



Spring Heights Camp @ Home

We have all been invited
to this season together, by God.
We come because God loves us.
We come because we live
by the teachings of Jesus.
This week, may we be blessed. Amen.

Small Group Journal especially made for Spring Heights Campers

**Bonus Camp @ Home daily activities for families too!*

Name _____

Zoom/Small Group Time _____

Daily Overview

Thank you for sharing your child(ren) with us this week for Spring Heights Camp @ Home. We look forward to sharing Christ in this new way with you and your family!

This chart gives you an idea of what our daily themes are and what our goals are as we explore Prayer together this week. A few activities through the week will invite campers to make journals, write letters, or draw pictures. We have provided some space here in this booklet, but note that on Monday you will have a Prayer Journal Activity!

Daily Guide	Scripture	Theme	Focus	Campers Will
Monday	Jonah speaks to God Jonah 4	Longing to be Heard	Feelings in the Mess	<ul style="list-style-type: none"> • Campers will acknowledge that difficult emotions like anger, grief, and anxiety are normal. • Campers will find the freedom to share their feelings with God. • Campers will wrestle with their expectations of God's movement in the world. • Campers will learn that prayer connects us with God even in the midst of difficult emotions.
Tuesday	Solomon prays for wisdom 1 Kings 3:7-15	Longing for Guidance	Seeking Guidance	<ul style="list-style-type: none"> • Campers will identify times in their lives they need guidance. • Campers will be invited to make God a partner in decision-making. • Campers will explore how conversations with God are shaped by reflection and wondering. • Campers will learn to listen for the ways God leads us through prayer.
Wednesday	Jesus takes time for prayer Luke 5:12-16	Longing for Renewal	Peace in Chaos/Sabbath	<ul style="list-style-type: none"> • Campers will reflect on weariness and the importance of taking a break. • Campers will explore Sabbath as a time and space of renewal and experience camp as Sabbath. • Campers will discover prayerful ways to renew self and one's relationship with God. • Campers will imagine ways to keep Sabbath after camp.
Thursday	Sisters work for change Numbers 27:1-11	Longing for Change	Working for Change and Justice	<ul style="list-style-type: none"> • Campers will reflect on the impact of injustice in today's world. • Campers will discover how speaking out against injustice can lead to change. • Campers will learn how prayer and action can change even long-standing injustice.
Friday	Paul's words of joy Philippians 1:3-11	Longing to Celebrate	Sharing Our Joy	<ul style="list-style-type: none"> • Campers will celebrate the experiences and relationships built this week. • Campers will be commissioned to share God's love and joy with others. • Campers will know they are partners in ministry with others near and far. • Campers will learn the importance of giving thanks in all circumstances.

Monday Scripture Lesson: Jonah 4

Monday Theme: Longing to be Heard

Introduction: Jonah has a very direct conversation with God. It goes both ways. Jonah pours his heart out to God, including his anger and frustration. Jonah exposes all his thoughts and assumptions. It is honest prayer. The idea of coming to God willing to share all we think and feel, can be an intimidating prospect. Of course, it could also sound amazing!

Jonah 4: But Jonah thought this was utterly wrong, and he became angry. ²He prayed to the Lord, “Come on, Lord! Wasn’t this precisely my point when I was back in my own land? This is why I fled to Tarshish earlier! I know that you are a merciful and compassionate God, very patient, full of faithful love, and willing not to destroy.³ At this point, Lord, you may as well take my life from me, because it would be better for me to die than to live.”

⁴The Lord responded, “Is your anger a good thing?” ⁵But Jonah went out from the city and sat down east of the city. There he made himself a hut and sat under it, in the shade, to see what would happen to the city.

⁶Then the Lord God provided a shrub, and it grew up over Jonah, providing shade for his head and saving him from his misery. Jonah was very happy about the shrub. ⁷But God provided a worm the next day at dawn, and it attacked the shrub so that it died. ⁸Then as the sun rose God provided a dry east wind, and the sun beat down on Jonah’s head so that he became faint. He begged that he might die, saying, “It’s better for me to die than to live.”

⁹God said to Jonah, “Is your anger about the shrub a good thing?”

Jonah said, “Yes, my anger is good—even to the point of death!”

