

Dear Families,

We look forward to when we see you all in person again. This summer has been a time of great opportunity as we work on many projects at camp. One of our opportunities this year was hosting a virtual Quest for Camp. We had a great time and I want to invite you to be part of the camp. Zoom calls are over, but there was so much good info in the curriculum this summer that I want to share it with you and your families.

Below, you will find 7 days (or weeks) of curriculum. It will include the theme, Bible reading, memory verse, prayer practices, short devotional, and family activities. I found the themes this year to be so relevant to the things we need and long for today. I hope you find the same meaning and discover the things you are longing for.

This is Our Prayer is about the longings of the human heart. The themes cover issues and concerns that all people wrestle with no matter their background or beliefs. Through scripture we continually see people connect to God through prayer as they speak their hearts or settle down and make room for God. God is longing to connect with us and is listening for the longings of our heart.

Take pictures of the activities you have done and send them to jessk@campmack.org to be included in the Waubee Waves for this year.

Jessie Kreider, Program Director

“Rejoice always, pray continually, give thanks in all circumstances; for this is God’s will for you in Christ Jesus.”- 1 Thessalonians 5:16-18

REJOICE—PRAY—GIVE THANKS

this is **OUR** prayer



SUNDAY (DAY 1)- LONGING TO BE INVITED

Scripture: Luke 6:12-16 Jesus calls disciples

Memory Verse: Luke 6:13a *“And when day came, he called His disciples.”*

Vocabulary and Concepts to explore:

Occupation/Vocation. What are other words to describes different jobs or callings?

Explore different jobs that people have and how they serve God through that job.

Focus: Called- God Acting in You

Devotion:

Growing up, each year in elementary school we would start the year with filling out a worksheet. We would draw a self-portrait, talk about siblings, and fill out the “What do I want to be when I grow up?” Firefighters, teachers, nurses, and even race car drivers were common answers. Not me. I wanted to work at McDonald’s. Fast forward to summer of 2000. I had just graduated high school and needed a job. I wasn’t as excited as I was as a 1st or 2nd grader, but McDonald’s it was. Over the next two and half years I learned skills in customer service, time management, efficiency, cleaning, working with others on a team, fixing mistakes, and meeting goals/benchmarks.

When Jesus called His disciples, he called fisherman, a tax collector, a zealot, and those with occupations not named. God call us by name to follow him. There are skills to be learned in every job we do. So, be a trash collector, a doctor, a tax collector, work on a fishing crew, be a teacher, be a parent, teach piano, train to be a hair stylist, work at a solid waste district; God calls you by name to serve Him and there are ways to serve Him and others in every occupation.

Prayer Practice: Prayer Partners

Pray for Family: Put the names of everyone in your household in a hat and draw a name. For a day or a week, pray for that person and try to do a random act of kindness for them without getting caught. At the end of the day, reveal who you had and share something special about them. Join in prayer as a family to thank God for each other and making you all unique.

Pray for Neighbors or friends: Choose a neighbor or a family you know to pray for as a family. Do an act of service for them or bake something yummy for them.

Activities

Throw a Party: Choose a fun upcoming holiday to celebrate (ex. National hotdog day or national ice cream day). Even if it’s just your family, someone make the invitations, work on decorations together, plan a fun menu, and celebrate family.



MONDAY (DAY 2)- LONGING TOGETHER

Scripture: Esther 4 (Chapter 4 is a key decision-making moment. Read the whole book for greater context)

Memory Verse: Esther 4:16a *“Go. Gather the Jews. Don’t drink or eat anything for 3 days.”*

Vocabulary and Concepts to explore:

Context matters in the story, but you will have to adjust it to the age group you are discussing with. Topics may include the following. Fasting, Role of Women- Why couldn’t Esther just approach King and ask questions.

Focus: Community: God Acting through Us

Devotion

We are all part of different communities. Our families, schools, sports teams, clubs, churches, friends, jobs, etc.... are all examples of communities we belong to. Esther showed courage in standing up for her community, but sometimes being a community starts with small or simple acts of service.

