

“CAMP COOL KIDS”

COOL KIDS OF THE BIBLE *Face Your Fears*



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TABLE OF CONTENTS

INTRODUCTION

COUNSELOR SURVIVAL GUIDE

BACKPACK ESSENTIALS

CCK IN A NUTSHELL

Facing Your Fears

Day 1 Lessons

Adventure I

Adventure II

Overcoming Obstacles

Day 2 Lessons

Adventure III

Adventure IV

Running the Race

Day 3 Lessons

Adventure V

Adventure VI

Lending a Hand

Day 4 Lessons

Adventure VII

Adventure VIII

Winning the Prize

Day 5 Lessons

Adventure IX

Adventure X

INTRODUCTION

“Camp Cool Kids” tells the story of a young boy, Spence, who struggles with fear, like many of us do. It takes his wise grandfather to encourage him to face his fears and attend summer camp with his older brother, Zach, and his bullying friends. Along the way, he meets an eclectic group of campers who help him find his “battle cry,” faith in himself and in God, and realize that he is never alone.

This activity guide incorporates the film and its valuable life lessons with scripture and the “Cool Kids” of the Bible who are meant to be a living example of “running the race” with faith in God. The guide is broken into five key lessons with Bible stories, film clips, memory verses, recommended songs, snacks, crafts and games. There are two open-ended adventures, one for younger children (K-4) and another for older elementary through middle school children (5-8). These adventures lead children to fully explore the lessons and the meaning in their personal journeys.

The most important resource of all is you, the leader. You can pray for these children as they face the many obstacles in life that can discourage them. You can be one of their greatest encouragers!



COUNSELOR SURVIVAL GUIDE

Introduction

Thank you for choosing “Camp Cool Kids” Cool Kids of the Bible! I pray that the film, lessons and adventures encourage you and the children to grow in your walk with the Lord and to “run the race” set before you. This is a flexible program, easily adaptable to your time frame or environment. It can be used for a Vacation Bible School, a Sunday School classroom, a summer camp, your neighborhood or your home.

Theme

The theme of this program is “Face Your Fears”. The foundational scripture is 2 Timothy 4:7, “I have fought the good fight, I have finished the course, I have kept the faith.” We will be training our children to “run the race” with faith, while facing fears and obstacles confronting them along the way. Using Biblical principles and following the examples of some “cool kids” in the Bible who overcame adversity, we will prepare the children for the “good fight.” The children will be referred to as campers and often times, warriors. Adults are counselors. If used for a Vacation Bible School or a camp, more titles can be added for fun. Feel free to decorate the VBS, camp and classroom spaces or a room in your home to look like a summer camp. Get creative and have fun, with the highlight being an obstacle course at the end of the program!

Contents

If you are the **Camp Director** of a Vacation Bible School or a summer camp, please share the following job descriptions listed below with your recruits. A strong group of adult and teen volunteers is vital for any group experience to run smoothly. It is important to assign volunteer positions according to a person’s spiritual gifts. If you are a mom or dad wanting to share this guide with your children, you will have all the jobs! Nothing new, right?

Counselors

They will have the most contact with the children, presenting the lessons and activities. They should have patience and good listening skills and be able to convey the biblical message in a meaningful way. The ideal “cabin” size is 10-12 campers, depending on the age group.

Cooks

These volunteers are responsible for providing the snacks and drinks each day for campers. They have to organize all the food and make sure that water is always available. Snack ideas will be provided for each lesson.

Praise and Worship Team

A group of volunteers that lead the children in praise and worship. Let the team choose the songs from the resources provided, but provide them with the scripts a week prior to the group experience so that they have time to prepare, gather costumes and props needed. A tech savvy volunteer would be useful to show the movie clips and any other audiovisual materials used. If used in your home, sing your heart out with your children! Only God will be listening and any praise and worship will be music to His ears.

Crafts Leaders

If you have enough volunteers, craft leaders can help children with these projects. Otherwise, counselors can perform these duties. A patient individual is best here since children can get enthusiastic with all the fun supplies they will get to use.

Recreation Leaders

These volunteers lead the children through games and outdoor adventures, culminating in the final obstacle course race. They should be loud, outgoing and energetic and enjoy playing with the children.

Medics

With physical activity and outdoor adventures, having a first-aid certified adult nearby with first aid items would be wise.

As stated earlier, if you are the only counselor in a classroom or home setting, you will be performing all the above duties. Pick and choose what you are capable of doing. Recruit parent volunteers or friends and family to come in and offer additional support when needed. You can tailor this program however you want. YOU are the most important resource. The time you spend offering prayers and encouragement to the children is key. All the other camp activities are just bonus! And remember, YOU are never alone. God will be fighting with you to “run the race” and win the hearts of these campers.



The Activities

The following activities can be broken up in time blocks for a VBS program, summer camp, classroom or home setting. This is a general guideline to follow when planning your day or class time for each lesson.



Campfire Lesson

Every day begins with a discussion around the “campfire.” This is what sets the tone for the day. A script will be provided for you to follow and prayer should be an integral part. A device for showing film clips is required.



Praise and Worship

One to four songs can be sung, with higher energy songs first and a slower song at the end so that they can regain self-control before moving on. Displaying lyrics on a screen is always helpful for literate children to follow along.



Cabin Time

For VBS and summer camp, cabins can rotate through activities in separate spaces. For a classroom or home setting, campers can work on activities in small groups or as a whole depending on your numbers and space.



Outdoor Recreation and Adventures

A time for games, physical activities and outdoor nature-exploring that tie into the lesson's theme.



Canteen

A time for campers to relax, rehydrate and refuel. Snacks can be related to the theme of the day.



Arts and Crafts

Campers enjoy creating an arts and craft project. Be sure this area is well organized and stocked. Campers should work efficiently to ensure adequate time for completing their project. Extra volunteers are a plus! Make sure you have an area in the room for projects to dry. Labeling each child's project is essential.



Closing Campfire

To wrap up the day, close with a discussion of everything covered and a prayer. You can send home your campers with a special "Letters from Camp" to let parents at home know what was discussed each day.

The Camp Setting

Be creative in personalizing your space! Cabins can be given animal names, tribes of Israel, etc. You can make special name tags or design different colored t-shirts. A campfire can be constructed for your opening and closing times. Tents can be set up in classrooms under which to gather. A reading corner with sleeping bags and stars hanging from the ceiling can transform your space. The sky's the limit! (Depending on your budget, of course).

When dividing cabins into age groups, look at your overall numbers. Most commonly you will have Pre-K to K, 1-2 grades, 3-4 grades and 5-6 grades for a VBS or summer camp. Remember to keep the counselor to camper ratio smaller for younger kids. Ensuring proper supervision is very important in any setting. For the obstacle course, make sure there is plenty of space with proper surfaces to prevent injuries. Options and precautions are provided to discuss.

CAMP COOL KIDS



BACKPACK ESSENTIALS

For leading this “camp” you will need to pack a few necessary items. The essentials include:

- Television/DVD Player or Projector and Screen for showing “Camp Cool Kids”
- “Camp Cool Kids” film
- This Activity Guide
- Pencils
- Bibles
- Medal or Prize for each camper for last day (purchased or hand-made)

Other additional materials and supplies are listed for each day of lessons. The items listed above are the bare necessities. You can add as much as you like to the curriculum. Your main job is to encourage the children to face their fears, tackle the obstacles in their lives and run the race with faith. Enjoy the adventures of “Camp Cool Kids” and your cool kids.

Remember that being cool is being yourself and knowing who made you exactly the way you are!

