

# LEAD Bible Ex

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2 Week Experience

Summer 2017

 Camp Cedarbrook™  
in the **Adirondacks**

## Letter to the LEAD Counselor

Dear LEAD Counselor:

THANK YOU for assuming a very important and challenging role. You will be the primary counselor who models to these aspiring leaders *how to lead / serve as a Christian woman*.

The big picture goal of LEAD is to provide: *A two-week environment where Christian young ladies will develop general leadership skills and experience. Campers will learn and practice valuable skills such as group management and lesson planning, and have the opportunity to develop confidence by speaking and sharing in front of others.*

Please note that the goal above is NOT camp specific. We want these girls to be equipped to lead and to serve in their churches and youth groups, high schools and colleges. If they come back to camp in the summers as counselors, that would be awesome. But the main goal of LEAD is to equip them *as leaders* who are able to further the Kingdom of God in the world that extends beyond camp.

It is STRONGLY recommended that you become familiar with all that the LEADers will learn in their classes, but it is particularly important *before* you start planning Bible Ex, that you know what the LEADers will learn about Preparing a Bible Study. The better examples you can provide them in their Bible Ex's, the better they will be able to prepare their Bible Ex's for the second week of LEAD and the better Bible Studies they will be able to lead for the groups God gives them to lead back in their home churches and/or youth groups. Please review at least the "Bible Study Prep" lesson and handouts and follow the structure and practices described there.

As described in the Bible Study Prep Handout, please do vary the approach, the Learning Tasks, the way Scripture is presented, etc. At times, you may choose not to just read (or otherwise present) the verses right away. Or you may choose to use a Learning Task for them to research some of the verses in smaller groups, then bring a "report" back to the big group. To allow for these options, this document groups Book and Look together.

This Bible Ex document is designed to let you know what the LEADers will be reading in Morning Watch so you can build on that. The subjects/objectives of Morning Watch and Bible Ex are an integral part of the whole LEAD program and syllabus; what the LEADers learn in these studies provides an essential foundation for many of the classes. **Please do not change the subjects / objectives** unless you have coordinated with the LEAD Coordinator first.

At the beginning of each Bible Ex in this packet are Objectives, some helpful planning info and Instructor Notes. Please read carefully and comply with the Objectives and Notes. Notes are there to help you plan and lead.

There is space on these pages for some thoughts / planning. Obviously if that is not enough, you may need additional paper.

Have the LEADers bring their Binders to Bible Ex. FYI: All they need to bring to everything is their Binder, their Bible and a pen. During the second week, they will be filling in a Handout that is in their Binders. If you want to have them use other worksheets for other Bible Ex's feel free to add them to their Binders. Coordinate with the LEAD Coordinator.

Again, thank you for taking on this very critical role in the lives and experience of the LEADers. May God strengthen you and give you wisdom as you live out before these girls what it means to be a Christian Leader today.

## DAY 1 (Monday) Bible Ex - WHO IS GOD?

**Objectives:** LEAD participants will be able to state the main characteristics of God and be able to state how these characteristics impact real situations in their lives.

**Plan ahead:** (Anything that needs to be done ahead of time)

- Time required: 10 min + (your Bible Ex)
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**Supplies:** (Anything you need to bring)

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Instructor notes: 1. Before doing this Bible Ex, talk about the SOAP journaling method. The information on it is in their binders. After this, do the lesson. 2. There are probably too many verses here to look at. \*Asterisked ones they read in Morning Watch. Recommend building the list of characteristics using the fewest verses possible to leave the most possible time for considering how they apply to the LEADers' lives in real and practical ways.

### SOAP Journal quick overview (10 min)

SOAP stands for Scripture, Observation, Application and Prayer. This is the basic format of your Morning Watch (or Quiet Time). The journal is the place for you to record what you read (Scripture) along with your Observations and Application and any questions that come up.

The first 15 pages or so of your spiral notebook are paper clipped together (or have them do this). These pages will form your Table of Contents. This is their format:

Date	Passage you read	One-line summary of the application	Page #
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After the Table of Contents, start numbering the journal - top or bottom of the page, whichever you prefer. Start at 1 and number a couple pages. Number more as you need them.

