

Monday!

It's Monday and our word today is...(drum roll, please)...**TRUST**.



Monday's Devotion

Ephesians 2: 8-9

"For it is by grace you have been saved, through faith – and this is not from yourselves, it is the gift of God – not by works, so that no one can boast"

Philippians 4: 13

"I can do all this through him who gives me strength"

When we are at Camp we face many challenges, we are put in positions to try new things, and we have to have faith in our counselors and cabin mates that they will protect us and keep us safe. **Faith is often put into the context of trust:** we need to trust our volunteers at Camp, we need to trust our cabin mates at camp, we need to trust our counselors, etc. Having this kind of trust and faith at Camp helps us to have the best experience possible while we are there.

Having faith that God is always with us, that He is always protecting us, that He always has a plan for our lives and that He is super intentional about that plan should give us strength to know that we can take on any challenge, overcome any obstacle, persevere through any adversity because we are not alone.

Knowing that God has a plan for my life and that He has ordered my steps gives me tremendous confidence that no matter how difficult the situation, I have faith that there is a purpose for me being there and that something bigger awaits.

Devotion Reflection Questions

1. Who are some people in our lives that we have faith in?
2. What is it about those people that makes us trust them so much?
3. How does it make you feel to be able to trust someone like that?
4. How can having faith in God help us deal with problems we may face in life?

****Before doing the activities or service projects, please check with your adult to make sure that it is okay.****

Monday's Activities

1. Find a buddy and do a **trust** walk. Have your buddy close their eyes and lead them around your house. Do they follow you easily? Are they trusting you to lead them safely? Are you a good leader? Reverse roles. How easy is it to **trust** the person leading you? Why?
2. Complete these online jigsaw puzzles. How fast can you complete them?
<https://www.jigsawplanet.com/?rc=play&pid=03a02af32ec1>
<https://www.jigsawplanet.com/?rc=play&pid=0ec7a6ccb9c5>
<https://www.jigsawplanet.com/?rc=play&pid=233c46ac0de4>
3. What is your favorite Camp Hope memory? Draw a picture of it. Or, to the best of your ability with props you have on hand, recreate the event and take a picture of it. Or, write this memory down in a journal.
4. Plank. How long can you hold the plank position?



What other exercise activities can you do?

Monday's Service Projects

1. Make your bed.
2. Read a book to a sibling or a friend.
3. Turn off the water while brushing your teeth.
4. Do someone else's chore for them (setting the table, folding laundry, etc.).
5. Cabin Clean Up! Make sure to clean up after all camp activities.