¹⁰But the Lord said, “You ‘pitied’ the shrub, for which you didn’t work and which you didn’t raise; it grew in a night and perished in a night. ¹¹Yet for my part, can’t I pity Nineveh, that great city, in which there are more than one hundred twenty thousand people who can’t tell their right hand from their left, and also many animals?”

The Good News!

God can handle all of our emotions, even the difficult ones. Jonah didn’t want to obey what God asked him to do and ran from God. He is so stubborn; he is ready to die rather than give in. Although God rescues Jonah, Jonah drags his feet and whines. Despite his attitude, Jonah accomplishes his job but is angry about God’s mercy for others. God questions Jonah about his anger, leaving us with an open-ended story with a chance to reflect on our own anger.

What do you think? Take notes here:

Prayer: God, thank you for giving us emotions and for listening to us when we are happy, sad, angry, and afraid. Help us to be happy when our friends are happy and a source of comfort when they are sad. Amen.

God Hears You!

He prayed to the Lord and said, “O Lord! Is not this what I said while I was still in my own country? That is why I fled to Tarshish at the beginning; for I knew that you are a gracious God and merciful, slow to anger, and abounding in steadfast love, and ready to relent from punishing.” - Jonah 4:2

- How does it feel to share when someone is not really listening?
- How do you feel when someone asks questions about a story you told them?
- Who is a great listener in your life?
- What is something you want God to know?

Tuesday Scripture Lesson: 1 Kings 3:7-15

Tuesday Theme: Longing for Guidance

Introduction. The story of David's kingdom is complicated. David advises his son, Solomon, well. David tells Solomon to first and foremost be faithful to God. As Solomon is following his father's advice, he has a dream where he asks God for wisdom. Notice that Solomon asked for discernment to carry out his job; he did not ask God to do the job for him. We should not ask God to do *for* us what he wants to do *through* us. Instead we should ask God to give us the wisdom to know what to do and the courage to follow through with it.

⁷ And now, Lord my God, you have made me, your servant, king in my father David's place. But I'm young and inexperienced. I know next to nothing. ⁸ But I'm here, your servant, in the middle of the people you have chosen, a large population that can't be numbered or counted due to its vast size. ⁹ Please give your servant a discerning mind in order to govern your people and to distinguish good from evil, because no one is able to govern this important people of yours without your help."

¹⁰ It pleased the Lord that Solomon had made this request. ¹¹ God said to him, "Because you have asked for this instead of requesting long life, wealth, or victory over your enemies—asking for discernment so as to acquire good judgment— ¹² I will now do just what you said. Look, I hereby give you a wise and understanding mind. There has been no one like you before now, nor will there be anyone like you afterward. ¹³ I now also give you what you didn't ask for: wealth and fame. There won't be a king like you as long as you live. ¹⁴ And if you walk in my ways and obey my laws and commands, just as your father David did, then I will give you a very long life."

¹⁵ Solomon awoke and realized it was a dream. He went to Jerusalem and stood before the chest containing the Lord's covenant. Then he offered entirely burned offerings and well-being sacrifices and held a celebration for all his servants.

The Good News!

God can help us make good choices when we let him guide us. Solomon becomes a king when he is very young. He realizes how little he knows about how to lead. In a dream, he seeks God and admits that he doesn't know what to do. He asks God to help him become wise. This sets a strong example for all of us to look to God for wisdom and guidance.

What do you think? Take notes here:

Prayer: Thank you, God, for showing us the need to look to you for guidance. Help us to trust that you will provide a way for us to be the people you created us to be. Forgive us when we fail to look to you in all that we do. Amen.

Wednesday Scripture Lesson: Luke 5:15-16

Wednesday Theme: Longing for Renewal

Introduction: From the beginning, God shows the importance of taking time away from work for rest and renewal. We call this Sabbath.

It is helpful to realize that Jesus was constantly practicing Sabbath rest. He took time for renewal, but he was not bound to the letter of the law on when Sabbath had to happen. Jesus always focused on the spiritual foundation of traditions rather than on the explicit practice. For some of us, Sabbath might take the form of prayer and meditation. For others, it could be a hike in the woods or playing an instrument. Sabbath can be a lunchtime tradition of listening to music or a favorite podcast. Sabbath is not a prescribed ritual with set behaviors, but a practice of self-care and renewal that also makes room for God to enter our lives.