This morning you should have started on Page 1. Follow this format for your journal during your MW:

Date	Passage you read ( <b>Scripture</b> )		Page # (start from 1)
		1 ( <b>Observation</b> ) <u>What does the passage say?</u> (Restate it in your own words.)	
		2 ( " ) <u>What does it mean?</u> (What is the main point: summarize in your own words.)	
		3 ( <b>Application</b> ) <u>What does it mean to me?</u> (Summary statement for the day and how you plan to incorporate this into your life)	

**\*\*Also be sure to write down any questions you have on the passage or your own thoughts.\*\***

When you have finished your entry for that morning, copy your application, your summary statement for the day - or a short version of it - into the Table of Contents along with the date, passage and page #.

You can do one entry per page, or start the next day on the next line, or skip a line, whatever is your preference. This is YOUR journal. We would like you to try out this format while you are here at camp. If you like it, continue after you leave camp. If you want to modify it and continue, have at it. If you want to do something totally different, great - as long as you keep reading your Bible and responding to what you read...

What questions do you have about the SOAP journaling method?

**HOOK ( min):**

**BOOK / LOOK ( min):**

Morning Watch Passage	Characteristic	Other Passages
* <b>Deuteronomy 32:4</b> "The Rock, his work is <u>perfect</u> , for all his ways are <u>justice</u> . A God of <u>faithfulness</u> and <u>without iniquity</u> , <u>just</u> and <u>upright</u> is he.	Perfect, Just Faithful Sinless Upright	<b>Numbers 23:19</b> God is not man, that he should lie, or a son of man, that he should change his mind. Has he said, and will he not do it? Or has he spoken, and will he not fulfill it?
* <b>Psalm 34:8</b> Oh, taste and see that <u>the LORD is good!</u>	Good The Source of everything good Unchanging	<b>James 1:17</b> <u>Every good gift and every perfect gift</u> is from above, coming down from the Father of lights <u>with whom there is no variation or shadow due to change.</u>
* <b>Psalm 102:25-27</b> Of old <u>you laid the foundation of the earth, and the heavens are the work of your hands.</u> 26 They will perish, but you will remain; they will all wear out like a garment. You will change them like a robe, and they will pass away, 27 <u>but you are the same, and your years have no end.</u>	Creator Eternal Unchanging	<b>Psalm 90:2</b> Before the mountains were brought forth, or ever you had formed the earth and the world, <u>from everlasting to everlasting you are God.</u> <b>Malachi 3:6</b> "For <u>I the LORD do not change</u> ; therefore you, O children of Jacob, are not consumed.
* <b>Matthew 19:26</b> But Jesus looked at them and said, "With man this is impossible, but <u>with God all things are possible.</u> "	All-powerful (Omnipotent)	<b>Jeremiah 32:17</b> 'Ah, Lord GOD! It is you who have made the heavens and the earth by your great power and by your outstretched arm! <u>Nothing is too hard for you.</u>
* <b>John 4:24</b> <u>God is spirit</u> , and those who worship him must worship in spirit and truth."	Spirit	
* <b>Colossians 1:16-17</b> <u>For by him [Jesus] all things were created</u> , in heaven and on earth, visible and invisible, whether thrones or dominions or rulers or authorities—all things were created through him and for him. 17 And he is before all things, <u>and in him all things hold together.</u>	Creator Active in holding it all together Still gives life	<b>Genesis 1:1</b> In the beginning, <u>God created</u> the heavens and the earth. <b>Acts 17:24-25</b> The <u>God who made the world and everything in it</u> , being Lord of heaven and earth, does not live in temples made by man, 25 nor is he served by human hands, as though he needed anything, since <u>he himself gives to all mankind life and breath and everything.</u>
* <b>James 1:17</b> Every good gift and every perfect gift is from above, coming down from the Father of lights <u>with whom there is no variation or shadow due to change.</u>	Unchanging	
* <b>1John 4:16</b> So we have come to know and to believe the love that God has for us. <u>God is love</u> , and whoever abides in love abides in God, and God abides in him.	Love	
<b>1John 3:19-20</b> By this we shall know that we are of the truth and reassure our heart before him; 20 for whenever our heart condemns us, God is greater than our heart, and <u>he knows everything.</u>	All-knowing (Omniscient)	<b>Psalm 139:2-4</b> You know when I sit down and when I rise up; you discern my thoughts from afar. 3 You search out my path and my lying down and are acquainted with all my ways. 4 Even before a word is on my tongue, behold, O LORD, you know it altogether. (etc)
<b>Leviticus 19:1</b> And the LORD spoke to Moses, saying, 2 "Speak to all the congregation of the people of Israel and say to them, You shall be holy, for <u>I the LORD your God am holy.</u> "	Holy (Perfect)	<b>1Peter 1:14-16</b> As obedient children, do not be conformed to the passions of your former ignorance, 15 but as he who called you is holy, you also be holy in all your conduct, 16 since it is written, "You shall be holy, for I am holy."

