behold, the fire and the wood, but where is the lamb for a burnt offering?" ⁸Abraham said, "God will provide for himself the lamb for a burnt offering, my son." So they went both of them together.

⁹When they came to the place of which God had told him, Abraham built the altar there and laid the wood in order and bound Isaac his son and laid him on the altar, on top of the wood. ¹⁰Then Abraham reached out his hand and took the knife to slaughter his son. ¹¹But the angel of the LORD called to him from heaven and said, "Abraham, Abraham!" And he said, "Here am I." ¹²He said, "Do not lay your hand on the boy or do anything to him, for now I know that you fear God, seeing you have not withheld your son, your only son, from me." ¹³And Abraham lifted up his eyes and looked, and behold, behind him was a ram, caught in a thicket by his horns. And Abraham went and took the ram and offered it up as a burnt offering instead of his son. ¹⁴So Abraham called the name

of that place, "The LORD will provide"; as it is said to this day, "On the mount of the LORD it shall be provided." (ESV)

They had lived together for decades without children and they knew in their old age that it was impossible. As part of the Great Rescue Plan though, God promised Abraham a son. Abraham experienced God's faithfulness and goodness through Isaac's conception and birth. God's Great Rescue Plan was moving forward. It was really happening. As cosmically huge and outrageously impossible as it may have seemed at first... Abraham knew God could do anything. What God said was coming true. Abraham trusted God and joined Him in the Great Rescue Plan.

A few years later, God required Abraham to sacrifice Isaac. Can you imagine the extremes that Abraham experienced? Expecting to spend His old age alone with Sarah, then being promised a son... and then having his only son taken from him. The son he was promised, the son given to him by God, Whom he trusted and found faithful. And what does Abraham do next?

In obedience Abraham follows God's instructions. In obedience Abraham trusts God and takes Him at His Word. Incredibly, Isaac does the same. Each one trusting their father. Abraham's obedience in offering up Isaac and Isaac's obedience laying on the alter took them **BEYOND**. Beyond the journey to a new land, beyond the promise of a child, beyond that alter and beyond themselves... as part of God's Great Rescue Plan.

This account from Genesis 22 has been vividly etched in my mind for a very long time. A few years ago I wrote this poem as I wrestled through God's faithfulness and my willingness to trust Him in obedience.

**You have cared for me as your child;
Yet taught me to be a father.**

**On a road so lonely,
In the midst of a crowded street,**

**I see only You.
Your Voice guides me.**

**I have been marked and I stand ready,
For I am not my own.**

**As Abraham raising his hand...
As Isaac laying quiet and still,**

**You are my Full Portion,
The Object of my faith.**

**Grace upon Grace
Your glory, my JOY.**

✠ EXAMEN – DAY 1 ✠

Is God trustworthy?
Do I really trust Him?
Do I take Him at His Word? (Literally, what is in the Bible.)

Do I trust God enough to be obedient?

How have I been disobedient?

✠ LECTIO DIVINA ✠ DAY 2

INWARD, OUTWARD & CORPORATE

Robert Foster proposed a threefold typology to spiritual disciplines: inward disciplines (silence, fasting, prayer, study), outward disciplines (simplicity, service, solitude) and corporate disciplines (confession, singing, celebration). Over the next few days we will be engaging in one discipline from each type. Our prayer is that these spiritual disciplines (and others) will be a part of your worship to God here at camp and back home.

Lectio Divina – or “sacred reading”. This is reading God’s Word without an agenda. This is reading God’s Word simply because it is **powerful**.

You’re not a Sunday school teacher looking for a lesson. You’re not a scholar/disciple looking for historical data and topical information. You’re not a pastor searching for a three point sermon. You’re not trying to read through the Bible in one year. You’re not trying to memorize scripture. You’re also not concerned with chapters and verses.

You are simply reading the powerful Word of the Almighty Living God. Lectio has several “movements” which have been developed. They’re not steps. It’s not a weight loss program with guaranteed results. It’s more like the “movements” or “interactions” of a relationship.

