



CAMP LIFE

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 routine, 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. Camp life at its core should be no different than your life outside of camp. We believe that your time here will help you make that connection. A connection that will impact you greatly. A connection that will follow you back home. A connection God will use to **TRANSFORM** your life.

This guide is a journey that combines the distinctly dynamic elements of camp life. You will explore some foundational truths: worship, love, and God's presence. You will engage in spiritual disciplines and practices: examen, prayer, journaling, lectio divina, and solitude & silence. You will also wrestle with investing in the lives of the developmentally disabled.

Part of our guide will utilize two books by Henri Nouwen – *Adam* and *The Road to Day Break...* Nouwen spent several years caring for a man named Adam who was severely disabled. He chronicles Adam's life, his own experiences with Adam at a group home call Day Break and the amazing things God taught him while caring for Adam on a daily basis.

The following is an excerpt from the book *Adam* – Nouwen is speaking of Adam’s five year stay in a hospital before going to live at Day Break (emphasis is mine):

“They were discouraged in their search and by the definition that our society gives to marginal people. Who was there to recognize this beautiful man of God in a place that is large, anonymous, routinely run, and understaffed? Who could acknowledge Adam’s uniqueness in a context where he and all his fellow ‘patients’ were approached not so much as *human beings* but as *objects of care*? Who could celebrate Adam’s life when there was hardly time to give him a bath and feed him? There was pressure to forget Adam’s divine origin and sacred mission.

Adam was sent to bring Good News to the world. It was his mission, as it was the mission of Jesus. Adam was – very simply, quietly, and uniquely – *there!* He was a person, who by his very life announced the marvelous mystery of our God: I am precious, beloved, whole and born of God. Adam bore silent witness to this mystery which has nothing to do with whether or not he could speak, walk, or express himself, whether or not he made money, had a job, was fashionable, famous, married or single. It had to do with his *being*. He was and is a beloved child of God. It is the same news that Jesus came to announce, and it is the news that all those who are poor keep proclaiming in and through their very weakness. Life is a gift. Each one of us is unique, known by name, and loved by the One who fashioned us. Unfortunately, there is a very loud, consistent, and powerful message coming to us from our world that leads us to believe that we must prove our belovedness by how we look, by what we have, and by what we can accomplish. We become preoccupied with ‘making it’ in this life, and we are very slow to grasp the liberating truth of our origins and our finality. We need to *hear the message announced* and *see the message embodied*, over and over again. Only then do we find the courage to claim it and to live from it” (24-25).

It is our desire 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.

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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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?

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)

 **WORSHIP** 
DAY 1

It's Worship

We were created to worship. We always have and always will worship something or someone. We put that thing or that person in the place of **glory**. We **dedicate** ourselves and **sacrifice** our time, energy, and money for that thing or that person. It all comes down to **WORSHIP**.

Exodus 20

1 “Then God spoke all these words, saying, 2 I am the LORD your God, who brought you out of the land of Egypt, out of the house of slavery. 3 You shall have no other gods before Me. 4 You shall not make for yourself an idol, or any likeness of what is in heaven above or on the earth beneath or in the water under the earth.” (NAS)

The Israelites are hearing these words on the heels of experiencing God's goodness and grace in amazing ways. Remember, they had just been removed from generations of slavery. It was who they had become. All of a sudden the God that they heard so much about from the days of Abraham, Joseph and Jacob had delivered them. Fresh in their minds were the plagues, the angel of death passing over their homes and the red sea.

It is crucial not to breeze over verses one and two. God is not setting forth a **condition** for His people. He's not saying, “You do this and then I will do that.” God is giving them a **confirmation**. A confirmation of His goodness and His grace. He proclaims, “I am the LORD your God.” Before they were obedient, before they followed Him, He initiated the relationship.

“IMPACTING lives with the **TRUTH** of God's **WORD**
and making **DISCIPLES** like **JESUS**.”

It is also crucial to recognize the first two commandments which are different from the others. “You shall have **no other gods before Me**” and “You shall not make for yourself **an idol**” are the foundation of **WORSHIPPING** God. If we obey the first two commandments... we will obey the rest.

“The opposite of Christianity is not Atheism, but Idolatry.”

- Peter Krefft

Romans 11-12

36 “For from Him and through Him and to Him are all things. To Him be **glory** forever. Amen. 1 I appeal to you therefore, brothers, by the mercies of God, to **present** your bodies as a living **sacrifice**, holy and acceptable to God, which is your spiritual **worship.**”

Our message is **JESUS**. He is **GOOD NEWS** to our campers. He is our **SAVIOR**, who redeems us to a life worth living together.