CCK SCHEDULE

	Lesson One	Lesson Two	Lesson Three	Lesson Four	Lesson Five
Scene	Grandpa's Words of Wisdom	Paintball Wars	Spence's Motivational Speech	Rescuing Maddie	Archery Competition
Concept	<i>Facing Your Fears</i>	<i>Overcoming Obstacles</i>	<i>Running the Race</i>	<i>Lending a Hand</i>	<i>Winning the Prize</i>
Scripture	2 Timothy 1:7	Philippians 4:13	Isaiah 40:31	I Peter 4:10	Philippians 3:14
Cool Kid in the Bible	David I Samuel 17	Joseph Genesis 37	Josiah 2 Kings 22-23	Miriam Exodus 2	Mary&Jesus Luke 1:26-56, Luke 2
Craft	Armor of God	Rainbow Art	Scrolls	Outreach Baby Baskets	Trophy Making
Game	David's Slingshot Game, Bean Bag Toss and Water Balloon Throw	Candy Run Joseph's Pit Challenge	Knocking Down Idols	Relays Races with Partners (Wheelbarrow, Three-Legged Race, Egg/Spoon Race)	Obstacle Course
Snack	Cheese Balls and Grapes	Sack of Granola	Scroll Snacks	Applesauce and Pretzel Sticks	S'More Jesus!

Note that additional lessons and adventures will be provided in this guide.

FACING YOUR FEARS

Introduction

Everyone has fears. The fears of children may seem to be different from the fears of an adult, but maybe not so different! Let's list a few fears that we all have in common:

- Fear of failure;
- Fear of rejection;
- Fear of being alone;
- Fear of change;
- Fear of the unknown, and the creepy crawly things that may lurk there;
- Fear of pain, illness or death;
- Fear of not having enough or losing something and so on and so on!

Fear can take on the form of worry or anxiety and it can steal our joy. It is what we do with this fear that can make a difference in our lives. In this lesson, we will look at various ways others have faced their fears or allowed their fears to keep them from "running the race." Remember to always be mindful that another person's fears can be as real to them as yours are to you. So never belittle another for that. And even though most of our fears never materialize, many can be "frozen in fear" at the thought of them coming to pass. In other words, listen to your campers with respect and kindness without dismissing their thoughts, but encourage them to have faith that our loving Father is with them through it all.

*"I can do all things through Christ who strengthens me." Philippians 4:13
New American Standard Bible*

Let's pray for all the campers.

Heavenly Father, we are blessed to be communing with these children that are here today. We pray that our hearts will be open to love and serve them and that their hearts will be open to receive Your Word and Loving Presence. You are a mighty Fortress protecting each of us in the storms of our lives. Thank you for always being with us to help us face our fears. There is no fear that You cannot overcome. You strengthen me. Amen.

Preparation

Whether you are serving alone or with a group of volunteers, it is wise to make sure you are prepared for your lesson. The following checklist is to ensure you have everything you need.

- The film is loaded and ready to be displayed on a television or screen as well as any song lyrics for the day.
- All props and costumes are laid out for the telling of the story.
- Craft supplies are organized and laid out, the floor area is protected, and a designated area is labeled for storing completed projects.
- A clean table is set up for snacks and enough snacks and water are available.
- Medics have supplies for any accidents (have on hand names of campers with particular health issues, such as allergies, diabetes or asthma).
- Materials for games should be available and checked for safety, and the play area should be cleared of any dangers or debris.
- Make sure all volunteers have their schedule and day's lesson.
- You should have the names of all campers on your roster.

On the first day of a VBS, camp or class, campers should sign in at a registration table, get a name tag and be escorted to their cabin group and counselor. Once all are seated around the campfire, you can start the Large Campfire Lesson. The day will progress in the order listed, omitting what you need or want.

Activities



Campfire Lesson

Pray as a group.

Dear God, thank you for bringing us to Camp Cool Kids Camp safely. We ask that you come fill our hearts with your Holy Spirit to guide us through our day. Help us to be a good friend to others, have fun and learn ways to face our fears. We love you and thank you for sending your Holy Spirit so that we never have to be alone. In your holy name, we pray. Amen.

Read 2 Timothy 4:7.

"I have fought the good fight, I have finished the course, I have kept the faith."
New American Standard Bible

Script:

Today we are going to talk about our fears. Everyone has fears. In fact, there are hundreds of things to be afraid of. Who is afraid of sharks? Fear of sharks is called "galeophobia." Anyone afraid of clowns? Coulrophobia.

What about the dark? Scotophobia. There is even a name for the fear of (blow a bubble) chewing bubble gum. Chiclephobia.

What are some things that scare you? (Let campers name some things that scare them).

In the film “Camp Cool Kids” we learn about a young boy named Spence. He has A LOT of fears and it’s keeping him from enjoying a lot of great things this world has to offer, things that God created. One of them is water. Is anyone afraid of water? What makes someone afraid of water? (Let campers name some fears associated with water).

Read Genesis 1:9-10

“Then God said, “Let the waters below the heavens be gathered into one place, and let the dry land appear”; and it was so. ¹⁰ God called the dry land earth, and the gathering of the waters He called seas; and God saw that it was good.”

New American Standard Bible

The Holy Bible, which tells us of God’s actions in the world, tells us how He created the seas and saw that they were good. God created water and saw that it was good. How is water good?

(Let the campers list how water is good).

Spence is a smart kid and knows of all the good things that water provides, but basically, it still scares him. Spence is afraid of what might be lurking under the water. Maybe a monster? A big snake? He is afraid of the UNKNOWN, of what could be. Do you know what is going to happen tomorrow? Should you be afraid of tomorrow? Fear says that something bad may happen and I will not be okay, but faith says that no matter what happens, I’ll be okay because God is with me.

Read 2 Timothy 1:7

“For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.” King James Version

Let’s watch a film clip from the movie “Camp Cool Kids” to see what Spence’s grandfather has to say to Spence about his fears. I want you to listen for the cool kid in the Bible he references and how did this cool kid face his fears.

Watch Clip 1 of “Camp Cool Kids” (17:15-21:19)

Ask the following questions to the campers:

- Which cool kid’s story from the Bible was told? (David)
- Of whom was he afraid? (Goliath)
- Why was he afraid of Goliath? (He was big and mean and wanted to fight David)
- Was David smaller or bigger than Goliath? (Smaller!)
- Did David face his fears? (Yes)
- How did he face his fears? (He had faith in God that he would help David fight the good fight)
- Did God give David a spirit of fear? (No- a spirit of power and self-discipline)
- Can God give Spence that same power and love and sound mind to face his fear of water? (Yes)
- Can God give you that same power and love and sound mind to face any fears you may have, both real or imagined? (Yes!)
- Do you want to be a cool kid like David? (Yes!)



Let’s recite the scripture 2 Timothy 1:7 together:

“For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.”

Now I am not saying to go out there in the world and pick up stones and hurl them at anyone or anything that scares you. Remember those stones represent an invisible strength, power and wisdom given to you by God to be courageous. Do not let those scary things keep you from being the best person you can be and living the best life you can live full of love and joy, looking forward to tomorrow and not being afraid of it. Let's sing about that power we all have inside us. Out with fear and in with faith!

Props Suggested:

- Plastic or stuffed animal shark, clown nose or person dressed as clown, chewing gum
- A clear jar or bottle of water and a clear jar of murky water (food coloring)
- A Bible
- A bag of stones



Praise and Worship

After the campfire lesson, bring up your worship team to sing a few songs with the campers. No more than four songs are recommended. Some suggestions include:

1. "Strong and Courageous Joshua 1:9" by [Justin Graves Band](#)
2. "I Can Do All Things Through Him Who Strengthens Me" by www.godskidsworship.com
3. "Only a Boy Named David" and "The Lord's Army" by www.praiseinmotion.net
4. "You Need Not Fear" from album, "God's Love is Unstoppable" by [BIG Ministries](#)



Cabin Time

Cabin time is for gathering with your campers and reflecting on the lessons and scripture presented. The Holy Spirit may take you in any direction. So be open to an honest dialogue with the campers.

Some guiding questions to open up the discussion (examples may be needed for the youngest campers):

- Can you think of a time when someone or something that made you afraid made you miss out on something?

- What happens when you push through and take on the things that scare you? How do you feel afterwards?
- God is always with us and we are never alone. Could this help you in times when you are afraid? Is there a way you can see God, hear His voice and feel His loving presence without physically knowing this like we do with people?
- Have you ever had to deal with a bully, like Goliath? How does that feel? What are some things you can do to help the situation?
- Have you ever been the bully? How does that feel? What are some things you can do to help the situation?
- In the scripture, "I have fought the good fight, I have finished the course, I have kept the faith," what is a good fight? What is the course? How do you keep the faith?