I am thankful for the Sunday school class I am in. It is a group of people who share in each other’s stories; our successes and failures, our worries, our rejoicing. When someone has an upcoming job interview or appointment, another person always seems to speak up to ask, “what time”, so we can set an alarm to pray and send text reminders to each other to pray over that person.

So, when you have a decision to make, lean into the power of community. Seek out guidance and allow others to pray for you.

Today, as you spend time with family, take time to share your gifts. What are you good at? What do others think you are good at? How can you combine your gifts to make your communities stronger? Take time to thank God for our differences and how each person’s gifts enhance the community.

*The book of Esther also shows the power of a generational story. We encourage you to share stories with family and hear their stories of growing up and shared memories. What will you learn from your family?

Prayer Practice: Keeping Hours

Keeping Hours is a way to pray and take pause during the day. We have habits and routines we do every day. They include getting up, eating meals, showering, brushing our teeth, walking the dog, bedtime routines, and more. Is prayer a habit you practice in your life? At monasteries, a bell will ring to let people know it is time to take a pause and pray. Would you feel like that was an interruption to your day if you were doing something? Praying hours shows us we are more important than our tasks. So, work to make prayer a habit in your life. Maybe you start with praying as you wake up and go to bed. Practice and give yourself grace as you begin a new habit. Maybe you will see pause as a gift.

Activities

Stand Together: Play a game of follow the leader or weird walking. Ways to stand together may include things like saying as many animals as you can think of in 1 minute, hopping on 1 foot for 30 seconds, or finding a few all of you like.

Rube Goldberg Machines: Rube Goldberg Machines take everyday objects to complete a simple task in a ridiculously complicated way. Think 10, 100, or 1000 steps to water a plant. There are lots of fun ideas online. Use simple machines such as wheel and axle, pulleys, levers, planes. Add in everyday objects such as balls, tubes, funnels, dominos, string, cups. And then choose a simple task to complete such as popping a balloon, watering a plant, or pouring a bowl of cereal. Keep testing and adding until you have a product you love. HINT: Start from the end and work backwards.

Just like every part in your machine plays a specific role in this process, think of the ways you are unique and how you add a specific role in every community you are part of.

Continue this project into tomorrow as we look at how we sometimes make things way harder for ourselves than they need to be.



TUESDAY (DAY 3)- LONGING TO BE HEARD

Scripture: Jonah 4-

Chapter 4 shows the emotional showdown Jonah had when talking with God and how God responded by listening. Read the entire book of Jonah for more of this story of a really bad prophet and a fish with built in GPS.

Memory Verse:

Jonah 4:1-2a *“But this was displeasing to Jonah, and he became angry. He prayed to the Lord.”*

Vocabulary and Concepts to explore:

Explore emotions. We don't always know what is causing a strong emotion like anger or sadness. We may even have trouble naming the emotion. But we know how we feel physically. Angry and crying with no reason may be hunger. Explore emotions today. Name different emotions. How do each look? How does each feel physically? What is a trigger for each? Look at several emojis and guess the feeling shown. We are all just human emojis. That work at recognizing different emotions in ourselves and others.

Focus: Open Feelings in the Mess

Challenge:

Do a random act of listening today. Be intentional to really listening as someone tells you a joke, shares a story, or shares a feeling.

Devotion:

When someone asks us how we are, how often do we reply with “I’m fine?” Are we really fine or do we hope the other person will just take that response and move on in the conversation? Why do we hide how we are feeling? In chapter 4 of Jonah, Jonah did not hold back with God. He let God know his frustrations and poured out his heart. Did God punish Jonah for whining? No! God listened to him. Jonah was heard.

Prayer connects us with God. Jonah's heart to heart conversation with God was prayer. Isn't it a relief that we don't have to hide our true feelings from God? He already knows them, but He will hear us when we call out to Him.

Prayer Practice: Call and Response

Shout out things you think about and then respond with an emotion that you feel related to that (or make a face that shows that emotion). It could be ice cream, family, school, video games, play time in nature, bullies, writing....

Finish with this prayer:

God, we come to pray with our whole bodies: our minds that think, our emotions that feel, our hands and feet that move. Bless us in our worship, we pray. Amen.