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

**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 hard about how the verses impact the situation God brings to mind.

Brainstorm: "If God is \_\_\_\_\_, then \_\_\_\_\_."

**TOOK ( min):**

**What are you going to do about it?** What attitude or action will you change as a result of the truth of Who God is?

**DAY 2 (Tues) Bible Ex - WHO IS JESUS?**

**Objectives:** LEAD participants will be able to state the main characteristics of Jesus and be able to state how these characteristics impact real situations in their lives.

**Plan ahead:** (Anything that needs to be done ahead of time)

- Time required:
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**Supplies:** (Anything you need to bring)

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 Instructor notes: As with yesterday, there are far more verses than you can cover in the time allowed. There are also far more on every one of these qualities than these! Pick the ones you prefer to use.

**HOOK ( min):**

Suggestion: play the audio w/script, or the video, "That's my King": <https://www.youtube.com/watch?v=yzqTFNfeDnE>

**BOOK / LOOK ( min):**

<b>Morning Watch verse</b>	<b>Quality</b>	<b>Supporting Verse(s)</b>
<b>Luke 1:35</b> And the angel answered her, "The Holy Spirit will come upon you, and the power of the Most High will overshadow you; therefore the child to be born will be called <u>holy</u> —the <u>Son of God</u> .	<b>Son of God</b>	<b>John 20:30-31</b> Now Jesus did many other signs in the presence of the disciples, which are not written in this book; 31 but these are written so that you may believe that Jesus is the Christ, the <u>Son of God</u> , and that by believing you may have life in his name.
<b>Luke 2:7</b> And she [ <u>Mary</u> ] gave birth to her firstborn son [ <u>Jesus</u> ] and wrapped him in swaddling cloths and laid him in a manger, because there was no place for them in the inn.	<b>Human</b>	<b>Luke 2:52</b> And Jesus increased in wisdom and in stature and in favor with God and man. <b>Matthew 13:53-56</b> And when Jesus had finished these parables, he went away from there, 54 and coming to his hometown he taught them in their synagogue, so that they were astonished, and said, "Where did <u>this man</u> get this wisdom and these mighty works? 55 Is not this the carpenter's son? Is not his mother called Mary? And are not his brothers James and Joseph and Simon and Judas? 56 And are not all his sisters with us? Where then did <u>this man</u> get all these things?"
<b>1Peter 2:22</b> <u>He</u> [ <u>Jesus</u> ] committed no sin, neither was deceit found in his mouth.	<b>Sinless</b>	<b>2Corinthians 5:21</b> For our sake he made him to be sin <u>who knew no sin</u> , so that in him we might become the righteousness of God.
<b>Colossians 1:15-20</b> He is the <u>image of the invisible God</u> , the firstborn of all creation. 16 For <u>by him all things were created</u> , in heaven and on earth, visible and invisible, whether thrones or dominions or rulers or authorities— <u>all things were created through him and for him</u> . 17 And he is <u>before all things</u> , and <u>in him all things hold together</u> . 18 And he is <u>the head of the body</u> , the church. He is the beginning, the <u>firstborn from the dead</u> , that in everything he might be preeminent. 19 For in him all <u>the fullness of God</u> was pleased to dwell, 20 and through him to reconcile to himself all things, whether on earth or in heaven, making peace by the blood of his cross.	<b>The image / expression of God / Creator</b>	<b>John 1:1-3</b> In the beginning was the Word, and the Word was with God, and the <u>Word was God</u> . 2 He was in the beginning with God. 3 <u>All things were made through him</u> , and without him was not anything made that was made. 4 In him was life, and the life was the light of men.