Outdoor Recreation and Adventures

One or all of the following games can be played. The recreation leader should model to the campers how to play each game safely and correctly. He or she should remind the campers to not throw any object at another camper, but at the target ONLY.

1. DAVID'S SLINGSHOT GAME

Each camper gets to try his or her skills at hitting the giant Goliath square between the eyes.

Set up two poles 46" tall with a 51" string tied between them. Hanging from the string are five 6" Styrofoam plates with Goliath's face pasted or drawn on. The camper is given an 8" slingshot and five 2" foam balls. Pull them back and let them fly, to hit each Goliath! Or instead of Goliath's face, let them write down some of their fears to hit.

2. DAVID'S STONE TOSS

Each camper is handed five grey beanbags to knock down a 12" empty sand bucket with Goliath's face taped to the front. Every time it is knocked down, campers can respond with an "Alleluia" (exclamation of God be praised).

3. FACING THE GIANTS

A volunteer or recreation leader should put on headgear of some sort, (sport's helmet or plastic gallon milk jug made into a helmet). He or she should sit in a chair resting his chin on a small student desk or cardboard box, whatever is

most comfortable. The campers will need small water balloons that have been filled with water to the size of a naval orange. They have five tries to hit “Goliath” right in the face! Whether the balloon pops or not, this game will surely let the smallest of campers enjoy tackling the “giants” they face. Goliath can taunt the young “David” with these words: “Am I a dog, that you come at me with sticks?” “You are just a small, little boy or girl!” “Where are all the real warriors?” “What can you possibly do to me? I am bigger and stronger!”

Supplies Needed:

- 2 poles 46” tall and a piece of string 51” long
- 5 6” Styrofoam plates with face of Goliath drawn or taped
- tape, glue stick, markers or colors
- 6 copies of Goliath’s face cut out and colored
- 8” slingshot and 5 two-inch foam balls
- 5 grey beanbags and a 12” plastic sand bucket
- sport’s helmet or plastic milk jug, chair, desk or cardboard box
- water balloons, enough for each child to have several attempts, water source being sink or water hose



Canteen

Cooks will serve “stone” shaped snacks in cupcake liners. These snacks can be cheese balls, grapes, Whoppers, or cereal like “Kix”. Have plenty of water and/or lemonade available for the campers.

Supplies Needed:

- Cupcake liners, plastic cups
- Water or lemonade in pitchers or coolers
- Cereal, grapes, cheese balls, Whoppers or any other small, rounded snacks



Arts and Crafts

Read Ephesians 6:10-18 New International Version

The Armor of God

¹⁰ Finally, be strong in the Lord and in his mighty power. ¹¹ Put on the full armor of God, so that you can take your stand against the devil's schemes. ¹² For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. ¹³ Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. ¹⁴ Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, ¹⁵ and with your feet fitted with the readiness that comes from the gospel of peace. ¹⁶ In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. ¹⁷ Take the helmet of salvation and the sword of the Spirit, which is the word of God. ¹⁸ And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people.

We are going to make your shield of faith to protect you from your fears and a sword of the Spirit, which is God's Word, so you will have the wisdom to face those fears.

Supplies Needed Per Child:

- 12-14 inch cardboard cake-round in gold or silver (at baking supply store)
- Glitter glue
- Sticker Letters to spell out name or scripture
- Roll of Duct Tape (to make handles)
- Extra Large Craft Sticks
- Glue
- Aluminum Foil
- Plastic jewels

To make the Shield of Faith:

Decorate the cardboard cake-round with glitter glue and spell out any words or scripture with sticker letters. Attach three pieces of duct tape to back of shield to make a handle. Make one or two handles.

To make the sword of the Spirit:

Glue two craft sticks together intersecting in a “T”. Wrap aluminum foil on one end as the handle of the sword. Decorate the sword by gluing plastic jewels on the sword.



Closing Campfire

We talked a lot today about our fears and how they can hold us back from so many great things. So why would you want to miss out on the best you and a most joyful life? So out with fear and in with faith! Have faith that it will be okay because God is on your side. He is with you and you are never alone. This doesn't mean that bad things will never happen to you in your life. Troubles or obstacles in life will come your way, but even if they do, you will be okay. You will face them head on as a warrior fully equipped with your armor of God ready to fight the good fight, stay the course and keep the faith. Let us say together, “Out with fear, in with faith!”

Let us pray.

Heavenly Father, mighty God, we thank you for being our greatest strength. You encourage us to keep pushing forward even if things seem scary and hard. You are always fighting for us and with us so that we can be the best we can be and be exactly who you created us to be. Help us to remember that no matter what, we will be okay, and we will never be alone with You by our side. You have not given us a spirit of fear, but one of power, love and self-discipline. May we walk in Your power, Your love and Your wisdom all the days of our lives. In Jesus' name, we pray. Amen.

Out with fear, in with faith!

ADVENTURE I

Proverbs 12:6 New International Version

“The words of the wicked lie in wait for blood, but the speech of the upright rescues them.”

This scripture seems very complicated, but it isn't really at all. Simply stated, the words of a bully can hurt someone, but the words of a kind person can build someone up and rescue them from their pain or sadness.

What kind of person do you want to be?

Let's take a can of whipped cream and squirt it out on the table. Now let's put the whipped cream back in the can. Who can do that for me?

No one? This whipped cream is like words we say to others. We can't take them back once they've been "squirted out." We all know whipped cream is sweet, right? Everybody put out a finger and I can give you a taste. "You are so smart." "You were such a good listener." "I love when you smile like that." "You are so strong."

Now what if this were horseradish sauce? Anybody want to try it? Words that are mean or nasty are more difficult to swallow. So, let's give people whipped cream and not horseradish sauce!

Supplies Needed:

- A can of whipped cream
- Horseradish sauce

ADVENTURE II

Proverbs 18:21 New International Version "The tongue has the power of life and death, and those who love it will eat its fruit."

The words we say to one another can build each other up and give life or can destroy each other. To show how words can hurt, let's try something. Draw a life-size picture of yourself by having a friend or counselor trace your body on a large piece of craft paper. You can fill in your face, hair, clothing, etc. Now let's write some things that you may have been called or words that were told to you that hurt your feelings. When you are done, let's wrinkle up the drawing in a ball and then un-wrinkle it.

How do you look now? When we hear these words that "destroy" our self-esteem, it affects our body, mind and spirit. We may feel crumpled on the inside and out. When we are told unkind words, we need to remember to ask this question. Who told me that? "You are a loser!" Who told me that? "You will never be good enough!" Who told me that? It could have been a bully, a good friend, a parent or even yourself!

God will not tell you those things. He loves and adores you. And you should not say those words to others. Let your tongue speak words of encouragement, to build up others and encourage them to run the race!

Speak words that show God's love and mercy. I know it is not always easy to say kind words to someone who may have hurt you with theirs. But kindness can start with YOU!

Supplies Needed:

- **Roll of white craft (butcher) paper**
- **Crayons or markers**

Being cool is being kind!



OVERCOMING OBSTACLES

Introduction

Just like everyone has fears they will face, everyone will have obstacles to overcome. Some will seem overwhelming and insurmountable at times, like Mount Everest, others will be a minor speed bump. When we are presented obstacles in our lives, there are strategies we can use to overcome them. Think of an obstacle course race. Some obstacles require strength, others speed, some wisdom or courage, and others, help from a teammate. We want to equip our campers with these strategies so they can “stay the course” and “run the race.”

Let’s pray for all the campers.

Heavenly Father, we are thankful for another day to be with these campers and encourage them to be full of faith and not fear, to remind them that they are never alone and have your strength and power at their fingertips. They only need call on Your Holy Spirit for support and guidance. Help me speak words of kindness to each camper to build them up so they can overcome all obstacles in their race. May Your Holy Spirit, that abides in me, overflow from my heart into my words and actions. In Jesus’ name. Amen.

