



INTENT

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. **INTENT** is defined as, "an anticipated outcome that guides your planned actions; captive, given or marked by complete attention". Our desire is to challenge you to explore and evaluate your intent. Our passion is to provide you with intentional space to find what God intends for you here and back home.

Worship and balance will be our focus as we engage in several spiritual disciplines throughout the week. I encourage you to take each day and each topic/discipline at your own pace. Our goal is to both *process* and *accomplish*. We believe camp is a great place to work **on** your life instead of just **in** your life. Your time here at camp will not be an isolated experience. What you do here will have a great impact not just on Monday morning but on your life as a whole.

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. God tells us that as we follow Jesus we will be transformed by the **renewing** of our minds. Early Christians called this our **affections** for God. Today, we like to use the term **spiritual growth**.

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.

We will be exploring several spiritual disciplines this week. 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.

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)

 **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 is 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 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?



BALANCE



DAY 2

As we begin to truly worship God (dedicating yourself and sacrificing to Him) we are immediately faced with choices. Choices of right and wrong, commission and omission and what is good, better and best.

As we follow Jesus we see that He made **wise** and **healthy** choices which created balanced worship. Notice that because Jesus made wise and healthy decisions does not mean that He was rich, famous, had possessions, a house or even a family. Instead, Jesus obediently worshipped God the Father... no matter what. It is obedient worship to God that gives us life (present life and life eternal) that is filled with blessings that we can not receive from money, people or possessions alone.

Wisdom:

Most of our days are not filled with big life changing decisions and monumental consequences. Instead, we spend most of our time making small decisions about every-day things with seemingly little consequence. You must realize that most of our worship occurs in the small things every day. We begin to worship Idols, and not God when we make unwise (the Bible says *foolish*) choices.

Andy Stanley of Northpoint Community Church proposes a helpful question for evaluating the wisdom of our everyday choices:

“In light of my past experiences, my current situation and my future hopes & dreams... what is the wise decision?”

Spend some time today evaluating decisions you have made in the past week, month, year. Be mindful today of the decisions you make... decisions to act or be still and to speak or listen. How will you approach others and how will you respond?

Healthiness:

True worship is marked by healthiness. Most of us live unhealthy lives because the every-day things are disconnected from worshipping God. We worship God at a church service or when we listen to a Christian radio station in the car, but we miss the opportunity to worship God with a good night's sleep, a meal shared with family, reading a good book, taking out the trash, cleaning the bathroom, taking a nap or lending a listening ear to a friend. We are disconnected with who God is and where He is. Whether we try it or not, God takes the spiritual parts of our life but not the routine, the secular, the "this is mine" parts. We are driven or we are lazy... either way it takes all our time. Going from place to place or going nowhere becomes our focus. Instead of living in the present and enjoying the moments of our day we rush on to the next thing or we avoid what's coming. This unhealthiness leads us away from God's presence.

We encourage you this week to answer the question, "Am I healthy?" We hope your time here at camp allows you to ask this question in an environment of healthy worship. Going deeper, we challenge you to think about your healthiness at home.

Most people do not have enough time or energy to do more than six things. Take some time to contemplate and pray through this list. Are you healthy or unhealthy?

1. Breathing (the energy it takes to stay alive)
2. God (your time with God – corporate and individual)
3. Family (your spouse, kids or your parents)
4. Job (what you do to provide for your family)
5. Ministry (how you serve... producing not consuming for God)
6. Hobby (something you do for recreation or rest)

✦ EXAMEN – DAY 2 ✦

What are some every-day things in my life that are disconnected from my worship?

What kinds of healthy things do I say or do... that I do not see as a part of my worship?

What are some unhealthy things that are leading me to worship idols instead of God? What is the wise choice concerning that idol?

 **INWARD: LECTIO DIVINA** 
DAY 3

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

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?

Do you trust God at His Word, that it is powerful and life changing? Do you believe the Scriptures will change your life?

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



IDOLS



DAY 4

We have identified **worship** as the foundation for an obedient life with God the Father. To further understand worship we must look closer at **idolatry**. As mentioned before, the opposite of Christian 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 worthiness. To put someone or something in the place 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 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”.

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)?

EXAMEN – DAY 4

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?

✦ OUTWARD: SOLITUDE ✦

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 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 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 5** 

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?

CORPORATE: CELEBRATION

DAY 6

Take a few moments to stop and remember times we you have celebrated. Create a mental list of events, relationships, activities and meetings that were cause to celebrate. As different things come to mind, stop and playback the details. Allow yourself to remember the sights, the sounds, the smells and others who shared the experience with you.

It is easy to make the blanket statement that each celebration you remembered included other people. God designed us to live in community with relationships. It is part of our design as His image bearers.