<p><b>John 13:15</b> For <u>I have given you an example</u>, that you also should do just as I have done to you.</p>	<p><b>Example for us</b></p>	<p><b>1Peter 2:21</b> For to this you have been called, because Christ also suffered for you, leaving you <u>an example</u>, so that you might follow in his steps.</p>
<p><b>Romans 9:5</b> To them belong the patriarchs, and from their race, according to the flesh, is <u>the Christ, who is God over all</u>, blessed forever. Amen.</p>	<p><b>God</b></p>	<p><b>2Peter 1:1</b> Simeon Peter, a servant and apostle of Jesus Christ, To those who have obtained a faith of equal standing with ours by the righteousness of <u>our God and Savior Jesus Christ</u>:  <b>John 8:57-58</b> So the Jews said to him, "You are not yet fifty years old, and have you seen Abraham?" 58 Jesus said to them, "Truly, truly, I say to you, before Abraham was, <u>I am</u>."</p>
<p><b>Philippians 2:5-11</b> Have this mind among yourselves, which is yours in Christ Jesus, 6 who, though he was <u>in the form of God</u>, did not count equality with God a thing to be grasped, 7 but emptied himself, by taking the form of a servant, being <u>born in the likeness of men</u>. 8 And being found in human form, he humbled himself by becoming obedient to the point of death, even death on a cross. 9 Therefore <u>God has highly exalted him</u> and bestowed on him the name that is above every name, 10 so that <u>at the name of Jesus every knee should bow</u>, in heaven and on earth and under the earth, 11 <u>and every tongue confess that Jesus Christ is Lord</u>, to the glory of God the Father.</p>	<p><b>Ultimate Authority ...yet humble</b></p>	<p><b>Matthew 28:18-20</b> And Jesus came and said to them, "<u>All authority in heaven and on earth has been given to me</u>. 19 Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, 20 teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age."   <b>Revelation 19:16</b> On his robe and on his thigh he has a name written, <u>King of kings and Lord of lords</u>.</p>

**What do the verses mean?** Who is Jesus?

**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 hard about how the verses impact the situation God brings to mind.

**TOOK ( min):**

**What are you going to do about it?** What attitude or action will you change as a result of this truth?

### DAY 3 (Wed) Bible Ex - WHY THE BIBLE, PART 1: Who wrote the Bible? Why?

**Objectives:** LEAD participants will be able to explain who wrote the Bible and why it was written - and as a result, what questions it does answer and what it does NOT answer.

**Plan ahead:** (Anything that needs to be done ahead of time)

- Time required:
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**Supplies:** (Anything you need to bring)

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Instructor notes: As the objectives state, the main point of this lesson is to teach that God wrote the Bible for the purpose of telling us how we can be saved, not to answer every question that anyone asks.

**HOOK ( min):**

**BOOK / LOOK ( min):**

A. Who wrote the Bible? Answer: God.

1. **2Timothy 3:16-17** All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, 17 that the man of God may be complete, equipped for every good work.
2. **2Peter 1:21** For no prophecy was ever produced by the will of man, but men spoke from God as they were carried along by the Holy Spirit.

B. Why was it written? Answer: So that we would know how to be saved, not to answer every question that there is.

1. **John 20:30** Now Jesus did many other signs in the presence of the disciples, which are not written in this book; 31 but these are written so that you may believe that Jesus is the Christ, the Son of God, and that by believing you may have life in his name.
2. **Luke 1:3-4** it seemed good to me also, having followed all things closely for some time past, to write an orderly account for you, most excellent Theophilus, 4 that you may have certainty concerning the things you have been taught.

**What do the verses mean?** State your Main Point.

**What do the verses mean to me?** What situation is God bringing to mind and how do these truths about God impact the situation? How do the verses impact the situation God brings to mind.

**TOOK ( min):**

**What are you going to do about it?** What attitude or action will you change as a result of this truth?



**DAY 4 (Thurs) Bible Ex - WHY THE BIBLE, PART 2: To whom was it written? Who can understand it?**

**Objectives:** LEAD participants will know that the Bible is written for them and that, with the Spirit's help, they can understand it.

**Plan ahead:** (Anything that needs to be done ahead of time)

- Time required:
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**Supplies:** (Anything you need to bring)

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Instructor notes:

**HOOK ( min):**

**BOOK / LOOK ( min):**

**Review:** Who wrote the Bible? Why was it written?

- A. To whom was it written? Answer: to "you", to US, to the ordinary people in the church
1. **John 20:30-31** Now Jesus did many other signs in the presence of the disciples, which are not written in this book; 31 but these are written so that you may believe that Jesus is the Christ, the Son of God, and that by believing you may have life in his name.
  2. **Colossians 4:16** And when this letter has been read among you, have it also read in the church of the Laodiceans; and see that you also read the letter from Laodicea.
  3. 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. (They are written to the churches, the ordinary people in the churches, not to the leaders.)
- B. Based on whom it was written to, who can read and understand the Bible? See also...
1. **Deuteronomy 6:6-7** And these words that I command you today shall be on your heart. 7 You shall teach them diligently to your children, and shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise.
  2. **Psalms 119:130** The unfolding of your words gives light; it imparts understanding to the simple.