Activities



Campfire Lesson

Pray as a group.

Dear God, thank you for bringing us to Camp Cool Kids Camp safely. We ask that you come fill our hearts with your Holy Spirit to guide us through our day. Help us to be a good friend to others, have fun and learn ways to overcome the obstacles in our lives. We love you and thank you for sending your Holy Spirit so that we never have to be alone. In your holy name, we pray. Amen.

Read Philippians 4:13

“I can do all things through Christ who strengthens me.”

New American Standard Bible

Script:

Today we are going to talk about obstacles we may face and strategies to overcome them. The definition of an **obstacle** in the Merriam-Webster dictionary is: something that impedes (or slows) progress or achievement.

If you want to achieve in school, what are some obstacles that could slow your progress? (Let the campers list obstacles to achieving in school)

If you want to achieve in a sport or learn a new skill like riding a bike, what are some obstacles that could slow your progress? (Let the campers list obstacles to learning new skills or sports)

With any obstacles in life, there are strategies we can take to overcome them so we can keep progressing forward. Let's think of an obstacle course race. Have any of you participated in an obstacle course race? It usually involves, running, climbing up and over walls, crawling under or through things in the mud, swinging across water, and sometimes falling in! It's designed to test your courage, endurance, strength, and wisdom. Some obstacles you do on your own, but others must be done as a team. It's a lot like life! Let's look at a few obstacles and some strategies to overcome them.

1. A tall wall to climb over? How can you overcome that?
 - Ask for help to get over it. You are never alone in your race.
 - See that wall or fear as a hurdle you can jump over and go for it!
 - Don't let the fear of falling keep you from climbing!



2. A dark tunnel through which to crawl? How can you overcome that?
 - Out with fear, in with faith! God is always with you, even in those dark places.

- See the light at the end of the tunnel! There is always a beginning and an end to a situation.
 - Everything you've ever wanted is on the other side of fear.
3. A mile of mud to run? Maybe carrying a log on your shoulder?
- Build up your endurance and persist until something happens.
 - Get dirty and have fun! Life is meant to be good.
 - Believe all things are possible. God is always there to help carry your burdens and those running the race with you can help too.

Read Ecclesiastes 4:9-10

“Two are better than one, because they have a good reward for their labor. For if they fall, one will lift up his companion. But woe to him who is alone when he falls, for he has no one to help him up.”

Let's watch a film clip from the movie “Camp Cool Kids” to see what happens to Spence and his friends when they take on a paintball war with Zach and Dean.

Watch Clip 2 of “Camp Cool Kids” (52:42-56:44)

Ask the following questions to the campers:

- Did Spence and his friends work as a team? Why or why not?
- How could things have been different if they had helped each other better?
- Did they face their fears?
- Did they have faith in themselves?
- Do you have a war cry? Let's hear it!
- If your war cry was a word or phrase, what would that be? (Give an example or two to the campers, like “No Fear”, “God Provides”, “Shine On”)

Whatever that word or phrase is, say it out loud or in prayer, as your war cry to overcome the obstacles in your life! You are a mighty warrior in the Lord's army!

Let's recite the scripture Philippians 4:13 and then sing about how God strengthen us.

“I can do all things through Christ who strengthens me.” NAS

Props Suggested:

- Photos of obstacle course races
- A wall or play tunnel



Praise and Worship

After the campfire lesson, bring up your worship team to sing a few songs with the campers. No more than four songs are recommended. Some suggestions include:

1. "I Can Do All Things Through Him Who Strengthens Me" by www.godskidsworship.com
2. "Overcomer" by [Mandissa](#).
3. "Ecclesiastes 4:9" by <http://newspring.cc/kidspring>



Cabin Time

Cabin time is for gathering with your campers and reflecting on the lessons and scripture presented. The Holy Spirit may take you in any direction. So be open to an honest dialogue with the campers. At this time, read a children's book about Joseph. Some suggestions include:

[Joseph and His Coat of Many Colors](#) by Parragon

[Joseph and the Coat of Many Colors](#) by Lavinia Derwent

[Joseph's Coat of Many Colors](#) by Marilee Joy Mayfield

[Joseph-God's Superhero: Genesis 37-50 \(Discover 4 Yourself Inductive Bible Studies for Kids\)](#) by Kay Arthur and Janna Arndt

Here are some guiding questions to open up the discussion (examples may be needed for the youngest campers):

- What were some obstacles that Joseph had to overcome?
- Were Joseph's brothers on his team? Why or why not?
- Are there any similarities between Spence and Zach's relationship and Joseph and his brother's relationships?
- If you have siblings, do you help and encourage each other or do you compete against one another? What are you called to do?
- Did Joseph let his fear stop him from "running the race"?
- If Joseph quit and gave in to his fears, how would things be different in this story?

- What kept Joseph on his course?
- What are some of Joseph's qualities that make him a cool kid?



Outdoor Recreation and Adventures

One or both of the following games can be played. The recreation leader should model to the campers how to play each game safely and correctly.

1. CANDY RUN (ENDURANCE)

Place piles of small colorful candy on one end of a yard or field. Divide your campers into two even teams on the other end of the yard. At the whistle the campers should run to the candy at the other end, pick up only one piece and run back to the starting point. They should then drop the piece of candy into their team box and run back for another piece. Set a goal time for this running game - say five minutes. At the end of the five minutes, the team with the most pieces of candy is the winner. Teams can share their candy prize.

2. JOSEPH'S PIT CHALLENGE

Joseph was thrown in the pit by his brothers. He may have emerged from that dark place and the others in his life without his beautiful coat, but he did come out with humility, love and forgiveness because of his faith in God. From those dark places came something good.

Time the kids as they each take a turn putting on a brightly covered robe, crawling through a tunnel (or under chairs or tables covered in sheets) and removing the coat on the other side and running back to return it to the next camper. After they have done this for five minutes, do it again to see if they can do it more times than the first five minutes!

Supplies Needed:

Two boxes of colorful candies (Skittles)

A tunnel or several tables or chairs covered with dark sheets under which a child can crawl

A bathrobe

Whistle

Music (optional)



Canteen

Cooks will serve sacks of granola to represent the grain that was given to Joseph's family during the famine. Have plenty of water and/or lemonade available for the campers.

Supplies Needed:

- Bags of granola with added chocolate M&Ms and raisins
- Water or lemonade in pitchers or coolers



Arts and Crafts

Joseph's father gave him a beautiful coat of many colors. What if God gave you a Superhero's cape so that when you wore it, you could overcome all obstacles and face all fears? Design your cape and if you have an opportunity, make it come to life by creating the real thing.

On a piece of white paper or on a real cape, design the back of your cape and decorate it with whatever colorful materials are provided. Make it define the unique "YOU" that you are!

Suggested Supplies:

- White paper (with back of cape drawn in black marker by counselor) or child-size capes per camper
- Scissors
- Glue or fabric glue and hot glue gun (to be used by crafts leader only)
- Colorful buttons, sequins, jewels, rhinestones
- Ribbon and Pipe cleaners in assorted colors



Closing Campfire

We talked a lot today about overcoming obstacles. We know that when we face them together, it is often easier. It is also easier when we call on God for strength, wisdom and endurance to keep going. Like in any obstacle course race, we know there will always be another obstacle around the corner, but also there will be a beginning and an end to the race.

When I finish the race, I hope it can be said, “I have fought the good fight, I have finished the course, I have kept the faith.”

In Hebrews 12:1 it says, “Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us.”

Like Joseph, we must not give up when the race gets hard, we must persevere and lean on God for strength and on each other for encouragement. Remember, it is better to be an encourager than a discourager!

Let us pray.

Heavenly Father, mighty God, we thank you for being our greatest strength. You encourage us to keep pushing forward even if things seem scary and hard. You are always encouraging us and putting people in our lives to encourage us as well. Help us to remember that no matter what, we will never be alone. May we also be willing to lend a hand to others in need and offer a kind word. Sometimes, life is not easy and others need us as much as we need them and You. May we walk in Your power, Your love and Your wisdom all the days of our lives. In Jesus' name, we pray. Amen

Be an encourager, not a discourager!



