

Spring Heights Camp @ Home

Activities for Monday:
Longing to be Heard
Jonah 4
(Youth Ages 12-18)

Name _____

Zoom/Small Group Time _____

One of our favorite activities at Spring Heights Camp and Retreat Center is Archery!

We have an archery field with targets and campers spend time practicing 'hitting the mark.' During archery campers often imagine the arrows are their prayers and the target is God. As we pull back on the bow, we let go of our prayers and trust that God will receive them.

Even if we do not always hit the mark, God ALWAYS hears (not only our words, but what is on our hearts!) and the Good News is that God responds!

Prayer is a chance to turn towards God and trust God with all our feelings, knowing that God will receive them and love us no matter what we throw God's way!

Target Instructions

Materials:

paper plate, four colors of paint, paint brush, water (for cleaning brush), paper clip, pen

1. Paint your target by creating 4 different colored rings. Start from the center making a little circle and work your way out. Each color is going to equal a different amount of points.
2. Let your plate dry.
3. When dry, mark the points on the target. The center of the circle is worth the most points. As you go out the rings are worth less points. On each ring that is not the center, make sure you mark the point amount on the left side and the right side.
4. Take your paper clip and straighten out the outside end once.
5. Carefully poke a hole through the top of the target.
6. Insert the straight part of the paper clip through the hole.
7. Bend the straight part back to its original shape to prevent the paper clip from slipping out. Hang your target in a place safe for launching objects as not to damage anything.
8. Get a parent's permission before firing objects.



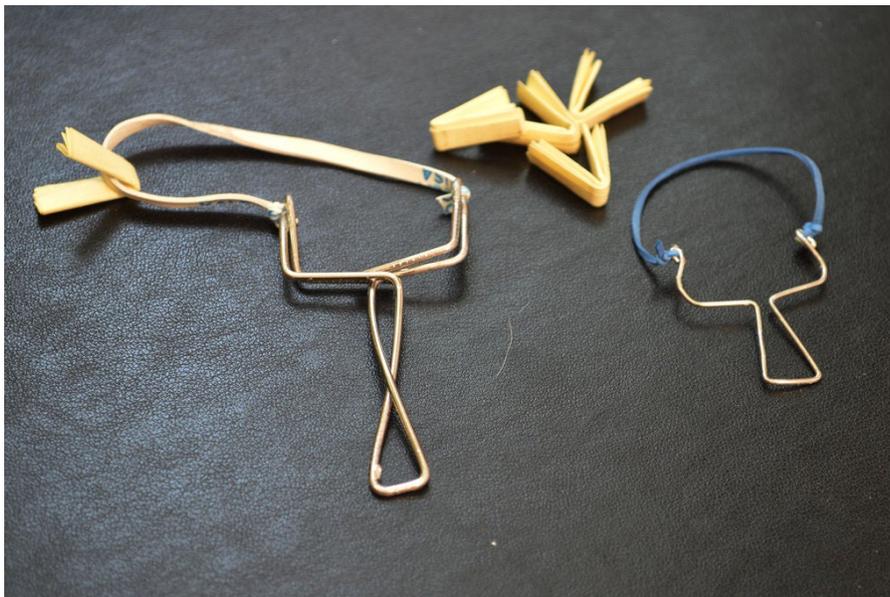
Part 2

Paperclip Slingshot Instructions

Materials:

1 paperclip
one rubber band

1. Straighten out your paperclip completely until you achieve a straight line.
2. Bend it in half, creating a U shape.
3. Bend down the top ends to create a Y shape.
4. Criss cross the top ends.
5. Bend the top ends down to create a T shape
6. Bend the tops upward to create a goal post
7. Wrap the rubber band around your finger creating a U shape.
8. Pull one end through the loop of the other end keeping your finger in between the rubber band during the process.
9. Put one of the top ends of the paper clip slingshot through the loop you just created and pull tight.
10. Repeat with the other end of the rubber band and other top end of the slingshot
11. Place a small object, like a bead in the rubber band, pull back and aim at target.
12. When ready, fire!



Prayer Journal Activity

A prayer journal is an opportunity to express yourself and be heard by God. You can write down Bible verses to help you memorize them, make a gratitude lists (taking time to write down what you're grateful for!), and there is even space to doodle! Below are two prompts that can help you begin the practice of writing in a prayer journal just cut out and add to your prayer journal!

Pattern of Prayer

Explain each part of prayer. Allow a time of silence for the campers to pray to themselves. Do this step by step.

ADORATION- Bragging to God about God. What makes you say 'wow' about God?

THANKSGIVING- What are you grateful to God for?

CONFESSION- Recognize the things in your life that need to be changed. What do you need to ask forgiveness for?

INTERCESSION- Pray for others.

PETITION- What do you need to pray to God about for yourself?

SILENCE- Take a moment of silence, listen for God to respond to you. If you do not hear him say anything right now, that is okay.

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 Jonah describe God?

Take a moment to write down what you see or hear. Draw a picture!

We know that we can trust God with all of our thoughts and feelings. Write down every feeling you can think of!

- Circle every feeling you've felt today.
- Put a star by what you're feeling right now.
- Take a moment to draw a picture about that feeling.

As you draw, tell God about it.

Know that God hears you, even if you do not use words!

Many of us have special places to pray. For campers at Spring Heights it is at the Cross in the Meadow. These special places help us feel connected to God and give us the confidence that God hears our prayers. The Wailing Wall in Jerusalem has been a place of prayer for centuries.

Wailing is the act of crying out in grief or anger. The Wailing Wall is a place where Jewish people, and many other faith traditions, like Christians, come to post messages to God. When faithful people leave the Wailing Wall, they trust that God has heard them. It is an incredible act of faith, and something you will get to participate in today!

Wailing Wall

Materials:

Paper (or Poster Board)
Markers
Tape

Directions:

Take some time to design your Wailing Wall.

Hang your Wailing Wall somewhere in your home.

Leave a supply of markers and post-it-notes for others to write their prayers, questions, or celebrations.

Pray for each request.

Leave your prayer on the wall trusting that God hears you!



The Wailing Wall in Jerusalem