**What do the verses mean? State your Main Point.**

**What do the verses mean to me?** What situation is God bringing to mind and how do these truths about God impact the situation?

**TOOK ( min):**

**What are you going to do about it?** What attitude or action will you change as a result of this truth?

## **DAY 5 (Fri) Bible Ex - WHY THE BIBLE, PART 3: Is the Bible true? How certain is it? Can I trust it?**

**Objectives:** LEAD participants will be able to begin trusting the Bible and take the next step toward putting into practice what it says.

**Plan ahead:** (Anything that needs to be done ahead of time)

- Time required:
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**Supplies:** (Anything you need to bring)

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Instructor notes: If God wrote the Bible, if it is as certain as He says, and He is who we learned about on Monday, then we can trust it. We can trust it with our lives. In fact, we would be fools not to. But we learn to trust the Bible (that is, we learn to trust God) one baby step at a time. This process, after all, is the process of growing in faith: learning to "take God at His Word and obey Him"<sup>1</sup> a little more at each opportunity. So the objective is to encourage the LEADers to take the *next* step in trusting.

<sup>1</sup>Ney Bailey, Faith is not a Feeling

**HOOK ( min):**

**BOOK / LOOK ( min):**

**Review:** Who wrote the Bible? Why was it written?

To whom was it written? Who can understand it?

A. Is it true? Answer: Yes.

1. **Proverbs 30:5** Every word of God proves true; he is a shield to those who take refuge in him.
2. **John 17:17** Sanctify them in the truth; your word is truth.
3. (Grudem, Systematic Theology, p.90) It was argued further that the Bible clearly teaches that God cannot lie or speak falsely (2 Sam. 7:28; Titus 1:2;6:18). Therefore, all the words in Scripture are claimed to be completely true and without error in any part (Num. 23:19; Ps. 12:6; 119:89,96; Prov. 30:5; Matt.24:35). God's words are, in fact, the ultimate standard of truth (John 17:17).

B. How certain is it? Answer: Absolutely certain. Therefore, not only can we trust it, but we are foolish not to.

1. **Isaiah 40:8** The grass withers, the flower fades, but the word of our God will stand forever.
2. **Isaiah 46:9** remember the former things of old; for I am God, and there is no other; I am God, and there is none like me, 10 declaring the end from the beginning and from ancient times things not yet done, saying, 'My counsel shall stand, and I will accomplish all my purpose,' 11 calling a bird of prey from the east, the man of my counsel from a far country. I have spoken, and I will bring it to pass; I have purposed, and I will do it.
3. **Matthew 5:18** For truly, I say to you, until heaven and earth pass away, not an iota, not a dot, will pass from the Law until all is accomplished.

**What do the verses mean?** State your Main Point.

**What do the verses mean to me?** What situation is God bringing to mind and how do these truths about God impact the situation?

**TOOK ( min):**

**What are you going to do about it?** What attitude or action will you change as a result of this truth?

**DAY 6 (Sat) Bible Ex - Personal Testimonies**

**Objectives:** LEAD participants will be able to share the story Jesus has written in their life in less than one minute, and (if time allows) in 2 minutes.

**Plan ahead:** (Anything that needs to be done ahead of time)

- Time required: at least 2 min/LEADer
- Prep your own Elevator (30 second) and Bus Stop (2 minute) Testimonies
- Make sure they bring their written testimonies with them

**Supplies:** (Anything you need to bring)

- A copy of Testimony Evaluation for each LEADer
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Instructor notes: If you have time, do both the "Elevator" and the "Bus Stop" versions of their stories. Affirm everything you possibly can about their testimony. Say nothing judgmental, but do say something when they finish. Do not allow anyone else to make negative or judgmental comments either. If there are LEADers who are choosing not to share, downplay that fact as much as possible. If they are more comfortable reading their testimonies, that is fine.

**HOOK ( 3 min):**

Give your own Elevator and Bus Stop Testimonies as an example.

**BOOK / LOOK ( time will vary ):**

**1Peter 3:15** ...always being prepared to make a defense to anyone who asks you for a reason for the hope that is in you; yet do it with gentleness and respect

**TOOK ( 5 min):**

Now that you have delivered your testimony to the group, look at it again. Edit it or re-write it if you want. Continue to edit it and re-write it as God writes more of His story into your life. Keep old versions. They show what God has done in your life over time.