Through Jesus – God gives us that same **confirmation**. It was nothing we have done or ever could do. It is because of God’s goodness and grace that Jesus lived our life, died our death... and through His resurrection offers new life. **Worship** is still the foundation. It is because of Jesus (vs. 36) that we are called to present or dedicate ourselves to God AND sacrifice our all.

Worship at Camp

Because you are dedicating yourself to the ministry here at Arrowhead AND because you are sacrificing your time and energy to sing songs, play games, clean toilets, talk about Jesus, set tables, swim in the lake, give a hug and share meals together... **you are worshipping God.**

As you serve here at camp our ultimate goal, our mission and passion is to **WORSHIP** God. Anything short of worshipping God is sin... the root of which is Idolatry. First and foremost you are a

kingdom builder. As for now, you find yourself building the kingdom in the context of camp. You will have great opportunities to serve and love others. Much of what you do will revolve around physically caring for individuals. Each day will be a great opportunity for **WORSHIP**.

✦ EXAMEN – DAY 1 ✦

What do I care about most?

What makes me most happy?

What do I fear more than anything?

What one thing or one person could I not stand to lose?

How do I introduce myself to other people?

What makes me angry?

What do I spend my money on?

What thing or person defines me the most?

Is God in the place of Glory **throughout** my life?

What idols do I worship in place of God?

 **FIRST LOVE** 
DAY 2

Our desire and ability to worship is rooted in love. Our love for God and our love for others overflows from God's love for us... that is the **First Love**.

First love is an unconditional love. A love that is not based on who we are or what we do but on who God is and what He has done. We are not only un-deserving but ill-deserving of His love. We are His enemies... but still, He has loved us **FIRST!**

READ: John 18:38 – 20:18

Beautiful Scandalous Night - Lyrics

Go on up to the mountain of mercy
To the crimson perpetual tide
Kneel down on the shore
Be thirsty no more
Go under and be purified
Follow Christ to the holy mountain
Sinner sorry and wrecked by the fall
Cleanse your heart and your soul
In the fountain that flows
For you and for me and for all

At the wonderful, tragic, mysterious tree
On that beautiful, scandalous night you and me
Were atoned by His blood and forever washed white
On that beautiful, scandalous night

On the hillside, you will be delivered
At the foot of the cross justified
And your spirit restored
By the river that pours
From our blessed Savior's side

Mark 10:13-16

In the midst of teaching, Jesus allows children to approach...

13 And they were bringing children to him that he might touch them, and the disciples rebuked them. 14 But when Jesus saw it, he was indignant and said to them, "Let the children come to me; do not hinder them, for to such belongs the kingdom of God. 15 Truly, I say to you, whoever does not receive the kingdom of God like a child shall not enter it." 16 And he took them in his arms and blessed them, laying his hands on them.

Following Jesus is like being a little child – with no power, no position, nothing to show or be proud of. They had nothing to offer Jesus. Jesus simply wanted to **love them**.

This is difficult for us because we live and operate by trying to **deserve** the love God offers. But first love is the love of the cross. We have done nothing. We have earned nothing. We have nothing to offer God that that would cause Him to love us accordingly. The exact opposite is true... and so Jesus went to the cross. God loved us **first!**

First love is what causes us to love others. Your love for the campers must flow from this first love. Uniquely though, the campers you serve here at Arrowhead will lead you to this first love... if you allow them. Their purity and vulnerability, their peace and humility, their desire to freely give and receive love is an open invitation to experience God's love for you as you love them. This love from our campers is a gift.

In our campers, most people will see a disabled person who is a burden to their family, to their community and to the world. If not for God's love you might see them that way too. To do so, is to hide the truth... the truth that our campers are a gift and **the gift not received, is the gift not given**.

Like our campers, like little children, we must hear and listen to that quiet loving voice that says, "I love you whether you are rich or poor, whether you are married or not, whether you are handsome or unattractive, whether you are successful or not. No matter what... I love you!" (Day Break 194-195).

Our Prayer: May Arrowhead be a place where the **first love** of God is revealed to people anxious to prove they deserve love.

EXAMEN – DAY 2

Is God's love for you, Jesus' death on the cross and your identity in Him close to your heart?

How have you received love from a camper today?

How have you loved a camper today?

LECTIO DIVINA

DAY 3

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 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.

Lectio - Scripture Reading: Romans 8:29-39

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

EXAMEN – DAY 3

Has your worship today connected with a thirst and hunger for the power of God's Word?

What scripture has come to mind as you served today?