Before you Begin:

Take a moment before you begin... to relax, sit comfortably and be still. Take about five minutes to be still and quiet. You may

Lectio - Scripture Reading: Nehemiah 8

also pray a simple prayer repeatedly to help you (i.e. “Lord Jesus Christ, have mercy on me”).

Remember – this is like waiting for water to settle after a rock has created a splash and ripples. It takes some time.

Lectio (read) – read a portion of scripture. Read it slowly, thoughtfully, out loud. Read it through at least twice (more if you seem distracted).

To stay biblically grounded – you’re not asking, “What does this mean to me?” You are asking, “What does God tell me about Himself in this passage and how does He want that to impact me.” BUT you’re not going to actually ask those questions during lectio. Those questions are good but Lectio is not the time. As you read, simply expect the Holy Spirit to speak to you from the Word. He might show you a verse or a phrase or just a single word. That’s lectio.

Meditatio (meditate) – Now take that phrase or word and begin to meditate on it. It’s the idea of “chewing it over”. Keep it in the forefront of your thoughts.

Oratio (pray) – Now bring that phrase or word before God. This may mean that you confess sin, ask questions, wrestle with answers/thoughts, pray for wisdom, proclaim truth or simply praise Him. This is also simple. It’s not flowery. It’s your prayerful reaction to God’s powerful Word.

Contemplatio (contemplate) – Now it’s time to REST. You can sit back or lay down. Relax and simply rest in what God has shown you and the experience of His powerful Word.

Journal – record the word or phrase that God showed you. Also, write down thoughts that came to mind while meditating.

✠ **EXAMEN – DAY 2** ✠

Do you believe that God's Word is true and powerful?

Do you take God at His Word... enough to obey it?

When was the last time you read God's Word and you experienced great heart ache or it caused you to celebrate for days on end?

ON MISSION **DAY 3**

It is astounding and humbling to be a part of God's Great Rescue Plan. A plan which saves us and then calls us to be part of the plan. To think that God wants us is incredible. It is certainly enough just to be loved and rescued... but to be part of the Great Rescue Plan in ways that bring pleasure to God is amazing.

At Arrowhead, being a part of the Great Rescue Plan is called being **on mission**. And, being on mission means **going beyond**.

In my own experience and as I have watched many groups (churches, ministries, organizations, families, etc.) over the past decade, I have seen that we sometimes limit the mission or we are not really on mission at all. We disconnect the future and present... or we simply do not take God at His Word. We do not really trust Him (the Bible) because we do not know it and we do not know Him.

Jesus' Public Ministry

Let's look at Jesus' public ministry. As we do, you can think through your current context – you may be in youth group, college or you have a family, a career or you are retired.

It is interesting that we segment, categorize and evaluate our lives in these compartments. This would be like segmenting Jesus' three and half years of public ministry into a category called, "Disciple Group". But of course, Jesus did not create Disciple Group. During His public ministry Jesus was on mission. He went beyond His family, His town and His three and half years of public ministry.

I challenge you to be on mission... and go beyond. Beyond these walls, this camp, your church, your school, your youth group, your Sunday morning service, your job... and yourself.

Take a Moment

Is your view of being on mission short sighted?

Is it just the four years you find yourself in high school?

Is it as long as singleness lasts?

Is it confined to the street you live on, the office you work in or the friends you have?

Is it larger than your Sunday morning service?

Is it farther than the pew in front and behind you?

Is it bigger than you?

On Mission

As we said before... Jesus seemingly could have done so much more during His public ministry. But...

Jesus was **on mission**.

Jesus was focused on the **Great Rescue Plan**.

Jesus was **going BEYOND**.

Read

John 6

John 12

✠ EXAMEN – DAY 3 ✠

What does it mean to be **on mission** this week?

What does it mean to be **on mission** after this week?

What compartments have you constructed? What does it mean to be **on mission** outside of life's compartments?

✠ WORSHIP ✠ DAY 4

Worship is the foundation for an obedient life with God the Father. To further understand worship we must look closer at **idolatry**. The opposite of Christianity is idolatry... and idolatry is the root of all sin. People do not have an alcohol problem... they have a worship problem. People are not workaholics... they have a worship problem. Adultery is not the cause... it is idolatry. Even good things like food are not the problem. Gluttony, overeating and obesity are not the issue... it is a worship problem. Going to AA meetings, eating right, exercising, being faithful to your spouse and working nine to five are only band aids. The root of sin lies in idolatry. When we fix our worship problem, the negative effects and subsequent sins stop.