ADVENTURE III

Joseph had ten older brothers. Good thing Spence only had one! Siblings fighting and being jealous of one another has been going on, well, since Biblical times! Do any of you fight with your brother(s) or sister(s)? If you do not have one, think of a best friend, who often feels like a brother or sister. (Tell the campers of a fight you may have had with a sibling).

Joseph's brothers were jealous of him for many reasons. He seemed to be their dad's favorite son. He got a beautiful coat to wear as a gift and they did not. Joseph had that dream that he interpreted as all the brothers would someday bow down to him. I can see why the older brothers were jealous and angry with Joseph. But did Joseph deserve to be thrown in a pit and left to die? Or sold into a horrible life of being a slave?

No! We should be happy for another person's blessings and gifts. Each of Joseph's brothers had gifts too. They should have focused on theirs. If you have a brother or sister or best friend, take them in front of a large mirror. Now look at each other. Name three things that are similar in the two of you, like curly hair or strong muscles! You will share some similarities and gifts. Now what are three things different about the two of you? Is one a good artist? Or a good dancer? Is one good in math and the other in reading? It is smart to work together as a team, using your strengths and gifts. A quarterback needs a wide receiver; a writer needs an illustrator. Can you think of other pairs? Thank God for your gifts and for the gifts of your siblings or friend.

Read Psalm 139:14 New International Version

"I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well."

ADVENTURE IV

When Zach realized that Spence really needed him as a big brother, he came through like a champ to help Spence and his friends in the Camp Olympics. Spence and Zach were able to forgive one another for the mean pranks they played on each other during camp. Joseph was able to forgive and bless his older brothers too.

When we are jealous of a sibling or friend, we sometimes do mean things. If we do, we should ask for forgiveness. If you were the one hurt, you are called to forgive.

Read Ephesians 4:32

“Be kind and compassionate to one another, forgiving each other, just as in Christ forgave you.”

Write a letter to a sibling or friend telling them how much you appreciate them and love them. Name their gifts. Being cool is being kind!

RUNNING THE RACE

Introduction

We have discussed fears and obstacles in our lives that can slow us down in our race, but we also know that we can be supported by others and especially by God to keep pressing forward. God can renew our strength at any moment when we get weary, frustrated, disappointed, depressed or apathetic. Trying to run away instead of calling on God's strength and help gets us nowhere. When we feel too weak or too small to continue, our Lord shows us His power and strength are more than enough. Great things can come in the smallest of packages. It is God's way of saying, “Look what I can accomplish if you trust in me!”

Let's pray for all the campers.

Heavenly Father, we are blessed to be communing with these children that are here today. May they come to trust in You to get them through whatever they are facing in their lives. Help them to call on Your name for strength, wisdom and courage when they are feeling too weak or small. Your love and mercy is more than enough. Let me be of service to them while running their race. By serving them, I am serving You. Amen.

Activities



Campfire Lesson

Pray as a group.

Dear God, thank you for bringing us to Camp Cool Kids Camp safely. We ask that you come fill our hearts with your Holy Spirit to guide us through our day. Help us to be a good friend to others, have fun and encourage each other along the way. We love you and thank you for sending your Holy Spirit so that we never have to be alone. In your holy name, we pray. Amen.

Read Isaiah 40:31 English Standard Version

“But they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.”

Script:

Who has a favorite superhero? What is his or her strengths? What is his or her weaknesses? Like Superman. He has many superhero powers, like flight, superhuman strength, x-ray vision, super-speed (Let the campers list some of their favorites). Now what about athletes? Who are your favorite athletes? What are their strengths? What about those who have physical or mental challenges who compete? (Give a few examples from researching). Sometimes people focus more on their weaknesses and less on their strengths. They become victims of their circumstances and give up. But what if your weaknesses drove you to being successful? Sometimes our efforts to overcome our weaknesses push us to succeed.

Let’s watch a film clip from the movie “Camp Cool Kids” to see what Spence and his friends have to say about feeling weak and small.

Watch Clip 3 of “Camp Cool Kids” (1:11:26-1:12:31)

Ask the following questions to the campers:

- What weaknesses did Spence and his friends name that they felt they had?
- What were the strengths they had?
- Why were they encouraged to overcome their weaknesses?
- Can you relate to them and how?

- How can God help you in your race?
- When you get too tired to continue in something you are trying to accomplish, how can your spirits be lifted and renewed to press forward?
- Who are the people in your life that encourage you to keep trying?

Let's recite the scripture Isaiah 40:31 and then sing about how God renews us. "But they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint." English Standard Version

Props Suggested:

- Photos or clips of superheroes and athletes
- A superhero cape or costume



Praise and Worship

After the campfire lesson, bring up your worship team to sing a few songs with the campers. No more than four songs are recommended. Some suggestions include:

1. "On Eagle's Wings" by Michael Joncas.
2. "Wherever You Are" by Jon Guerra, "Glass."
3. "It's Not Over Yet" by for King and Country, "Run Wild. Live Free. Love Strong."



Cabin Time

Cabin time is for gathering with your campers and reflecting on the lessons and scripture presented. The Holy Spirit may take you in any direction. So be open to an honest dialogue with the campers. At this time, share the story of Josiah from 2 Kings 22-23 in your own words.

Some guiding questions to open up the discussion (examples may be needed for the youngest campers):

- How old was Josiah when he became king of Judah?
- To whom was he faithful?
- Even though Josiah was young and small, did he have an influence with his people? Did he let his age stop him from doing great things for God?

- What did he find in the temple? What did he do in response to this discovery?
- What huge obstacle did he overcome? How did he do it?
- How was he encouraged to run the race?
- What are some of Josiah's qualities that make him a cool kid? (Humility, faith, courage, respect, honesty, perseverance)

Being humble is being cool!





Outdoor Recreation and Adventures

One or all of the following games can be played. The recreation leader should model to the campers how to play each game safely and correctly.

1. KNOCKING DOWN IDOLS

Tape pictures from magazines of things that we tend to make as idols in our lives (Video games, Facebook and Instagram, celebrities or musicians, expensive clothes, sports, Netflix) onto empty cereal or cracker boxes. Children will take turns knocking over these idols with softballs.

2. CLEANING THE TEMPLE

Challenge the children to clean a room at the school, church or home. Have a small scroll hidden for them to find to represent the Book of the Law found in the temple.

Supplies Needed:

Empty boxes of cereal or crackers with “idols” taped to them

Magazines, Scissors and Tape

Softballs

Cleaning Supplies (broom, dustpan, mop, bucket of water, cleaning rags, soap solution, paper towels, sponges, window cleaner, etc.)

Small scroll



Canteen

Cooks will serve scrolls made with Fruit by the Foot and large pretzel rods. Have plenty of water and/or lemonade available for the campers.

Supplies Needed:

- Fruit by the Foot and two pretzel rods per child
- Water or lemonade in pitchers or coolers



Arts and Crafts

Let's make a scroll to record the Word of God! Here's how:

1. Take a brown paper bag and cut out a rectangle as big as you can.

2. If you want to make your paper look older, you can distress the edges with the help of the crafts leader. Your leader can help you burn the edges by lighting a match over a safe, non-flammable surface and waving it back and forth over the edges. He or she can continue until the look you want is achieved. You can shake and brush away burnt edges.
3. **With a calligraphy pen or black pen, write the scripture of your choice.**
4. Take two dowels or chopsticks, one for each end, and cut them to the width of your paper.
5. Decorate the ends of your dowels using ribbon or dowel caps, which can be purchased at your local craft store. Secure your decorations with a hot glue gun with the supervision of your crafts leader only.
6. **Tape the dowels to the ends of your paper.** Place one dowel on the right end of your scroll, another on the left. Make sure the side with the writing is facing up. Wrap the edge of the paper inward around each dowel, so that the dowel is covered. Secure the dowel with tape.
7. **Roll** each side of the scroll around its dowel so that the two sides meet in the middle.
8. Select a piece of string, yarn, or ribbon, and tie it around your scroll.

