

LEAD

Morning Watch

2 Week Experience

Summer 2017

 Camp Cedarbrook™
in the **Adirondacks**

DAY 1 MORNING WATCH - WHO IS GOD?

Pray.

- Tell God what you are thinking or feeling right now and ask him for help today.
- Ask God to help you to understand and learn from the passages you are about to read.

Welcome to camp. Each morning you will have the opportunity to spend some time reading the Bible and thinking about what it says. Because we are a Christian camp and believe that your relationship with God is the most important part of your life, we have created this guide to help you deepen that relationship in a systematic way that, we hope, will continue after camp and into your adult life. We will begin exploring who God is and who Jesus is then look at why we use the Bible as our primary resource. Then we'll study some specific areas of our lives that the Bible tells us God is interested in.

In your Binder, you have a notebook to use as a "Morning Watch Journal." This is your own personal space to journal, write questions or protests, express your feelings and responses, etc. No one else will read this unless you ask them to. Start your journal today on the first page *after* the paper-clipped pages, or about the 15th page of the notebook. To help you get started, follow this format (you'll learn more about this in Bible Ex):

			Page # (start from 1)
Date	Passage you read	1 What does the passage say? (Restate it in your own words.) 2 What does it mean? (What is the main point: short summary in your own words.) 3 What does it mean to me? (Summary statement for the day and how you plan to incorporate this into your life)	

Today's question: Who is God?

1. What do these verses say? Read each passage below and, in your journal, fill in the blank: "God is ____." There may be more than one quality of God in each passage. This is a more specific answer to Question 1 in the box above. Use your Bible's Table of Contents if you need help finding a these references.

1. Deuteronomy 32:4
2. Psalm 34:8
3. Psalm 102:25-27
4. Matthew 19:26
5. John 4:24
6. Colossians 1:6-7
7. James 1:17
8. 1 John 4:16

2. What do the verses mean? Summarize Who God is, based on these passages.

3. What do the verses mean to me? What situation is God bringing to mind - don't think too hard to find one! - and how do these truths about God impact the situation? Think about how the verses impact the situation God brings to mind. Brainstorm: "If God is ____, then ____."

4. What are you going to do about it? What will you do / what will you change as a result of what you've read?

Pray. Talk to God openly and honestly in response to these verses.

- **Thank you.** Thank God for meeting with you, speaking to you and for being the way He is.
- **I'm sorry.** Tell God "I'm sorry" for any sins He's brought to mind.
- **Please.** Pray for anyone He brings to mind and for yourself, especially for your time here at camp.

DAY 2 MORNING WATCH - WHO IS JESUS?

Pray.

- Tell God what you are thinking or feeling right now and ask him for help today.
- Ask God to help you to understand and learn from the passages you are about to read.

Today's question: Who is Jesus?

Use your journal to answer the following questions and record any additional comments or questions you may have.

1. (Scripture) What do these verses say? Read each passage below and, in your journal, fill in the blank: "Jesus is ____." There may be more than one quality of Jesus in each passage. Use your Bible's Table of Contents if you need help finding a these references.

1. **Luke 1:35**
2. **Luke 2:7**
3. **John 13:15**
4. **Romans 9:5**
5. **Philippians 2:5-11**
6. **Colossians 1:15-20**
7. **1Peter 2:22**
8. **Revelation 19:16**

2. (Observation, Part 1) What do the verses mean? Summarize Who Jesus is, based on these passages.

3. (Observation, Part 2) What do the verses mean to me? What situation is God bringing to mind and how do these truths about God impact the situation? Brainstorm: "If Jesus is ____, then ____."

4. (Application) What are you going to do about it? What will you do / what will you change as a result of this truth that God has shown you?

(Prayer) Pray. Talk to God openly and honestly in response to these verses.

- **Thank you.** Thank God for meeting with you, speaking to you and for making Jesus the way He is.
- **I'm sorry.** Tell God "I'm sorry" for any sins He's brought to mind.
- **Please.** Pray for anyone He brings to mind and for yourself, especially for your time here at camp.

DAY 3 MORNING WATCH - WHY THE BIBLE, PART 1?