**Option for DAY 6 (Sat) Bible Ex - WHY THE BIBLE, PART 4: Know it and respond to it!**

**Objectives:** LEAD participants will understand the importance of studying the Bible for themselves, and be motivated to study it and respond to what it says.

**Plan ahead:** (Anything that needs to be done ahead of time)

- Time required:
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**Supplies:** (Anything you need to bring)

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Instructor notes:

**HOOK ( min):**

**BOOK / LOOK ( min):**

**Review:** Who wrote the Bible? Why was it written?

To whom was it written? Who can understand it?  
Is it true? How certain is it? Can I trust it?

- A. How important is it for me - personally - to study it?
1. **2Timothy 4:3-4** For the time is coming when people will not endure sound teaching, but having itching ears they will accumulate for themselves teachers to suit their own passions, 4 and will turn away from listening to the truth and wander off into myths.
  2. **Amos 8:11** "Behold, the days are coming," declares the Lord GOD, "when I will send a famine on the land— not a famine of bread, nor a thirst for water, but of hearing the words of the LORD
  3. **1Thessalonians 5:21** but test everything; hold fast what is good.
  4. Answer: Essential. It may not always be available to us. And more and more, the time has arrived when even churches may not teach it accurately. We must each "test everything; hold fast to what is good."
- C. Can I just read it for fun or for general interest?
1. **James 1:22-25** But be doers of the word, and not hearers only, deceiving yourselves. 23 For if anyone is a hearer of the word and not a doer, he is like a man who looks intently at his natural face in a mirror. 24 For he looks at himself and goes away and at once forgets what he was like. 25 But the one who looks into the perfect law, the law of liberty, and perseveres, being no hearer who forgets but a doer who acts, he will be blessed in his doing.
  2. **John 7:16-17** So Jesus answered them, "My teaching is not mine, but his who sent me. 17 If anyone's will is to do God's will, he will know whether the teaching is from God or whether I am speaking on my own authority.
  3. Answer: We will only find out that God's Word is true and trustworthy when we read it to hear what God is saying to us and with the intent to *do what it says*. If we read it with any other motive, God will not open our mind to it.

**What do the verses mean?** State your Main Point.

**What do the verses mean to me?** What situation is God bringing to mind and how do these truths about God impact the situation?

**TOOK ( min):**

**What are you going to do about it?** What attitude or action will you change as a result of this truth?

## DAY 7 Bible Ex - Sunday - Vespers

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### DAY 8 (Monday) Bible Ex - WHY IS SPIRITUAL HEALTH IMPORTANT?

**Objectives:** LEAD participants will be able to explain why Spiritual Health is important and what steps they can take to pursue it.

**Plan ahead:** (Anything that needs to be done ahead of time)

- Time required:
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**Supplies:** (Anything you need to bring)

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**Accompanying Documents:** (Other handouts / pages that go with this lesson)

- Foundations of Leadership, Part 2 - Morning Watch Handout

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Instructor notes: This is the first part of the LEADers' exploration of the five parts of life, which they learned about in Foundations of Leadership, Part 2 last week. It is highly recommended that you read through that lesson prior to preparing these Bible Ex's, so that you know what is meant by each of the Areas of Life: Spiritual, Physical, Emotional, Mental/Intellectual and Social. The goal of these Bible Ex's is to explore the Bible's perspective on each of the Areas of Life. The LEADers will lead the Bible Ex's on Emotional and Mental/Intellectual areas.

\*\*Have the LEADers fill out their Foundations of Leadership, Part 2 - Morning Watch Handouts as you do Bible Ex throughout this week. It is in their Binders.\*\*

**HOOK ( min):**

**BOOK / LOOK ( min):**

**Eph 6:10-12** Finally, be strong in the Lord and in the strength of his might. 11 Put on the whole armor of God, that you may be able to stand against the schemes of the devil. 12 For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places.

**Romans 8:1-17** There is therefore now no condemnation for those who are in Christ Jesus. 2 For the law of the Spirit of life has set you free in Christ Jesus from the law of sin and death. 3 For God has done what the law, weakened by the flesh, could not do. By sending his own Son in the likeness of sinful flesh and for sin, he condemned sin in the flesh, 4 in order that the righteous requirement of the law might be fulfilled in us, who walk not according to the flesh but according to the Spirit. 5 For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. 6 For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace... 16 The Spirit himself bears witness with our spirit that we are children of God

**1Corinthians 2:12-16** Now we have received not the spirit of the world, but the Spirit who is from God, that we might understand the things freely given us by God. 13 And we impart this in words not taught by human wisdom but taught by the Spirit, interpreting spiritual truths to those who are spiritual. 14 The natural person does not accept the things of the Spirit of God, for they are folly to him, and he is not able to understand them because they are spiritually discerned. 15 The spiritual person judges all things, but is himself to be judged by no one. 16 "For who has understood the mind of the Lord so as to instruct him?" But we have the mind of Christ.