How can you begin to incorporate Lectio as a part of your alone time with God?

THE GIFT

DAY 4

Much of the ministry here at Arrowhead surrounds the body. Most of our worship is physically caring for others – our campers and even each other.

God is the one who puts the value on all people... and He says that ALL people are worth dying for. As we value the campers as God does... we begin to see Jesus in them. First, as they are image bearers of God. Second, as their lives reflect Jesus in the ways that God has created them. Their vulnerability, peace, kindness, and joy are all a reflection of Jesus. They do not “try” to exemplify these characteristics. It is simply who they are. In their weakness they are a unique instrument of God’s grace, a revelation of God among us. Because of who they are we can clearly see God and see who we are to become.

Can our campers pray? Do they know who God is? Do they understand what the name of Jesus means? Can they believe in the scriptures and hold them as truth?

These are human questions. These are questions that may never be answered. These are also questions that come from below not from above. We, the so-called “normal” people, look at our campers and wonder how much they are like us. But they make no comparison. They simply live life and by their lives invite us to receive a unique gift – wrapped in weakness for **our transformation**. While we worry about how much we produce or how we have performed... our campers tell us – it is more important to **be** rather than to **do**. While we are consumed with what others think of us... our campers tell us – God’s love is more important than the praises of other people.

It is a great mystery in scripture that – the least shall be first, losing our lives is how we find them and gentleness inherits God’s

kingdom. **Do NOT** miss the unique gift that proclaims this truth right in front you! Remember, the gift not received is the gift not given.

“The gift not received is the gift not given.”

As you serve the campers **do not** lose sight of God’s love for them AND the love He gives you for them. If you do – you will simply be someone who cuts up food, washes dishes, change diapers, clean toilets, shuttles people from one activity to the next, cleans up messes, plays games and just baby sits adults. You will become frustrated, exhausted, bored, impatient and lonely AND the campers will not be able to give their gifts, fulfill their mission and reach their potential.

The campers will see through fake smiles, and resentful hearts. They notice empty words and empty hearts sometimes even before we ourselves do. They uncover our irritable nature, impatience, cold demeanor, vane niceties, jealousy and lack of interest. What really matters to them is true friendship, pure love and faithful presence. “Their heart registers with extreme sensitivity what is real care and what is false, what is true affection and what is just empty words. Thus, they often reveal to us our own hypocrisies and invite us always to greater sincerity and purer love” (Adam 19).

Through these whom the world has made marginal and useless, God speaks mightily. Through our campers – the poor and weak, the broken, He makes His presence known. In our production-oriented, success-driven world this makes no sense. But to God it makes perfect sense.

EXAMEN – DAY 4

How do you view the campers?

Did you serve today out of obligation or love?

How did you see Jesus in and through the campers today?

✦ SOLITUDE & SILENCE ✦

DAY 5

There is no doubt that noise, words, people, work, fun and many of 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. 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.

Solitude and Silence 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 and silence.

We also see the beginnings of solitude and silence. With time alone in silence the ripples cease and the water clears. The idea

of solitude and silence 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 and Silence

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 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 accustom 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 and Silence 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 and silence 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 and Silence you will thirst and hunger for more.

Like a Feather

A great way to start your time in Solitude and Silence 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 and Silence 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 and Silence 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 silence.

 **EXAMEN – DAY 5** 

What was the easiest part of your time in solitude and silence?

What was the hardest part of your time in solitude and silence?

What did God reveal to you through solitude and silence today?

 **HOW TO BE SEEN** 
DAY 6

Read: Luke 10:38-42 and John 11:1-45

In these two accounts we see Martha and Mary interacting with Jesus. Martha and Mary have very different responses to Jesus' presence. What did you see:

Martha was concerned about "how she could be seen by Jesus."
Mary however, was concerned with "how she could see Jesus."

As this week comes to a close, take some time to reflect – on the tasks you completed, the staff you served with, the campers you cared for, the spiritual disciplines you've engaged, and the lessons God has taught you.

Have you been concerned with being seen by Jesus OR have you been concerned with seeing Jesus?

May you seek to **sit** at His feet, to **worship** Him and receive the **joy** that comes from our loving heavenly Father.



HOW TO SEE



DAY 7

A Time to Respond

Take the next few pages to worship God by... journaling, creating art, writing a prayer, noting a story from the week, etc.

✦ **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 we encourage you to continue to put God in the **place of glory**, that your **first love** would freely overflow from you to everyone you meet, that you would receive God's **gifts** in others, that you would find **joy in seeing Jesus** and that you would follow Him and **know Him MORE**.

- Ben Myers