Pray.

- Tell God what you are thinking or feeling right now and ask him for help today.
- Ask God to help you to understand and learn from the passages you are about to read.

Today's Question: Who wrote the Bible? Why was it written? And can we trust it?

1. What do these verses say? In what way do they answer Today's Questions?

Who wrote the Bible?

2 Timothy 3:16-17

Why was it written?

John 20:30-31

Is it true?

Proverbs 30:5

John 17:17

How certain is it?

Isaiah 40:8

Matthew 5:18

2. What do the verses mean? Write a short answer to Today's Questions.

3. What do the verses mean to me? What situation is God bringing to mind? How do these truths impact the situation?

4. What are you going to do about it? What will you do / what will you change as a result of what you've read?

Pray. Talk to God openly and honestly in response to these verses.

- **Thank you.** Thank God for meeting with you, speaking to you and for making Jesus the way He is.
- **I'm sorry.** Tell God "I'm sorry" for any sins He's brought to mind.
- **Please.** Pray for anyone He brings to mind and for yourself, especially for your time here at camp.

DAY 4 MORNING WATCH - WHY THE BIBLE, PART 2?

Pray.

- Tell God what you are thinking or feeling right now and ask him for help today.
- Ask God to help you to understand and learn from the passages you are about to read.

Today's Question: To whom was the Bible Written? Who can understand it?

1. What do these verses say? In what way do they answer Today's Questions?

To whom was it written?

John 20:30-31

Colossians 4:16

Read the first few verses of Paul's letters to churches (Romans thru Colossians) and notice to whom they are written - and to whom are they not written.

Based on whom it was written to, who can read and understand the Bible? See also...

Deuteronomy 6:6-7

Psalms 119:130

2. What do the verses mean? Write a short answer to Today's Questions.

3. What do the verses mean to me? What situation is God bringing to mind? How do these truths impact the situation?

4. What are you going to do about it? What will you do / what will you change as a result of what you've read?

Pray. Talk to God openly and honestly in response to these verses.

- **Thank you.** Thank God for meeting with you, speaking to you and for making Jesus the way He is.
- **I'm sorry.** Tell God "I'm sorry" for any sins He's brought to mind.
- **Please.** Pray for anyone He brings to mind and for yourself, especially for your time here at camp.

DAY 5 MORNING WATCH - WHY THE BIBLE, PART 3?

Pray.

- Tell God what you are thinking or feeling right now and ask him for help today.
- Ask God to help you to understand and learn from the passages you are about to read.

Today's Question: Is the Bible true? How certain is it? Can I trust it?

1. What do these verses say? In what way do they answer Today's Questions?

Is it true?

Proverbs 30:5

John 17:17

How certain is it?

Isaiah 40:8

Isaiah 46:9

Matthew 5:18

2. What do the verses mean? Can YOU trust the Bible? Why / why not?

3. What do the verses mean to me? What situation is God bringing to mind? How do these truths impact the situation?

4. What are you going to do about it? WILL you trust the Bible? If so, What will you do / what will you change as a result of what you've read?

Pray. Talk to God openly and honestly in response to these verses.

- **Thank you.** Thank God for meeting with you, speaking to you and for making Jesus the way He is.
- **I'm sorry.** Tell God "I'm sorry" for any sins He's brought to mind.
- **Please.** Pray for anyone He brings to mind and for yourself, especially for your time here at camp.

DAY 6 MORNING WATCH - WHY THE BIBLE, PART 4?

Pray.

- Tell God what you are thinking or feeling right now and ask him for help today.
- Ask God to help you to understand and learn from the passages you are about to read.

Today's Question: How important is it to study the Bible for ourselves and to respond to it?

1. What do these verses say? In what way do they answer Today's Questions?

How important is it for me - personally - to study it?

2Timothy 4:3-4

Amos 8:11

1Thessalonians 5:21

Can I just read it for fun or for general interest?

James 1:22-25

John 7:16-17

2. What do the verses mean? Write a short answer to Today's Question.

3. What do the verses mean to me? What situation is God bringing to mind? How do these truths impact the situation?

4. What are you going to do about it? What will you do / what will you change as a result of what you've read?

Pray. Talk to God openly and honestly in response to these verses.