Luke 5:15-16

¹⁵News of him spread even more and huge crowds gathered to listen and to be healed from their illnesses. ¹⁶But Jesus would withdraw to deserted places for prayer.

The Good News!

The words of the prophet Isaiah promise that God's people will be comforted, and rough paths will be made smooth. All of his life, Jesus healed and helped people, filling them with new life. Jesus also made sure he took time for rest and renewal by withdrawing from crowded, noisy spaces to places where he could find peace and pray.

What do you think? Take notes here:

Prayer: Thank you, God, for the gift of rest and renewal. Forgive us for thinking we can ignore our need for rest. Help us find opportunities to create rhythms of rest and play in our everyday lives. Amen.

Thursday Scripture Lesson: Numbers 27:1-11

Thursday Theme: Longing for Change

Introduction: Zelophehad died, leaving five daughters and no sons. In those days, the Israelite law said that only sons could inherit. These sisters would be left with nothing. The sisters banded together, stepped forward, and complained to their leader, Moses, that this law wasn't fair. Moses brought the case to God, who told the Israelites to change their laws so that daughters could inherit as well as sons.

Numbers 27: The daughters of Zelophehad, Hopher's son, Gilead's grandson, Machir's great-grandson, and Manasseh's great-great-grandson, belonging to the clan of Manasseh son of Joseph, came forward. His daughters' names were Mahlah, Noah, Hoglah, Milcah, and Tirzah. ² They stood before Moses, Eleazar the priest, the chiefs, and the entire community at the entrance of the meeting tent and said, ³ "Our father died in the desert. He wasn't part of the community who gathered against the Lord with Korah's community. He died for his own sin, but he had no sons. ⁴ Why should our father's name be taken away from his clan because he didn't have a son? Give us property among our father's brothers."

⁵ Moses brought their case before the Lord. ⁶ The Lord said to Moses: ⁷ Zelophehad's daughters are right in what they are saying. By all means, give them property as an inheritance among their father's brothers. Hand over their father's inheritance to them. ⁸ Speak to the Israelites and say: If a man dies and doesn't have a son, you must hand his inheritance over to his daughters. ⁹ If he doesn't have a daughter, you will give his inheritance to his brothers. ¹⁰ If he doesn't have any brothers, you should give his inheritance to his father's brothers. ¹¹ If his father had no brothers, you should give his inheritance to his nearest relative from his clan. He will take possession of it. This will be a regulation and a case law for the Israelites, as the Lord commanded Moses.

The Good News!

This story will be unfamiliar to most of us but is an empowering story of women in the Bible and the challenges that they faced. Change has rarely happened quickly, and even changes that have been pushed through as law have taken a long time to become accepted in the hearts of all people. Even today, we see pushback on civil rights changes that were hard-fought and informed by the scriptural truth that all people are created in the image of God and are of sacred worth.

Friday Scripture Lesson: Philippians 1:3-11

Friday Theme: Longing for Celebration!

Introduction: In this letter, Paul is writing to his friends and fellow Christians in Philippi. In it, he shares his gratitude and joy for all of them, for their friendship, and for their shared faith. Paul knows that his friends love him as much as he loves them, and for this he is incredibly thankful. His joy and love overflow, even though they are far away from one another.

Philippians 1:3-11. ³ I thank my God every time I mention you in my prayers. ⁴ I'm thankful for all of you every time I pray, and it's always a prayer full of joy. ⁵ I'm glad because of the way you have been my partners in the ministry of the gospel from the time you first believed it until now. ⁶ I'm sure about this: the one who started a good work in you will stay with you to complete the job by the day of Christ Jesus. ⁷ I have good reason to think this way about all of you because I keep you in my heart. You are all my partners in God's grace, both during my time in prison and in the defense and support of the gospel. ⁸ God is my witness that I feel affection for all of you with the compassion of Christ Jesus.

⁹ This is my prayer: that your love might become even more and more rich with knowledge and all kinds of insight. ¹⁰ I pray this so that you will be able to decide what really matters and so you will be sincere and blameless on the day of Christ. ¹¹ I pray that you will then be filled with the fruit of righteousness, which comes from Jesus Christ, in order to give glory and praise to God.

The Good News!