Supplies Needed Per Child:

- Brown paper bag
- Scissors
- Glue, Hot Glue Gun (used by crafts leader only)
- Matches (used by crafts leader only)
- Black calligraphy pen
- Two dowels or chopsticks
- Ribbon or dowel caps
- Scotch tape



Closing Campfire

We talked a lot today about how our weaknesses do not have to keep us from running the race and overcoming our obstacles. With God's guidance and others encouraging us to persevere, we can press forward, even if we get weary. We can humbly acknowledge when we need help, we can lighten our load of unnecessary distractions or "idols" that can take us off course. It is always easier when we call on God for strength, wisdom and endurance to keep going. When we are feeling small or weak, we can trust in God to renew our strength. Let's recite Matthew 19:26.

²⁶ But Jesus looked at *them* and said to them, “With men this is impossible, but with God all things are possible.” New King James Version

God can help us achieve great things that we could not do on our own. We can be God’s superheroes! Our “superhero manual” is the Word of God found in the Bible. It gives us the wisdom we need to finish the race strong! Josiah knew that when they found the Book of the Law in the temple. As Josiah shared the Law with his people, we must share the Good News with others to encourage them to stay the course and run the race with us! We can all win the prize!

Let us pray.

Heavenly Father, mighty God, we thank you for being our greatest strength. Thank you for giving us your Word to instruct us in our race, so that we can make good choices. When we fall down or grow faint, we know you will be there or send someone kind and encouraging to support us in our journey. May we be humble enough to hear Your Word and accept Your helping hand and that of others. May You be the Prize we seek. Amen.

ADVENTURE V

Staying focused on our race is very important. There are so many distractions out there vying for our attention. Some of these will not help us finish strong, but instead, they may slow us down. Have you ever had a homework assignment to do and just wanted to play a video game before you started? Hours later, you are still playing the game, you have not done your homework, you have not spoken to your family, you have not seen the sun set, played outside, cleaned your room or set the table for dinner? What distracted you and why? Now, I am not saying it is bad to play video games! They are fun, but not if they are keeping you from time with the people you love and from spending time with God in prayer, His Word or the world He created.

Take a moment to list some of the “idols” in your life that keep you from having a richer relationship with others and God. Now plan to divide your time in half every day this week. You can play that video game for one hour, but devote that other hour to a family member, a friend, a pet or to God. Take a stroll in nature and wonder at its beauty and intricate design. Build a fort! Read a book with a parent about one of the cool kids in the Bible. Have fun running the race with others!

ADVENTURE VI

Josiah, Joseph and David were all cool kids of the Bible who exemplified humility in their actions. Being humble is not always easy. Sometimes it is saying we made a mistake or apologizing. Sometimes it is asking for help. Often it is focusing on the team effort for the work accomplished and not on an individual's accomplishments. Playing cooperative games can help you acknowledge the work of others and show humility. Let's play a few!

UP IN THE AIR

Stand in a circle holding hands. A balloon is tossed in the circle. The objective is to keep the balloon from touching the ground without breaking hands within the circle.

LINE IT UP

The group, in silence, must line up in order of height by the time the timer goes off. Once they complete the challenge, have them line up, in silence, by birthday month.

MOTHER MAY I?

One child is Mother. The other kids stand facing her 20 feet away. Mother asks a child to hop, skip, walk forward a certain number of steps. The child can only move forward if he or she first asks, "Mother, May I?" Mother responds, "Yes, you may." If the child does not ask, he or she goes back to the starting line. First player to reach Mother becomes Mother.



LENDING A HAND

Introduction

We have discussed perseverance in running the race and facing our fears and many obstacles along the way. We know we are never alone and that God is there to encourage us, to guide us and instruct us with His Word. He also puts the right people in our lives to lend us a hand. We must be humble enough to accept that help. We must also discern who is trying to help us in our race, and who may not be. Unfortunately, we will have to deal with those “discouragers” or bullies out there, like Dean and his friends. But as stated earlier, God will place the “encouragers” in our life as well, like Spence’s friends, his grandfather and mother, and his counselor, Garrett.

Let’s pray for all the campers.

Heavenly Father, we are blessed to be communing with these children that are here today. May they come to trust in You and those godly people He places in their lives. Protect them from those who are not willing to lend a helping hand and who choose to knock them down instead of building them up. May they desire to serve others as Christ came to Earth to serve. In Jesus’ name we pray. Amen.

*“Faith in Action is LOVE-
Love in Action is SERVICE.” Mother Teresa*

Activities



Campfire Lesson

Pray as a group.

Dear God, thank you for bringing us to Camp Cool Kids Camp safely. We ask that you come fill our hearts with your Holy Spirit to guide us through our day. Help us to be a good friend to others, have fun and encourage each other along the way, lending a helping hand at all times. We love you and thank you for sending your Son, Jesus Christ, to show us how we can serve You and serve others. In your holy name, we pray. Amen.

Read I Peter 4:10 New International Version

“Each of you should use whatever gift you have received to serve others, as faithful stewards of God’s grace in its various forms.”

Script: What would the world be like if no one helped each other out in life? Luckily, that will never happen because God is always with us and he has put the right people in our lives to lend us a hand. What are some things in which you need help? (Let the campers list as many things as they can, from tying shoes, riding a bike, doing homework, getting to school and other places, preparing dinner, making a decision on what to wear, getting over an obstacle, and much more!). We are called to help others too! When have you helped someone or something? (Let the campers list ways in which they have served others from feeding a pet, doing chores, standing up for a friend being bullied, and much more!)

Let’s watch a film clip from the movie “Camp Cool Kids” to see how Spence lent a helping hand to Maddie at Camp Istrouma.

Watch Clip 4 of “Camp Cool Kids” (1:30:10-1:32:45)

Ask the following questions to the campers:

- What happened to Maddie during the swimming race?
- Who offered to help her?
- What did Spence have to overcome to help?
- What did Zach have to overcome to help?
- Was Dean’s reaction one of a servant?
- What did Dean care more about?
- Is this the prize God wants us to win?
- Who would you say deserved to win the prize for that race? Why?
- Did Maddie accept their help?
- How did Maddie show humility?

Let’s recite the scripture I Peter 4:10, and then sing about how God calls us to serve one another.

“Each of you should use whatever gift you have received to serve others, as faithful stewards of God’s grace in its various forms.”

Props Suggested:

- Mickey Mouse glove hands
- A photo of Mother Teresa



Praise and Worship

After the campfire lesson, bring up your worship team to sing a few songs with the campers. No more than four songs are recommended. Some suggestions include:

1. “Life Song” by [Casting Crowns](#).
2. “Set the World on Fire” by [Britt Nicole](#).
3. “The Servant Song” written by [Richard Gillard](#).



Cabin Time

Cabin time is for gathering with your campers and reflecting on the lessons and scripture presented. The Holy Spirit may take you in any direction. So be open to an honest dialogue with the campers. At this time, share the story of Miriam in Exodus 2:1-10. Make sure and share with the campers the importance of Moses and his legacy.

Some guiding questions to open up the discussion (examples may be needed for the youngest campers):

- When Miriam was a young girl, she was a Hebrew slave to the Egyptians. What was life like for Miriam as a slave?
- What did the Pharaoh order to be done that would affect Miriam’s family?
- Even though Miriam was young and small, what did she do to help protect her baby brother, Moses?
- Was she afraid? Did she face her fears?
- What could have happened to Moses if Miriam chose not to lend a hand and act courageously?
- Would you say that Spence acted courageously to help Maddie? What fear did he have to overcome to help her?
- What could have happened to Maddie if Spence and the others had not made an effort to help?
- What are the qualities that make Miriam a cool kid of the Bible?

- Can you name another courageous girl or woman you've heard of or know?

What we do to help others can make a difference!



Outdoor Recreation and Adventures

One or all of the following games can be played. The recreation leader should model to the campers how to play each game safely and correctly.

