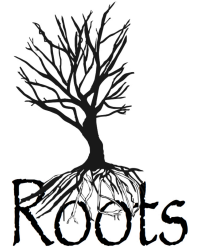


MONDAY ROOTS



Welcome to **Roots!** What exactly is **Roots**?

Roots is a time set aside for you and God to hang out. Although previously done in partners, this year it is designed to provide time and space just for you and God. For some of you, this may feel new or even intimidating. If so, relax and open yourself up to the possibility of experiencing the love and goodness of God. Everything in Roots is for your benefit. Nobody will judge what you write here. Who knows? This may be the most meaningful part of camp for you!

Why do we call it **Roots**?

In order for a tree to grow strong, it needs healthy roots. Roots are mostly unseen, yet they provide huge support for a tree. Without roots, trees die. In the same way, when we spend time with God, it is often unseen by others, but provides incredible strength for our life - not just our spiritual life, but every part of life.

Daily **Challenges**

Each day includes a challenge. We hope everyone at camp completes the daily challenges, supporting and encouraging each other in the process.

Here is today's challenge: **Walk slowly everywhere you go.**

Walking to your cabin? Slow down. Walking to the lake or corn hole? Do it slowly. This will require you to leave earlier than usual to avoid being late.

[Exceptions: If you really have to pee. If a chinchilla is chasing you. If you're playing capture the flag or any other game. If you're late. Etc...]

Right now, before this challenge even begins, how do you feel about walking slowly? (Choose as many as you like.)

- I'm going to love it.
- I'm going to hate it.
- It's going to feel weird.
- It will be fun to see other people doing it too.
- I'll give it a try
- Other _____

Do you think there will be any benefits to walking slowly? If yes, write them here. If no, why not?

In a moment, you're going to read Matthew 11:28-30. Before you do, let's think about what a yoke is. The purpose of a yoke is to join two animals to work as one. The focus here is not so much on the work, but in oneness with Jesus.

Step 1. Read it quickly.

²⁸ "Come to me, all you who are weary and burdened, and I will give you rest. ²⁹ Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. ³⁰ For my yoke is easy and my burden is light."

What is the first thing that comes to your mind after reading these verses? Write or draw it here:

Step 2: Read it normally.

²⁸ "Come to me, all you who are weary and burdened, and I will give you rest. ²⁹ Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. ³⁰ For my yoke is easy and my burden is light."

Did you notice anything new after reading it a 2nd time? If so, write it here:

Step 3: Read it slowly.

²⁸ "Come to me, all you who are weary and burdened, and I will give you rest. ²⁹ Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. ³⁰ For my yoke is easy and my burden is light."

Which word or phrase is catching your attention? (Write it below.)

Pray the following, and then wait in silence for a response:

“Lord, what are you trying to say to me through these verses?”

Wait. Listen. Embrace the silence.

Write any thoughts that come to you. (Don't worry if you're not sure whether they are your thoughts or God speaking. No one is judging you on this. Just write freely.)

Spend a few minutes telling God what's going on in your mind.

How are you feeling today?

What are you happy about?

What are you anxious about?

What are you looking forward to?

What else do you want to say to God right now?

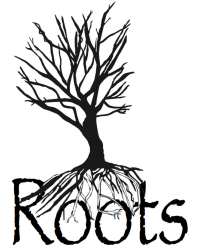
What is one thing from this **Roots** session you would like to share with your family group?

Heart Stash

When you rejoin your family group, one of the things you will do is try to remember the words of this verse. It might help if you concentrate on it for a moment now.

Matthew 11:28: *“Come to me, all you who are weary and burdened, and I will give you rest.”*

TUESDAY ROOTS



Yesterday, you were challenged to walk slowly. How did it feel?

(Choose as many as you like.)

- Awkward
- Fun
- Oops! I forgot.
- Like normal
- I chose not to.
- I want to do it again sometime!
- I never want to do that again!
- Other _____

What is one thing you noticed while walking slowly - something you didn't notice before?

Here is today's challenge: Dish out ten genuine compliments by 11 PM.

Don't be fake about it, rather find some sincere ways to tell others how great they are. Feel free to include people you don't know yet.

Let's switch topics and think about anxiety.

When you hear the word "anxiety," what is the first thing that comes to your mind? Write or draw it here:

Think about the last time you felt anxious. What tends to make you anxious?

How do you typically deal with feeling anxious? (Choose as many as you like.)

- Talk to someone
- Listen to music
- Take a nap
- Read a book
- Exercise
- Eat something
- Pray
- Watch a movie/show
- Go outside
- Play video games
- Other _____

Read 1 Peter 5:7.

"Cast all your anxiety on him because he cares for you."

(Feel free to read this verse a few times.)

Peter encourages us to cast our anxiety on "him." Who do you think "him" refers to?

According to Peter, why are we invited to cast our anxiety on the Lord?

What do you think it means to cast our anxiety on the Lord?

(Choose as many as you like.)

- Talk to God about your worries.
- Ask God to help you by removing your anxiety.
- Ask God to be with you in the midst of your stress.
- Yell at God.
- Listen to worship songs.
- Write a prayer.
- Look for help and guidance in the Bible.
- Ask God to give you direction - the next step you should take.
- Other _____

Now is your opportunity to cast your anxiety on the Lord.

- ▶ Identify anything you feel anxious about.
- ▶ Talk to God about it. Tell God everything (even if you're mad).
- ▶ Ask God to be with you in the midst of your anxiety.
- ▶ Ask God to help you.
- ▶ Tell God anything else you want.