**What do the verses mean?** State your Main Point.

**What do the verses mean to me?** What situation is God bringing to mind and how do these truths about God impact the situation?

**TOOK ( min):**

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

## DAY 9 (Tues) Bible Ex - IS PHYSICAL HEALTH IMPORTANT?

**Objectives:** LEAD participants will be able to explain why Physical Health is important and what steps they can take to pursue it.

**Plan ahead:** (Anything that needs to be done ahead of time)

- Time required:
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**Supplies:** (Anything you need to bring)

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Instructor notes: Point out that our culture struggles with Physical Health, but it is important. If we want to be able to serve God for a long time, and to maximize our own effectiveness, Physical Health is important. This is why we have incorporated a fitness aspect to LEAD.

\*Have the LEADers fill out their Foundations of Leadership, Part 2 - Morning Watch Handout as you do this Bible Ex.\*

**HOOK ( min):**

**BOOK / LOOK ( min):**

**1 Corinthians 6:12-13** "All things are lawful for me," but not all things are helpful. "All things are lawful for me," but I will not be dominated by anything. 13 Food is meant for the stomach and the stomach for food"—and God will destroy both one and the other. The body is not meant for sexual immorality, but for the Lord, and the Lord for the body."

**1 Corinthians 6:18-20** Flee from sexual immorality. Every other sin a person commits is outside the body, but the sexually immoral person sins against his own body. 19 Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, 20 for you were bought with a price. So glorify God in your body.

**1 Corinthians 9:24-27** Do you not know that in a race all the runners run, but only one receives the prize? So run that you may obtain it. 25 Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable. 26 So I do not run aimlessly; I do not box as one beating the air. 27 But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified.

**1 Timothy 4:7-8** Have nothing to do with irreverent, silly myths. Rather train yourself for godliness; 8 for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come.

**What do the verses mean?** State your Main Point.

**What do the verses mean to me?** What situation is God bringing to mind and how do these truths about God impact the situation?

**TOOK ( min):**

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

## DAY 10 (Wed) Bible Ex - IS EMOTIONAL HEALTH IMPORTANT?

**Objectives:** LEAD participants will be able to explain why Emotional Health is important and what steps they can take to pursue it.

**Plan ahead:** (Anything that needs to be done ahead of time)

- Time required:
- Come up with a Main Point and some ideas or a Took
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**Supplies:** (Anything you need to bring)

- One LEAD Activity / Bible Ex Evaluation for each LEADER
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Instructor notes: The LEADers should lead this Bible Ex. Please do your own preparation of the Main Point, as if you were leading it, to make sure they are on track and give them the best possible feedback. Basically, we are neither to "stuff" our feelings nor to let them run our lives. Speak them openly to God, yet *choose* to praise Him and rest in Him.

\*Have the LEADers fill out their Foundations of Leadership, Part 2 - Morning Watch Handout as you do this Bible Ex.\*

**HOOK ( min):**

**BOOK / LOOK ( min):**

**Proverbs 4:23** Keep your heart with all vigilance, for from it flow the springs of life.

**Psalms 42:11** Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God.

**Psalms 55:22** Cast your burden on the LORD, and he will sustain you; he will never permit the righteous to be moved.

**Matthew 6:25-34** "Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? 26 Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? 27 And which of you by being anxious can add a single hour to his span of life? 28 And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, 29 yet I tell you, even Solomon in all his glory was not arrayed like one of these. 30 But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith? 31 Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' 32 For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. 33 But seek first the kingdom of God and his righteousness, and all these things will be added to you. 34 "Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.

**Philippians 4:5-7** Let your reasonableness be known to everyone. The Lord is at hand; 6 do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. 7 And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

**1Peter 5:6-7** Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, 7 casting all your anxieties on him, because he cares for you.

**What do the verses mean?** State your Main Point.

**What do the verses mean to me?** What situation is God bringing to mind and how do these truths about God impact the situation?