Paul wrote this letter to the Philippians while he was in prison in Rome. Despite his current situation, he remains prayerful and joyful as he celebrates God's love and the gospel of Jesus Christ. Philippians is Paul's joy letter. The church in that Macedonian city had been a great encouragement to Paul. The Philippian believers had enjoyed a very special relationship with him, so he wrote them an expression of his love and affection.

What do you think? Take notes here:

Prayer: Thank you, God, for new friends and a great week experiencing camp @ home. Help us to take what we learned this week and show God's love to all we meet. Help us to be patient, kind and joyful! Amen.

Camp Meets Home

We know that the most powerful influence on any person's faith life is those closest to them. For most children and youth, that is their family. All the camps, youth groups, and VBS programs in all the world can't equal the power of faith shaped by family and mentors.

The goal of these activities is to provide some practices for families at home. The themes follow the daily themes from camp. This provides another opportunity for campers to share their experiences with family and their family to join the conversation.

Each day has the same outline:

Scripture to Read – This can be done individually or as a family. You can use the other activities and questions to dive deeper, or just discuss the reading.

Questions for Reflection – Whether it is a mealtime, in the car, or an intentional conversation together, these questions invite storytelling and idea sharing.

Activity to Share – Every activity is different. Some are more complicated. Some require a little planning. All of them will create quality family connections.

Challenges for Living it Out – These can be used for reflection in the moment, as an invitation to share stories from the past, or as goals to vision around in the future.

You don't have to do these in any order, or even have to do them all. The hope is that these questions, activities, and challenges will provide a buffet or options for your family.

These could also be activities you share with other families in your church community. There is no wrong way to use these daily sheets. They are for your use, and our prayer is that they will help campers and families grow closer to each other and to God.

Longing to Be Heard

Jonah 4

Jonah 4:10–11

“Then the Lord said, “You are concerned about the bush, for which you did not labor and which you did not grow; it came into being in a night and perished in a night. And should I not be concerned about Nineveh, that great city, in which there are more than a hundred and twenty thousand persons who do not know their right hand from their left, and also many animals?”

Family Stories and Conversations:

- What makes you feel sure someone has really listened to you?
- When did someone listening without judging make you feel better?

Name That Feeling

Supplies: Strips of paper, basket or bowl, pens

How: Gather your family and together make a list of feelings, such as *angry*, *sad*, *lonely*, *scared*, etc. List one feeling on each strip. Fold the strips and place in a container. One at a time, family members draw a strip out of the container and, without speaking, act out the feeling. The first one to guess the feeling being acted out goes next. Afterward talk about whether it was easier to act out the feeling or guess it. Talk about things that make you feel any of these feelings. Ask what to do about negative emotions. How can they be expressed appropriately? Is it OK to show happiness when our friends are sad? Have you ever felt as if you were not allowed to express your feelings? Allow family members the space to talk about their feelings and experiences related to expressing them. Try not to get defensive.

Living It Out

Here are some things you can do to live out this theme. When has this already happened in your family and how might it happen in the future?

- Affirm the legitimacy of each other’s feelings.
- Take time away from technology to share highs & lows of the day.
- Practice active listening by asking questions and making eye contact.

Longing for Guidance

1 Kings 3: 7–15

1 Kings 3:8–9. “And your servant is in the midst of the people whom you have chosen, a great people, so numerous they cannot be numbered or counted. Give your servant therefore an understanding mind to govern your people, able to discern between good and evil; for who can govern this your great people?”

Family Stories and Conversations:

- What are some wise sayings or stories that your family has passed down?
- When has a mentor or guide helped you make an important decision?

Making Decisions

Supplies: Paper, pens

How: Give everyone their own piece of paper. At the top of one side, write, “Easy Ones.” Write “Hard Ones” at the top of the other side. Give each person time to think about how they make decisions. What steps do they take? Do they think about the outcome or consequences? How long do they take? Do they ask others for input? Let each person make a list of decision-making steps for easy decisions on one side of the paper and hard decisions on the other.

Afterward, share your responses and talk about any surprises, common traits, etc. Repeat the activity, but this time make the lists about how the family makes decisions. Let everyone create their own, then compare. It may be interesting to see how different family members think things get done. This is a great opportunity to come up with a process for how your family will make big decisions going forward, or at least figure out a way to choose a board game that doesn’t take all night!