Maybe you thought of a wedding, a child being born, a birthday party, a new career, a new home, an anniversary or the day you were redeemed. Think if you tried to experience those times of celebration on your own without other people close to you or even supporting you from a distance. Without relationships we would have little to celebrate.

It is evident today though that even the existence of relationships does not guarantee that we will celebrate. We can be in a room full of people or even sitting at the same table sharing a meal... and still be miles away from anyone. It is hard to tell which is the horse and which is the cart. Do we need relationships to celebrate or do we need to celebrate to create or build relationships?

The corporate disciple of celebration is a scary one. Many good and bad things can happen when you open your heart to others. Vulnerability comes with no guarantees.

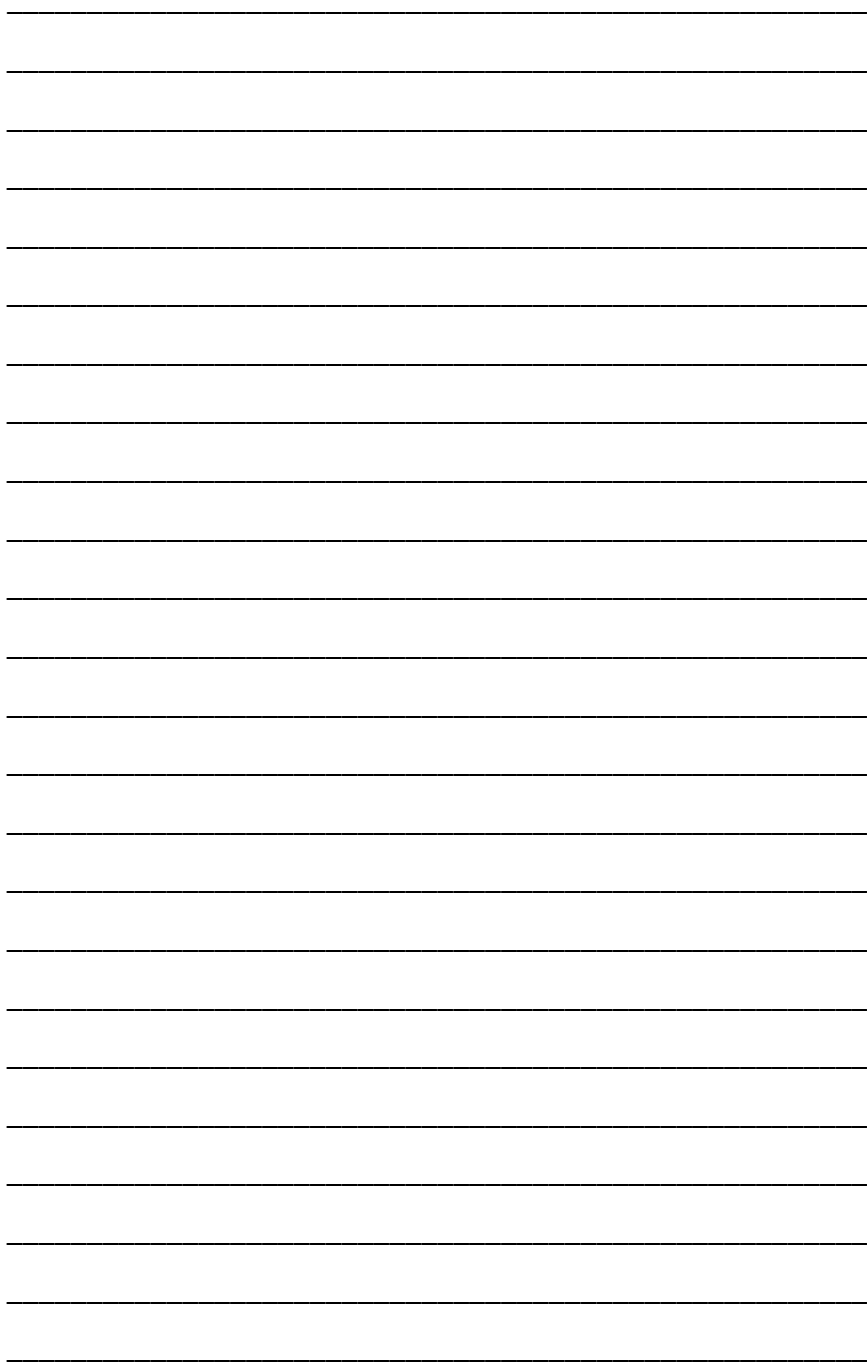
As you have been serving here at camp surrounded by people serving with you and people whom you are serving... there has

EXAMEN – DAY 6

How often do you celebrate?

Does your relationship with God give you cause for celebration?

If not, what areas of your life are not connected to your relationship with God?



 **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 you embrace His system of **value and worth**, and that your relationship with God will give you great cause to celebrate.

- Ben Myers