Bedtime Story: *Green Eggs and Ham* by Dr. Seuss

Activities

Make it Hard Relay: In Jonah, he didn't like the people of Nineveh and made it as hard as possible to reach out to them. He ran away, a fish made sure he got where he was supposed to go, he shouted the message from the edge of the city, and then got mad when the people came to God.

For this relay, take a simple task like carrying a ping pong ball on a spoon from a start to finish line without dropping it. Each person should use what they have around them to create a relay that is as hard as possible (and safe) and accomplishes the basic task. Try out your hard relay and then try each other's relays. Who made the hardest one?

Just like Sam I Am made a big fuss about how he did not like green eggs and ham (even though he hadn't tried them) and how Jonah ran away from God and made his job of preaching to Nineveh as hard as possible, we also make things in our life harder than they need to be some days. So, go ahead and take out the trash and wash the dishes. You are going to have to do them and it's not going to magically take care of itself.



WEDNESDAY (DAY 4)- LONGING FOR GUIDANCE

Scripture: 1 Kings 3:7-15

Memory Verse: 1 Kings 3:9a *“Give your servant an understanding mind”*

Vocabulary and Concepts to explore: Wisdom

What are areas in your life where you make decisions every day? Explore choice and consequences. Where can we practice decision making?

Focus: Seeking Guidance

Devotion:

Carrots or Broccoli? Sandals or shoes? Baseball or Soccer? Brush teeth first or shower first? Math or English homework first? Say what you think before you speak or just say it? Hold the door open for someone or just walk through and don't look back?

Every day we make hundreds of decisions. Some of them are easy, like picking whether you want to watch Frozen or Moana. Other decisions can be harder, like choosing to say you are sorry when you make a mistake or deciphering answers on a multiple-choice quiz.

What do we need to make the decisions we come across each day? Sometimes the action of deciding paralyzes us. We get so anxious that we can't focus on anything other than the decision, but we don't know what decisions to make. I like the memory verse for today where Solomon responds to God and says, “Give your servant an understanding mind.” You show maturity when you ask questions, ask for help, or accept guidance from others.

Spend some time today exploring everyday decisions. What are things where you can say, I got this!? What are things where you need to say, I need a hand? Thank God for the guidance and wisdom He gives to us and those around us and to the helpers in our lives.

Prayer Practice: Labyrinth

We are all on a path in life. Find a labyrinth in a park to walk, use the finger labyrinth below, or make your own. Look up different ways to use a labyrinth. If you have a big decision to make, a labyrinth can help you focus. A labyrinth is not a maze. There is no beginning and separate ending, there are no dead ends. As you enter the labyrinth let your mind think about the decision you need to make. You can even go directly to the center and just stay there until you begin to calm. When you feel focused, go out of the labyrinth and you work through a plan of what you will decide next. Just like using a labyrinth, we all use ways to find our focus, whether by listening to music, find a quiet space, or my walking in nature.



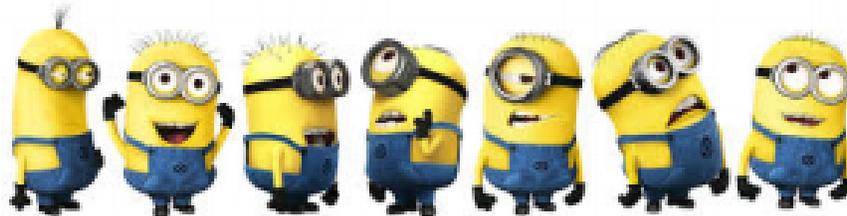
Activities:

Proverbs Seeking- As a family, each person takes a Bible and flip through the chapter of Proverbs. When you find a verse that speak to you or you find interesting and full of wisdom, share it with the rest of your family.

Board Game Night- Board games are a great way to practice decision making skills. Learn to play class like Chess or Checkers. Play Memory Match.

Dichotomous Keys- Dichotomous keys are used in many field guides for identification purposes. Use the minion sheet to learn how to use them then find a field guide for flowers, trees, or insects and try out your new skills outdoors.

Who Can It Be Now?