**TOOK ( min):**

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



## DAY 11 (Thurs) Bible Ex - IS MENTAL / INTELLECTUAL HEALTH IMPORTANT?

**Objectives:** LEAD participants will be able to explain why Mental / Intellectual Health is important and what steps they can take to pursue it.

**Plan ahead:** (Anything that needs to be done ahead of time)

- Time required:
- Come up with a Main Point and some ideas or a Took
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**Supplies:** (Anything you need to bring)

- One LEAD Activity / Bible Ex Evaluation for each LEADER
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Instructor notes: The LEADers should lead this Bible Ex. Please do your own preparation of the Main Point, as if you were leading it, to make sure they are on track and give them the best possible feedback. Basically, our transformation as believers begins with how we *think*. We must choose carefully what we fill our minds with and what we permit our minds to think about.

\*Have the LEADers fill out their Foundations of Leadership, Part 2 - Morning Watch Handout as you do this Bible Ex.\*

**HOOK ( min):**

**BOOK / LOOK ( min):**

**Psalm 4:4** Be angry, and do not sin; ponder in your own hearts on your beds, and be silent.

**Acts 17:11** Now these Jews were more noble than those in Thessalonica; they received the word with all eagerness, examining the Scriptures daily to see if these things were so.

**Romans 12:2** Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect

**2Corinthians 10:5** We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ,

**Philippians 4:8** Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things

**Colossians 3:9-10** Do not lie to one another, seeing that you have put off the old self with its practices 10 and have put on the new self, which is being renewed in knowledge after the image of its creator.

**1Thessalonians 5:21** but test everything; hold fast what is good.

**1Peter 5:8-9** Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour. 9 Resist him, firm in your faith, knowing that the same kinds of suffering are being experienced by your brotherhood throughout the world.

**What do the verses mean?** State your Main Point.

**What do the verses mean to me?** What situation is God bringing to mind and how do these truths about God impact the situation?

**TOOK ( min):**

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

## DAY 12 (Fri) Bible Ex - IS SOCIAL HEALTH IMPORTANT?

**Objectives:** LEAD participants will be able to explain why Social Health is important and what steps they can take to pursue it.

**Plan ahead:** (Anything that needs to be done ahead of time)

- Time required: (Leave about 10 min at the end to talk about what the LEADers might study in their morning watch / quiet time as they leave camp)
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**Supplies:** (Anything you need to bring)

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Instructor notes: This can become sticky, because we so like our friends. And because we understand that we should be reaching out to the world to bring them to Jesus. The catch-phrase, "We *fellowship* with believers, and *minister* to the lost," captures the balance. We are open with and lean on, we "hang out with" our true siblings in Christ; we rely on them to support and encourage us. But we "pour out on" the lost. That is, we expect nothing in return. The truth is, we become like the people we spend time with. Choose your company wisely. "Show me your friends and I'll show you your future." (John Kuebler)

For ideas on what to study after camp, see the Post-camp Morning Watch Ideas section at the end of their Morning Watch packet.

\*Have the LEADers fill out their Foundations of Leadership, Part 2 - Morning Watch Handout as you do this Bible Ex.\*

**HOOK ( min):**

**BOOK / LOOK ( min):**

**Proverbs 13:20** Whoever walks with the wise becomes wise, but the companion of fools will suffer harm.

**1Corinthians 15:33** Do not be deceived: "Bad company ruins good morals."

**2Corinthians 6:14-18** Do not be unequally yoked with unbelievers. For what partnership has righteousness with lawlessness? Or what fellowship has light with darkness? 5 What accord has Christ with Belial? Or what portion does a believer share with an unbeliever? 16 What agreement has the temple of God with idols? For we are the temple of the living God; as God said, "I will make my dwelling among them and walk among them, and I will be their God, and they shall be my people. 17 Therefore go out from their midst, and be separate from them, says the Lord, and touch no unclean thing; then I will welcome you, 18 and I will be a father to you, and you shall be sons and daughters to me, says the Lord Almighty."

**2Timothy 2:14-16** Remind them of these things, and charge them before God not to quarrel about words, which does no good, but only ruins the hearers. 15 Do your best to present yourself to God as one approved, a worker who has no need to be ashamed, rightly handling the word of truth. 16 But avoid irreverent babble, for it will lead people into more and more ungodliness, 17 and their talk will spread like gangrene...

**What do the verses mean?** State your Main Point.

**What do the verses mean to me?** What situation is God bringing to mind and how do these truths about God impact the situation?

**TOOK ( min):**

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