Another devastating truth about idols is that they dehumanize others. Idolatry works under a set of values and worth. To put someone or something in the place of glory and preeminence in our lives (instead of God) requires that we set up a value system and dispense worth in order to keep our idol in that place.

For example, if your idol is power and fame that is what you dedicate yourself to. That is what you sacrifice to obtain. Your job, the amount of money you have and the possessions you own are of highest value. The way people perceive you is vital. You or your family or your company must be held in high esteem. For all this to happen others must fall... in their monetary value, the amount of possessions they have and how others view them. For you to go up others must go down. Your idol dehumanizes people making them less than you because they are poor, entry level or living a simple life without many possessions.

This can also happen with your spouse or your children. If you idolize them you will dehumanize others. For your child to be the best or the brightest the other children in their classroom must be

✠ EXAMEN – DAY 4 ✠

slow and unintelligent. For your family to be perfect other families must fail or be exposed as pretenders. The heart breaking truth is that your idols will fail. Children sometimes rebel, spouses die, businesses collapse and possessions can be stolen. Your idols will not save you... only Jesus can save you.

The heart breaking truth is that your idols will fail.

Idolatry dehumanizes others, but worshipping God makes others (and yourself) more human. God made us in His image. We are human, male and female, and He called His design, “very good”.

The only way of **going beyond** is to smash our idols and worship God as He designed.

Take some time to think through the following questions and then explore the Scriptures for yourself.

1. What is the one thing I would never want to lose or have taken from me?
2. What value system do I use to determine the worth of others?
3. What qualities and characteristics build up and love others (making them more human)? What does God say makes us more human (who did He design us to be)?

God says that He designed you in His image and will give you everything you need for life and godliness. God says that worshipping Him leads to joy and goodness. Worshipping God leads us to be more like Jesus.

Today, in what ways did you speak, act and react like Jesus?

In what ways do you dehumanize others?

In what ways has someone else dehumanized you?

 **THE MISSION** 
DAY 5

You have heard the expression, “He cannot see the forest through the trees”. Going beyond as part of the Great Rescue Plan can cause us to see only trees. There is no doubt that each tree is beautiful and unique... but a broader picture reveals a focus and a vision that is crucial.

At Arrowhead, being a part of the Great Rescue Plan is also about **the mission**. And, the mission means **going beyond**.

Jesus fed the hungry, traveled from town to town, healed the sick, raised the dead, ate meals, prayed to the Father, preached the good news, taught the truth, went to the cross and left an empty tomb. But... He did not do it alone.

The mission is a focus on exponential growth and a vision of disciple making disciples. Discipleship is the broad stroke without which there are no trees; there is no forest. The mission was founded on three and half years of Jesus pouring His life into the disciples. Going beyond, Jesus commissioned them to continue making disciples.

Are you a disciple making disciple?

Do not miss the obvious... the mission is about being a disciple and making disciples.

Read

Matthew 4:17-25

Matthew 10:1-11:1

Luke 11:1-13

John 6:1-51

Mark 6:45-52

Mark 8:31-38, 9:30-32, 10:32-

34

Mark 14:22-26

Matthew 26:16-20

 **EXAMEN – DAY 5** 

Have you ever been formally disciplined?

Who are you currently discipling?

What ways did you make disciples today?

✠ OUTWARD: SOLITUDE ✠

DAY 6

There is no doubt that noise, words, people, work, fun and many other things are a constant bombardment every day. Whether you are a child, a student or an adult, your life is naturally **filled** with many things that occupy and preoccupy your heart and mind. Over time we do not realize how we become desensitized to and disinterested in solitude (and silence which typically accompanies solitude). In fact, we begin to habitually embrace a life without solitude and silence. As we embrace that lifestyle we lose connection with ourselves and with God. Not an eternal connection, but a pure connection with no strings attached.