Living It Out

Here are some things you can do to live out this theme. When has this already happened in your family and how might it happen in the future?

- Ask questions and admit when you don’t know what to do or need help.
- Spend time in prayer before making a big decision.
- Identify and spend time getting to know mentors and guides.

Longing for Renewal

Luke 5: 12–16

Luke 5:15–16: But now more than ever the word about Jesus spread abroad; many crowds would gather to hear him and to be cured of their diseases. But he would withdraw to deserted places and pray.

Family Stories and Conversations:

- Where does our family schedule provide time for rest or renewal?
- What is the balance between convenience of technology and distraction?

Get Away from It All

Supplies: None

How: Invite campers to share what they remember about Sabbath from their time at camp. Sabbath rest and renewal are intentional. Go out for ice cream or do something your family loves to do together as you make new memories. Along the journey, make sure to take some time and share memories and stories about times your family enjoyed away from regular routines and schedules.

This is a good chance to dream together about things you might try in the future. It could also be a great opportunity to talk about other distractions that make family time difficult to carve out.

Living It Out

Here are some things you can do to live out this theme. When has this already happened in your family and how might it happen in the future?

- Find time for each person and the family to have downtime or Sabbath.
- Choose activities that feed your spirit rather than drain you.
- Set clear boundaries for work, school, family, friends, and personal time.

Longing for Change

Numbers 27:1–11

Numbers 27:4–7

“Why should the name of our father be taken away from his clan because he had no son? Give to us a possession among our father’s brothers.” Moses brought their case before the Lord. And the Lord spoke to Moses, saying: The daughters of Zelophehad are right in what they are saying; you shall indeed let them possess an inheritance among their father’s brothers and pass the inheritance of their father on to them.”

Family Stories and Conversations:

- What are the biggest changes you have seen in your lifetime?
- What is the hardest thing you, personally, have had to change?

Pray the News

Supplies: Newspaper or newsfeed (TV or online)

How: As a family make a list of headlines and choose one issue on which to focus. Read or watch the news stories together. See how different news outlets cover the story differently. Look for sensationalized versions or clearly biased statements. Try to lock down some facts. Talk about what is happening in that story. Where is it, who is involved, what is happening, what kind of injustice is happening, who is trying to change it, and who is against the change?

Think about how the issue impacts your family and listen to each other’s opinions and ideas. Brainstorm a way your family could help those facing this injustice (if applicable) and try to respond together. If the issue is too distant for you to impact, repeat this activity with a local concern, and make a plan for getting involved. This is a great opportunity to involve your local congregation in helping others.

As a family, pray about these situations. Lift up those who are victims, those working for change, those resisting change, and those who don’t understand how they are impacting the problem. Pray for yourselves as you try to make a difference.

Living It Out

Here are some things you can do to live out this theme. When has this already happened in your family and how might it happen in the future?

- Study issues that concern you to gather facts and a clearer understanding.
- Stand with those who are treated unfairly so that they are not alone.
- Be willing to change things in your life to help move towards justice.

Longing to Celebrate!

Philippians 1:3–11

Philippians 1:3–5: I thank my God every time I remember you, constantly praying with joy in every one of my prayers for all of you, because of your sharing in the gospel from the first day until now.

Family Stories and Conversations:

- What are your family's biggest celebration traditions?
- What is your personal favorite way to celebrate something special?

Celebrate Those You Love

Supplies: Dry erase or chalk board, dry erase markers or chalk

How: Place the board in a high traffic area of your home. Gather your family and explain you will be taking the next few days to “celebrate” the things you love about a member of your family. You might go in order of youngest to oldest, birthday months, etc. The name of the person chosen will be on the board for a week. During that time, the other family members will have the opportunity to write the things they are thankful for about that person.

For example, I am thankful you get me to school on time, always make good snacks, smell nice, tell funny jokes, etc. At the end of the week take a picture of the board, erase all writing and start fresh with the next family member. At the end of the year take all the photos and make a book or make individual books for each member filled with the weeks their names were on the board.

Living It Out

Here are some things you can do to live out this theme. When has this already happened in your family and how might it happen in the future?

- Make time to celebrate moments, even if others think it's silly.
- Encourage others to celebrate rather than hide their feelings of joy.
- Assure others that they deserve to be happy and celebrate their joy as your own.