RELAY RACES

Let the children choose a partner for these relay races. Working together and helping each other out is all of the fun!

1. Wheelbarrow Races

Decide which partner will be the wheelbarrow first. To make a wheelbarrow, get down on the ground on all fours and your partner will stand behind you. Your partner will carefully lift up your legs while you support yourself with your hands. When the race starts, you will walk your hands to the end of the playing field, switch positions with your partner as you race back to the starting line. Make sure the playing field is rid of any harmful objects that may hurt one's hands.

2. Three-Legged Race

Each player should stand next to his partner and put his or her arm around the partner's waist. The partner's inside legs should be touching so that you can tie them together with a scarf. Now each pair will have "three' legs instead of four! Players will line up at the starting line and when told will walk or run as fast as they can to the finish line.

3. Egg in Spoon Race

One partner stands at the starting line and the other stands at the finish line. The first player is given a hard-boiled egg and a spoon to carry from one end to the other. Once to the partner, they hand off the egg and spoon. A dropped egg means that the person carrying the egg must go back to where he or she started. The first team to cross the starting line wins.

Supplies Needed:

Two pieces of rope to mark start and finish line

Scarves per pair of children

Spoons and hard-boiled eggs per pair of children



Canteen

Cooks will serve Baby Moses snacks. Have plenty of water and/or lemonade available for the campers.

Supplies Needed:

- Blue Jello Snack Pack for Nile River
- Nutter Butter cookie rests on top for Baby Moses (draw eyes with can of icing)
- Water or lemonade in pitchers or coolers



Arts and Crafts

OUTREACH BABY BASKETS

Serving others can involve giving of our time, talent or treasures. We all have “treasures” that may not be as valuable to us as we get older. It might be a favorite toy, or blanket, a t-shirt we’ve outgrown or a pair of shoes. Go through your drawers, closet, and toy chest to find “gently used” toys, games or clothing items that a child in need may love as much as you did. Gather all those items, and maybe buy a few new ones, place in a gift basket, tie with a big bow, and donate to a child in need. Your counselor will make sure that your basket gets to an organization that helps families.

“Everyone can be great, because everyone can serve.”
Martin Luther King, Jr.





Closing Campfire

We talked a lot today about how we are called to serve God by serving others and lending a hand. We know that each helpful act of service can make a difference in another's life. It can be a heroic act, as Spence did and Miriam did with her baby brother Moses, or it can be a small one like an encouraging smile or sharing our hand-me downs with someone in need. Every act of service brings us closer to Christ, who came to Earth to serve. He is the perfect role model for us to follow. Sometimes our race gets too hard and we feel discouraged. It is in those times that a bit of help from a friend or a stranger can be just enough to keep us going, like a cold glass of lemonade on a scorching hot day or a friend invited us to hang out or play when we have felt alone. Remember, your acts of service can make a difference. Let's recite I Peter 4:10 (New International Version).

"Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms."

Let us pray.

Heavenly Father, mighty God, we thank you for being our greatest strength. Thank you for giving us your Word to instruct us in our race, so that we can make good choices. When we fall down or grow faint, we know you will be there or send someone kind and encouraging to support us in our journey. May we be humble enough to hear Your Word and accept Your helping hand and that of others. May You be the Prize we seek. Amen.

ADVENTURE V

Read John 13:1 to 17 with the campers. How does Jesus teach us about serving God? By washing his disciple's feet, he shows that serving others involves humility. Let the children take turns washing each other's feet by providing a tub or basin of warm water and bath towels for drying. Discuss with the children what was more humbling- washing another's feet or allowing someone to wash theirs? Let the campers bring up other ways they can serve one another in their daily lives.

ADVENTURE VI

It is interesting how the people in our lives can help shape who we become as individuals. In this adventure, create a timeline of your life, highlighting those people who have helped you along the way. Write a prayer of thanksgiving for each person. Some examples may include parents, grandparents, brothers and sisters, teachers, coaches, doctors, other role models and friends. The list could go on and on. When we take the time to retrace our steps on our journey, it is easy to see that we are never alone. God has carefully put these special people in our lives to serve us. Now think of how many people's timeline on which you could be!

Being humble is being cool!



WINNING THE PRIZE

Introduction

I hope that you have enjoyed your time with the campers. Helping them face their fears, encouraging them to overcome obstacles and teaching them to lend a hand to others will empower them to “run the race” set before them with joy and faith. The prize that comes at the end of our race is more than just a trophy that can collect dust on a shelf. It is eternal life with our heavenly Father who is cheering us on every step of the way!

“I have fought the good fight, I have finished the course, I have kept the faith.”
New American Standard Bible

This scripture verse sums up our week together. The prize we seek is eternal and so worth our efforts. Remember, we are never alone in this race of life and every time we choose to serve God and serve others, a victory has been won!

Let's pray for all the campers.

Heavenly Father, we are blessed to be communing with these children that are here today. May the lessons imparted to them this week encourage all of us to grow spiritually and continue our race with enthusiasm, faith and perseverance. We are thankful that You are always with us until the very end and the prize You have for us is eternal life with You. Help us focus on winning this prize above all else. In doing so, we will experience no greater love and joy! In Jesus' name we pray. Amen.

*“For God so loved the world
that he gave his one and
only Son, that whoever
believes in him shall not
perish but have eternal life.”*
John 3:16



Activities



Campfire Lesson

Pray as a group.

Dear God, thank you for bringing us to Camp Cool Kids Camp safely. We ask that you come fill our hearts with your Holy Spirit to guide us through our day. Help us to put God first in our lives by serving Him and serving others. In doing so, we press forward to winning the prize God has waiting for us. We love you and thank you for always cheering us on. Your love for us is immeasurable! Your prize for us is eternal life with You! In your holy name, we pray. Amen.

Read 1 Corinthians 9:24-25 New International Version

“Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last forever.” -1 Corinthians 9:24-25

Script: In these verses, the Apostle Paul, who wrote these letters, explains how being a Christian is a lot like being an athlete. Raise your hand if you are an athlete? An athlete who plays sports has to train very hard and practice every day to get their body in shape and learn new skills. What are some things you do at practice to get in shape and learn new skills? Paul said that athletes work hard and treat their bodies right just to win a race or to get a crown, which could be a trophy, a medal, or a ribbon.

As Christians, our job is to live for God. How can we train our spiritual bodies? (Let the campers list ways that we can train our “spiritual muscles” like reading the Bible, prayer, going to Church or Sunday School class, and helping others). When we do these things, we practice how to serve God and do our best for Him. The trophy we earn is not one we see, though. The “prize” that win is eternal life in Heaven!

Let’s watch a film clip from the movie “Camp Cool Kids” to see how Spence wins the prize in the archery competition during the Camp Olympics.

Watch Clip 5 of “Camp Cool Kids” (1:32:46-1:35:20)

Ask the following questions to the campers:

- What did Spence focus on in the archery competition?
- From where did he draw His strength?
- Did Dean show humility? Why or why not?
- What prize did Spence win, other than a trophy?
- How do you think Spence felt winning?

Let's recite the scripture Philippians 3:14, and then sing about how God calls us to press forward to run the race and win the prize!

“¹⁴ I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.”

Props Suggested:

- Dumbbells, sporting equipment
- A headband, warm-up suit
- Trophies, medals, ribbons



Praise and Worship

After the campfire lesson, bring up your worship team to sing a few songs with the campers. No more than four songs are recommended. Some suggestions include:

1. “Run the Race” by [Holly Starr](#).
2. “Running for the Prize” by [Mary Rice Hopkins & Company](#).
3. “I Can Only Imagine” by [Mercy Me](#).
4. “First” by [Lauren Daigle](#).