In some ways the term solitude is inaccurate. There really is no way to be alone. The obvious Sunday school answer is, because God is everywhere. It is a simple but profound truth that we overlook and underrate. The goal of solitude is to pull away from everyone and everything aside from God.

Solitude can best be described through two illustrations. The first is a bowl of water (or a large pool of water outside). Imagine dropping a stone into that bowl of water or throwing a handful of rocks into that pool. Splashes are made as you hear the rocks implode through the surface of the water. Then the ripples begin. You would be surprised how long it takes for the water to become still again. The things that fill our lives are just like that stone or handful of rocks. Further still, the ripples are just like the effects of all the noise around us and interactions with people. For many of us the ripples never stop. The water never becomes still.

The second illustration is a glass jar filled with water and sediment from a stream or lake. The slightest movement of the jar (let alone shaking it) causes the sediment to swirl around inside creating a clouded mess of the water. It takes a long time for the sediment to settle at the bottom of the jar and the water to clear.

Here again, we **see** a clear representation of our lives without solitude.

We also see the beginnings of solitude and silence. With time alone in solitude the ripples cease and the water clears. The idea of solitude is to spend the time needed to remove those things that occupy and preoccupy our minds and hearts. It's an opportunity to meet with God, to actually hear from Him from within our ourselves and to become aware of things He wants for us... things we can not hear or see in the midst of noise and others.

Entering into Solitude

The first key is obvious – **Solitude**. Find a place where you can be alone. Following Jesus' example, it is vital for us to seek solitude on a regular basis. Sometimes this is difficult but there are no restraints. You can use a closet or a place outdoors. You can be miles from anyone or just out of sight. The goal is to be alone.

Silence usually accompanies solitude and can be a little trickier. It is often difficult to find places that are void of the sounds of other people. It is even more difficult to pull away from manmade noises – cars, airplanes, construction, neighbors, etc. Then of course there is all the internal noises that we have grown accustomed to hearing. In a production-oriented society we are encouraged and even forced to always be thinking, planning, evaluating and doing. We are always ten steps ahead and hardly able to complete the tasks at hand. Silence - both external and internal does not marry well with our cultural norms.

Running the Race

Solitude begins like a race. You will not make it very far if you do not train or practice. The more time you spend in solitude the easier it will be for you to enter into it. It will take less time to quiet down and settle your body. It will take less time to realize what things are occupying or preoccupying your mind and heart.

As you begin to listen to God during times of Solitude you will thirst and hunger for more.

Like a Feather

A great way to start your time in Solitude is to sit down comfortably and focus on your breathing. Take about five minutes to become still and quiet. As you breathe, pray a simple prayer repeatedly to help you focus (i.e. “Lord Jesus Christ, have mercy on me”).

As you breathe in – “Lord Jesus Christ,”

As you breathe out – “have mercy on me.”

If you find yourself getting distracted from external noise or internal thoughts... remember that part of your time in Solitude is training. Picture yourself trying to take a feather and placing it on top of a small rock outside or on a pillow on the couch. It is okay to repeatedly stop and put the feather back in its place.

Practice:

Find a place on camp – inside or outside where you can be alone. Even if people are near you try to keep them out of your line of sight. Sit down and find a comfortable position that will allow you to relax. A position that will also allow you to sit for an extended time. Begin by taking a few minutes to focus on your breathing to relax and disengage from the last thing you were doing.

Set a realistic goal for yourself. Keep *practicing* and don't give up. But also give yourself something to strive for. This will be helpful if this is your first time engaging in the discipline of Solitude and Silence.

Remember: Solitude is NOT a void. It is time and space for you to listen to God. Time and space without distraction, without noise, without other people. We can hear God more clearly in the solitude.

EXAMEN – DAY 6

What was the easiest part of your time in solitude?

What was the hardest part of your time in solitude?

What did God reveal to you through solitude today?

✦ **THANK YOU** ✦

Thank you for coming to Arrowhead. We appreciate all that you have done. We hope and pray that you found the time and space to **worship** God in a multitude of ways. As you continue serving here or back home I encourage you to **GO BEYOND**. It has been a blessing to serve with you **on mission** focused on **the mission**.

- Ben Myers