- **Thank you.** Thank God for meeting with you, speaking to you and for making Jesus the way He is.
- **I'm sorry.** Tell God "I'm sorry" for any sins He's brought to mind.
- **Please.** Pray for anyone He brings to mind and for yourself, especially for your time here at camp.

DAY 7 MORNING WATCH - WORSHIP

Pray.

- Tell God what you are thinking or feeling right now and ask him for help today.
- Ask God to help you to understand and learn from the passages you are about to read.

Today's Activity: Worship

1. **What do these verses say / mean?** Think about them and use them to help you praise and thank God.

Psalm 19

2. **What do the verses mean to me?** What situation is God bringing to mind? How do these truths impact the situation?

3. **What are you going to do about it?** What will you do / what will you change as a result of what you've read?

Pray. Talk to God openly and honestly in response to these verses.

- **Thank you.** Thank God for meeting with you, speaking to you and for making Jesus the way He is.
- **I'm sorry.** Tell God "I'm sorry" for any sins He's brought to mind.
- **Please.** Pray for anyone He brings to mind and for yourself, especially for your time here at camp.

DAY 8 MORNING WATCH - IS SPIRITUAL HEALTH IMPORTANT?

Pray.

- Tell God what you are thinking or feeling right now and ask him for help today.
- Ask God to help you to understand and learn from the passages you are about to read.

Today's Question: How important is our Spiritual health?

1. **What do these verses say?** In what way do they answer Today's Question?

- a. Ephesians 6:10-12
- b. Romans 8:1-6, 16 (If you have time, read all of Romans 8:1-17)

2. **What do the verses mean?** Write a short answer to Today's Question.

3. **What do the verses mean to me?** What situation is God bringing to mind? How do these truths impact the situation?

4. **What are you going to do about it?** How will you pursue Spiritual Health, both here at camp and at home?

Pray. Talk to God openly and honestly in response to these verses.

- **Thank you.** Thank God for meeting with you, speaking to you and for making Jesus the way He is.
- **I'm sorry.** Tell God "I'm sorry" for any sins He's brought to mind.
- **Please.** Pray for anyone He brings to mind and for yourself, especially for your time here at camp.

DAY 9 MORNING WATCH - IS PHYSICAL HEALTH IMPORTANT?

Pray.

- Tell God what you are thinking or feeling right now and ask him for help today.
- Ask God to help you to understand and learn from the passages you are about to read.

Today's Question: How important is our Physical health?

1. What do these verses say? In what way do they answer Today's Question?

- a. 1 Corinthians 6:12-13 and 1 Corinthians 6:18-20
- b. 1 Corinthians 9:24-27
- c. 1 Timothy 4:7-8

2. What do the verses mean? Write a short answer to Today's Question.

3. What do the verses mean to me? What situation is God bringing to mind? How do these truths impact the situation?

4. What are you going to do about it? How will you pursue Physical Health, both here at camp and at home?

Pray. Talk to God openly and honestly in response to these verses.

- *Thank you.* Thank God for meeting with you, speaking to you and for making Jesus the way He is.
- *I'm sorry.* Tell God "I'm sorry" for any sins He's brought to mind.
- *Please.* Pray for anyone He brings to mind and for yourself, especially for your time here at camp.

DAY 10 MORNING WATCH - IS EMOTIONAL HEALTH IMPORTANT?

Pray.

- Tell God what you are thinking or feeling right now and ask him for help today.
- Ask God to help you to understand and learn from the passages you are about to read.

Today's Question: How important is our Emotional health?

1. What do these verses say? In what way do they answer Today's Question?

- a. Proverbs 4:23
- b. Psalm 42:11
- c. Matthew 6:25, 34 (If you have time, read Matthew 6:25-34)
- d. Philippians 4:5-7

2. What do the verses mean? Write a short answer to Today's Question.

3. What do the verses mean to me? What situation is God bringing to mind? How do these truths impact the situation?

4. What are you going to do about it? How will you pursue Emotional Health, both here at camp and at home?

Pray. Talk to God openly and honestly in response to these verses.