What is one thing from this **Roots** session you would like to share with your family group?

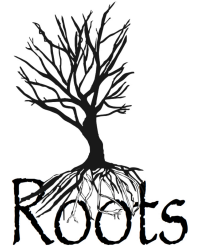
Heart Stash

When you rejoin your family group, one of the things you will do is try to remember the words of this verse. It might help if you concentrate on it for a moment now.

1 Peter 5:7.

"Cast all your anxiety on him because he cares for you."

WEDNESDAY ROOTS



Yesterday's challenge was to dish out ten compliments. How did it go?

(Choose as many as you like.)

- I was a compliment machine!
- It was okay.
- Oops! I forgot.
- I wanted to, but I wasn't sure what to say.
- I chose not to.
- It felt really good.
- It was terrible.
- It was fun.
- Other _____

Did you receive any positive responses from others when you complimented them? If so, make a note about it here so you can remember it later.

Knowing that everyone was given the same challenge, did you notice any changes in the social atmosphere at camp? If so, what did you notice?

Here is today's challenge: Eat slowly and put down your fork/spoon/food between every bite.

This will probably feel weird, but give it a try. Take your time. Savor your food. Enjoy the moment to eat with friends. Slow down and relax.

Read 1 Thessalonians 5:11 a few times:

"Therefore encourage one another and build each other up, just as in fact you are doing."

Thinking about the world around you (including social media), do you think it is more common for people to use words that build others up or tear others down? Why do you think this?

How about you? Which types of comments do you make most often?

▶ **Out loud:**

Encouraging words Neutral words Insulting words

▶ **In your head:**

Encouraging words Neutral words Insulting words

In 1 Thessalonians 5:11, we are encouraged to do two things: encourage one another and build each other up. Let's assume there is a difference between encouraging and building up. How would you describe that difference?

What do you think God likes most about you? In other words, if God were to give you a compliment, what would God say?

What do you like most about yourself? In other words, if you were to give yourself a compliment, what would you say?

What is one thing from this **Roots** session you would like to share with your family group?

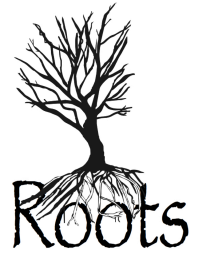
Heart Stash

When you rejoin your family group, one of the things you will do is try to remember the words of this verse. It might help if you concentrate on it for a moment now.

1 Thessalonians 5:11:

"Therefore encourage one another and build each other up, just as in fact you are doing."

THURSDAY ROOTS



Thinking about yesterday's challenge, how did it feel to eat slowly?

(Choose as many as you like.)

- Great!
- Annoying.
- Oops! I forgot!
- It felt weird to put my fork/spoon/food down between each bite.
- I noticed more of what was going on around me.
- I just wanted my food, man!
- Chose not to do it.
- Didn't feel that different.
- Other _____

Did you end up having more conversations (or better conversations) with people while eating slowly? What happened?

Sharing a meal with people is a great way to enjoy their company and get to know them better. Thinking about the future, what are some ways you can make the most of meals with family and friends?

Here is today's challenge: Ask two different people this question:

How did God find you this week?

Read Philippians 2:12

"Therefore, my dear friends, as you have always obeyed—not only in my presence, but now much more in my absence—continue to work out your salvation with fear and trembling,"

When you think about working out, what comes to mind?

Since we're at camp, let's creatively think about this verse, as if it were written to us in the future, with different words: *"Dear campers and staff... Remember how excited you were about God when you were at camp? Continue to exercise your faith back home, as you live in holy amazement of God—which brings you trembling into God's presence."*

Thoughts...

Without physical training, the body does not grow stronger. Without spiritual workouts, our faith does not grow stronger.

Here are a couple examples of working out your salvation could look like:

- ▶ When you dedicate some time to spend with God - listen to worship music, read the Bible, talk to God, and listen to God. It's like a daily workout for your spirit!
 - ▶ ***Why does God want us to have this kind of workout?*** *Because God loves spending time with us! God also knows it will help us feel more relaxed and clear about our life.*
- ▶ Someone wrongs you. You get mad about it. You have a right to feel angry because what they did was just WRONG. You feel like holding on to the anger and bitterness. You do NOT feel like forgiving them. You might even feel like planning revenge. But instead, you forgive them. You release all the anger and bitterness, letting it go. You are FREE from what they did to you.
 - ▶ ***Why does God want us to have this kind of workout?*** *Because God knows that holding on to bitterness and resentment is like drinking poison and expecting someone else to die. God wants us to be free, and forgiving others is a path to freedom.*

Challenge:

Now that you have some examples of working out your salvation, it's your turn to set a goal. What is one way you plan to work out your salvation? Asked another way, what is one spiritual workout you plan to include in your life? (Hint: be

specific, not general. "Read the Bible" is general. "Read one chapter a day" is more specific.)

Describe what you plan to do:

How often do you plan to do it?

I will tell _____ about this so she/he can be my spiritual workout buddy.

How did God find you this week during **Roots**?

What is one thing from this **Roots** session you would like to share with your family group?

Heart Stash

When you rejoin your family group, one of the things you will do is try to remember the words of this verse. It might help if you concentrate on it for a moment now.

1 Thessalonians 5:16-18

16 Rejoice always, 17 pray continually, 18 give thanks in all circumstances; for this is God's will for you in Christ Jesus.