Cabin Time

Cabin time is for gathering with your campers and reflecting on the lessons and scripture presented. The Holy Spirit may take you in any direction. So be open to an honest dialogue with the campers. At this time, share the story of Mary (Luke 1:26-38) and then the story of Jesus as a young boy (Luke 2:40-52)

Some guiding questions to open up the discussion (examples may be needed for the youngest campers):

- When the angel visited Mary, he said she was highly favored. Why?
- How old was Mary?
- Was Mary afraid by the angel's visit?
- What was her response to the angel's proclamation that she would give birth to the Son of God?
- How was she able to get over her fear?
- What character trait did she show God? (Obedience, Humility, Faith)
- What would have happened if she was not obedient to God?
- Thankfully Mary is one of the coolest kids written about in the Bible and she gave birth to THE COOLEST KID. Who would that be? (JESUS!)
- Read aloud Luke 2:40. What does strong in spirit mean? What does wisdom mean? How was the grace of God upon him? Does that sound like an ordinary kid?
- What traits would you say you would have in common with Jesus as a boy?
- How old was Jesus when he went to the Passover festival with his parents, Mary and Joseph?
- When Jesus was lost, where did they find him? What did he call this place? (The Temple was His Father's house) To which father was he referring?
- To whom was Jesus obedient at the end of this story?
- Where does it say to honor and obey your mother and father?
- How can you be a cool kid like Mary and Jesus?

“Honor your father and mother, so that you may live long in the land the Lord your God is giving you.” Exodus 20:12 (NIV)





Outdoor Recreation and Adventures

One or all of the following games can be played. The recreation leader should model to the campers how to play each game safely and correctly.

OBSTACLE COURSE

Set out obstacle course items on an open grassy area that has been examined for any dangers, such as ant piles, holes, slopes or sinkholes, rocks or other sharp objects.

Set up the obstacle course in stations that children can run through. You can number the stations by attaching blown up balloons numbered with a broad-tipped permanent marker to tall garden stakes. Remember, encourage campers to help one another with the obstacles.

Here is a list of possible stations and supplies needed for each.

1. **Tire Flip**- provide small tires, like bike tires, for the kids to flip an X number of times (**Bike Tires**)
2. **Ladder Run**- Lay down a wooden ladder, sanded to prevent splinters, and have campers skip through the rungs (**ladder**)
3. **Rainbow Crawl**- **Have the campers crawl under a six-foot table that has been completely covered with balloons. Using yarn and tape, attach approximately 100 balloon to the top and underside of the table. Use foam padding to wrap the legs of the table. The campers will enjoy crawling through this rainbow of balloons** (**Balloons, tape, yarn, six-foot table, protective foam padding**)
4. **Puddle Crossing**-Make a shallow muddy puddle area for the campers to cross via bricks or a wooden plank (**Water and dirt, 10 feet of sanded planks of wood or 10-20 bricks**)
5. **Bunny Hop**- Lay out Easter Eggs in a zigzag pattern across a 50-yard distance. Provide several Easter baskets that the campers will take turns holding and hopping from egg to egg collecting them in their basket. A game leader will have to periodically reset the eggs (**dozens of plastic eggs, several Easter baskets**)
6. **Newspaper Walk**- Provide sheets of newspaper folded in half. Each camper will take two sheets. They will need to place one sheet before them and step on it, then place the next sheet in front of them and step on it, and then turn around to lift the previous sheet for the next step. Continue until they cross the finish line (approximately 20 yards) (**Sheets of newspaper folded in half**)

7. **Spider Crawl**- Insert two-foot tall bamboo sticks into six small holes dug in the ground about three feet apart. At four-feet from this row, erect another row of bamboo at the same height. Tie string from one bamboo pole of first line to a bamboo pole opposite it on the second line, in a zigzag manner. This will look like a mesh of string. The campers will crawl on their bellies under the “spider web” to complete this obstacle (12 two-foot bamboo poles, string, scissors)
8. **Hoops**- Lay out 10 plastic hoops. The campers must step in the hoop, lift it over their head and place it behind them to move forward (10 plastic hoops)
9. **Playground Equipment**- Incorporate any playground nearby with slides, monkey bars, climbing structures, balance beams, etc.
10. **Over and Under**- set up benches to jump over and then crawl under (10 benches)



Canteen

Cooks will serve S'More Jesus. We can never have enough of His love. When his sweetness or kindness (the chocolate) touches us (the graham cracker), he transforms us and melts our heart (the marshmallow). Have plenty of water and/or lemonade available for the campers.

Supplies Needed:

- 2 Graham Cracker squares per child
 - Chocolate Bar Square per child
 - Large marshmallow toasted per child
- Melt the marshmallow and press between two graham crackers and piece of chocolate. The chocolate should melt some from the heat of the marshmallow.



Arts and Crafts

For our last day at camp, we will make a trophy, because everyone who runs the race and keeps the faith, will win the prize! This trophy will be our symbol for everlasting life in God’s kingdom. We can keep it in our bedroom or den to remember to keep our eye on the true prize, and not the temporary prizes that may come and go. Jesus was born from the Virgin Mary as the ultimate gift to humanity- a King who would save us from our sins and offer us the ultimate prize, eternity with Him.

Supplies Needed:

- 2 gold metallic cups per child or two plastic cups spray painted gold
- Black Sharpie pen
- 2 gold chenille pipe cleaners per child for handles
- Strong double-sided adhesives

Use the double-sided adhesives to adhere two cups together with bottoms attached. Twist the two pipe cleaners into a “S” shape and using the adhesives, attach one to each side as handles. With the black pen, write the scripture verse that best helps you stay focused on the prize.



Closing Campfire

I hope you all had a wonderful week. We have discussed how we are all running a race to win a prize. Tell me about some things you learned about the race (Let campers list some things they learned like, “We are never alone,” “We have friends and family who can help us,” “We can overcome fears and obstacles by pressing forward in faith,” “We can read the Word of God to instruct us,” “It is cool to be kind, humble, and helpful,” “We can encourage others in their race,” “We need to strengthen our physical and spiritual muscles,” “Our weaknesses can help us persevere and grow stronger,” “We should focus on the ultimate prize and not be distracted by temptations.”) What is the prize we are seeking? (Let campers say it). Let’s recite Timothy 4:7.

**“I have fought the good fight, I have finished the course, I have kept the faith.”
New American Standard Bible**

God can help us achieve great things that we could not do on our own. He has placed others in our lives to help us finish the course. He has placed YOU in other people’s lives to serve and help them finish the race. So keep the faith, know you are never alone, and press forward to win the prize God is so eager to give you! Remember, we must share the Good News with others to encourage them to stay the course and run the race with us! We can all win the prize!

Let us pray.

Heavenly Father, we thank you that with You all things are possible. We can face our fears, overcome obstacles, lend a helping hand, stay the course and win the prize! Thank you for giving us your Word to instruct us in our race, and Your Holy Spirit to guide us along the way. Thank you for sending your Son, Jesus, to model for us how to run the race, with love, service, faith and humility. Thank you for Mary, for having the courage and obedience to say, "YES!" May we look to all the cool kids of the Bible to teach us how to serve you and keep the faith. May You be the Prize we seek! In Jesus' name we pray. Amen.



ADVENTURE V

Read Matthew 6:21.

“For where your treasure is, there your heart will be also.”

Create a treasure hunt for the campers based on trivia from the Bible. Once all the clues are found, a prize should be awaiting them. Some suggestions include:

- 1.** How did the Three Wiseman find the great treasure that was born in Bethlehem? (clue should be under a star)
- 2.** Matthew 13:44 *“The kingdom of heaven is like treasure hidden in a field. When a man found it, he hid it again, and then in his joy went and sold all he had and bought that field.”* (clue is under a shovel to unearth)

3. “Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last forever.” -1 Corinthians 9:24-25 (clue is a crown)

Create as many clues as you wish using the Bible as a guideline. The final clue should lead to a treasure or prize for the campers.

ADVENTURE VI

ARCHERY

Find an archery set or range at which the campers can play. There are many skills and life lessons that go into the sport of archery. Here are a few:

1. Kids can only shoot if they follow the rules- OBEDIENCE.
2. There is a step by step method for drawing a bow and shooting an arrow. By slowing down and focusing on each step, hitting the middle of the target becomes easier- FOCUS.
3. It helps teach goal-setting by changing goals to increased distances or smaller targets when they improve- GOALS.