Gru has a uncanny way of telling his minions apart, but can you? Use the dichotomous key below to find the names of Gru's minions. Make sure to write the path (numbers of the questions you said yes to).

- 1a. The minion has one eye.....go to 2
- 1b. The minion has two eyes.....go to 3

- 2a. The minion is smiling.....go to 6
- 2b. The minion is not smiling.....Phil

- 3a. The minion has a toothy smile.....go to 4
- 3b. The minion is not showing teeth.....go to 5

- 4a. The minion is riding on a rocket.....Dave
- 4b. The minion is standing.....go to 7

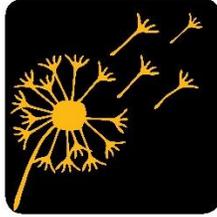
- 5a. The minion is looking at you.....go to 8
- 5b. The minion is working.....Tim

- 6a. The minion is saluting.....Kevin
- 6b. The minion has his finger on his chin.....Kyle

- 7a. The minion has both hands up.....Stewart
- 7b. The minion has one hand up.....go to 9

- 8a. The minion is smiling.....Mark
- 8b. The minion is frowning.....Ted

- 9a. The minion has his left hand up.....Larry
- 9b. The minion has his right hand up.....Bart



THURSDAY (DAY 5)- LONGING FOR RENEWAL

Scripture: Luke 5:12-16, Isaiah 40:1-5, 28-31

Memory Verse: Luke 5:16 But He would withdraw to deserted places and pray.

Vocabulary and Concepts to explore: Self-care, renewal, what takes energy/gives you energy

Focus: Peace in Chaos/ Sabbath

Devotion

Today was just supposed to be a normal day at school, but it wasn't. I came home exhausted. I was going to finish my math homework this morning before the bus came. But, I overslept, dumped my orange juice on my book report, had to sprint to the bus, and tripped up the stairs entering the bus spilling my books all over the floor. Ever had one of those days?

Everyday events can sap of us of our energy and it's not just because we ran extra laps or sprints during soccer practice. Think of yourself like a rechargeable battery. What gives you energy? What uses up energy?

Remember how Jonah cried out to God? Remember today that your emotions are valid. Pay attention to what your body is telling you. In Luke 5:12-16, it is the story of Jesus cleansing lepers. They left and brought back others for Jesus to heal. In the end, he did what he did other times when things got hectic. He went to a deserted place to pray. Jesus gave so much and needed a place to pray to His Father and to recharge. Self-care and renewal are more than just relaxing and recharging. It is also about making room for God to enter our lives. He will bring us peace in the chaos when we make room for God.

Prayer Practice: Guided Meditation

Check out <http://mindfulnessforteens.com/guided-meditations> Use one of these to rest and relax. Or, take a walk in nature. Go barefoot. Slow your pace and feel the trail. Notice the textures and colors of nature. What animals are calling or are alerted by your presence? Smell the blooming plants. See insects at work. How does noticing help you relax and find peace?

Bedtime Story: The Very Hungry Caterpillar

All that eating and growing took a lot of energy. But the Hungry Caterpillar needed to rest to be able to transform into what he was destined to be.

Activities

Unwreck It! Find broken pottery, pieces of cardboard, or other items laying around that seem more like trash than treasure. Use them to create something beautiful. Look up making toad houses. Look at each other's creations and discuss how God can make broken things beautiful.

Fly vs Glide: With your family, go through a schedule of everything you do during a day or week. For each item, each person shows if they are a fly or glide activity. Flying is

for activities that take up energy. Show this by flapping your wings hard. Glide activities are ones where we relax and gain energy. Show this by putting your arms straight out to the sides and slowly glide. Take a walk outside and see if you can see any turkey vultures gliding on thermals. Why do vultures glide? Are they circling something dead like many people think or is it for another important reason?

BACKWARDS DAY!

Read Isaiah 40:4-5 and see an illustration of how God makes the hard things easier for us. Rough becomes smooth is an example of opposites. So, we declare Backwards Day! What will you do first? Switch your shirt around? Eat macaroni for breakfast and Lucky Charms cereal for dinner? Be creative!