- *Thank you.* Thank God for meeting with you, speaking to you and for making Jesus the way He is.
- *I'm sorry.* Tell God "I'm sorry" for any sins He's brought to mind.
- *Please.* Pray for anyone He brings to mind and for yourself, especially for your time here at camp.

DAY 11 MORNING WATCH - IS MENTAL / INTELLECTUAL HEALTH IMPORTANT?

Pray.

- Tell God what you are thinking or feeling right now and ask him for help today.
- Ask God to help you to understand and learn from the passages you are about to read.

Today's Question: How important is our Mental / Intellectual health?

1. What do these verses say? In what way do they answer Today's Question?

- a. Acts 17:11
- b. Romans 12:2
- c. 2 Corinthians 10:5
- d. Philippians 4:8
- e. 1 Peter 5:8-9

2. What do the verses mean? Write a short answer to Today's Question.

3. What do the verses mean to me? What situation is God bringing to mind? How do these truths impact the situation?

4. What are you going to do about it? How will you pursue Mental / Intellectual Health, both here at camp and at home?

Pray. Talk to God openly and honestly in response to these verses.

- *Thank you.* Thank God for meeting with you, speaking to you and for making Jesus the way He is.
- *I'm sorry.* Tell God "I'm sorry" for any sins He's brought to mind.
- *Please.* Pray for anyone He brings to mind and for yourself, especially for your time here at camp.

DAY 12 MORNING WATCH - IS SOCIAL HEALTH IMPORTANT?

Pray.

- Tell God what you are thinking or feeling right now and ask him for help today.
- Ask God to help you to understand and learn from the passages you are about to read.

Today's Question: How important is our Social health?

1. What do these verses say? In what way do they answer Today's Question?

- a. Proverbs 13:20
- b. 1 Corinthians 15:33
- c. 2 Corinthians 6:14-18
- d. 1 Timothy 2:14-15

2. What do the verses mean? Write a short answer to Today's Question.

3. What do the verses mean to me? What situation is God bringing to mind? How do these truths impact the situation?

4. What are you going to do about it? How will you pursue Social Health, both here at camp and at home?

Pray. Talk to God openly and honestly in response to these verses.

- *Thank you.* Thank God for meeting with you, speaking to you and for making Jesus the way He is.
- *I'm sorry.* Tell God "I'm sorry" for any sins He's brought to mind.
- *Please.* Pray for anyone He brings to mind and for yourself, especially for your time here at camp.

DAY 13 MORNING WATCH - WHAT IS MY PURPOSE?

Pray.

- Tell God what you are thinking or feeling right now and ask him for help today.
- Ask God to help you to understand and learn from the passages you are about to read.

Today's Question: What has God called YOU to? What is YOUR purpose?

1. What do these verses say? In what way do they answer Today's Question?

- a. Matthew 28:18-20
- b. Acts 1:8
- c. Acts 13:47

2. What do the verses mean? Write a short answer to Today's Question.

3. What do the verses mean to me? What situation is God bringing to mind? How do these truths impact the situation?

4. What are you going to do about it? What will you do as a result of what you've read?

Pray. Talk to God openly and honestly in response to these verses.

- **Thank you.** Thank God for meeting with you, speaking to you and for making Jesus the way He is.
- **I'm sorry.** Tell God "I'm sorry" for any sins He's brought to mind.
- **Please.** Pray for anyone He brings to mind and for yourself, especially for your time here at camp.

POST-CAMP MORNING WATCH IDEAS

1. Read through the book of John, one section or paragraph or story each day.
2. Read through Ephesians, one section or paragraph each day
3. Read from Genesis to Ester, Old Testament history books, one story or chapter at a time
4. Read through Romans, one section per day
5. Ask your parent(s) / guardian(s) or pastor or youth group leader for ideas

You might also...

6. Ask an older, wiser woman to read through a book of the Bible with you
7. Ask a Christian friend to read through a book of the Bible with you

It matters less *what* you study in the Bible than *that* you continue your studies in the Bible.

Jesus is there where you are each morning. Will you spend some time with Him?