FRIDAY (DAY 6)- LONGING FOR CHANGE

Scripture: Numbers 27:1-11

Memory Verse: Numbers 27: 7a “The daughters of Zelophehad are right in what they are saying.”

Vocabulary and Concepts to explore: Fairness vs justice, empathy, deciding you gets what

Focus: Working for change and justice

Challenge for Today: We dare you to Share, care, and be fair.

Devotion:

I remember walking into 3rd grade and my teacher looked at me and said, oh, you must be so and so's sister. Nope, I'm his cousin. It wasn't the first time I had been labeled like that. I was this person's cousin/daughter/granddaughter. The labels were all true and positive, but I am also me. You may have even heard in your life questions/comments like, are you artistic like your brother or you're not quiet like your.... Or you're looking more like so and so each day. These statements aren't wrong, but I want to be recognized for being me.

Read the passage in Numbers. You may notice that in the Bible, the lineage often follows the males, who are named, and the females are filed under them. This chapter in Numbers is labeled as the daughters of Zelophehad or the daughters of Z. Today, say their names; Mahlah, Noah, Hoglah, Milcah, and Tirzah. Recognize their role in the story and their place in this piece of history.

Just like the daughters of Z, recognize others for who they are. Recognize their abilities whether it be engineering, artistry, athleticism, being a good friend, or being a hard worker.

Prayer Practice: Cooperative Art

As family create a mural or doodle a design. You can use words, pictures, or patterns. No matter your artistic abilities, let everyone offer something to the project.

Bedtime Story: One Green Apple

Entering a new culture and not speaking the language can feel very lonely. What are things we can do to welcome others even if we don't speak the same language? How would we like to be included? Today, find ways to reach out to those who are not be included in a group and observe how they may want to be included.

Activities

Perspective- This is an activity showing how we may see things differently than others. Get a group of 2 or more people. Stand with your backs to each other and stare straight ahead. Talk about what you see and observe. Did you notice you each saw things differently even though you were in a similar space? Did you believe the person in their observations or did you tell them they were wrong because you were seeing something very different? If you are standing back to back, what you see out of the corner of your eye may be the same object, but what it on your right may be on their left.

Today, challenge yourself to listen and see things how others see them. Did you learn anything new? Part of decision making sometimes is being a good listener and gathering the information we need to decide.

Change Me Lord Chain- Change me Lord, then let me be part of the change. Many of us have made paper chains at some point in our life. Gather a pile of paper strips, some tape, and markers. Think about times you have felt alone, scared, or powerless. Now think of those who have cared for you, stood up for you, spoke up for you, loved you, or helped you. Write their names on the strips and make a paper chain of helpers. See how others have supported us and see how we are all connected to each other.



SATURDAY (DAY 7)- LONGING TO CELEBRATE

Scripture: Philippians 1:3-11

Memory Verse: Philippians 1:3 I thank God every time I remember you.

Vocabulary and Concepts to explore: Gratitude, celebration, joy

Focus: Sharing our joy

Devotion:

What are you celebrating today? It's surely has been a weird and wacky season as schools went virtual in the spring, we are hug deprived, and things are changing by the day. It can feel a little unsteady some days, but we have plenty to celebrate.

Last night I celebrated the stars that were out and the crickets that were chirping outside because it felt like what I expect a cool summer night to feel like. I celebrated that Velveeta shells and cheese cups were back in stock (we all have our comfort foods).

A phrase we have used this summer has been same, same, but different. We have found new ways to connect with friends and family and been more intentional about it. We used our time to hike new trails and try out new hobbies or recipes in the kitchen.

Today, even if it has not been a good day, find something small to find joy in. I will leave you with Hebrews 13:8 as it brings comfort to know one thing will never change because "God is the same yesterday, today, and forever."

Prayer Practice: Movement/Dance- Be active today as a family. Take a hike or come up with movements that reflect the different lessons this week.

Activities

Reflection: Reflect on the activities you have done this week and the lessons you have studied. Take photos of what you have created or done. Email them to jessk@campmack.org to be put into a Waubee Waves for summer 2020. We missed you so much this summer and we look forward to seeing you in 2021 for "Creation Speaks."