



Standing Together with God
Family Devotion for Week 2
July 20th, 2020

Purpose: To recall memories of setting up your space at camp, especially setting up a bunk space and creating a personal space for your week away.

A week away at camp or a week of family camping can be a joy filled and /or challenging experience. Evenings away from home, whether camping or at a sleepover, can be a time of unanticipated insecurity and fear. Conversely, it can also be a way for youth to joyfully explore their own sense of emerging independence and test new skills. Parents and others –especially counselors when camping onsite- need to support youth to face their insecurities and summon their resilience to manage a time away from home.

A sleeping bag can be a kind of cocoon, a place of sensory comfort for oneself while sleeping away from home. Just as a toddler might use a blanket square, youth may find this space a welcome respite at the end of the day. The best counselors understand this and use vespers, story-telling, singing, and more to help settle youth before they slip into their bunks at the end of a busy day. This experience will help youth to prepare for or recall those experiences and deepen their learning and sense of accomplishment.

Supplies:

Game of Jenga, Score 4, or other board games for pairs
Sleeping bag (opened or zipped)
Favorite Storybook, stuffed animal, etc.
Favorite evening snacks
Flashlight

Read:

Psalm 4:8 Common English Bible (CEB)

“I will lie down and fall asleep in peace because you alone, Lord, let me live in safety.”

Watch/Participate: Get a Glimpse!

Camping 101- For beginners

<https://www.youtube.com/watch?v=xUqTgNJgWUs>

Favorite Campfire Treats

<https://www.youtube.com/watch?v=679Rfx6kZ50>

Camping fun- Games to Play

https://www.youtube.com/watch?v=s0LORRU_rFo

Camping Activities for Families

https://www.youtube.com/watch?v=-KyW_8ISq8

Activity: Listen/ Reflect

Play a favorite game together. Now it's time to reflect on your day. Sit together on the ground outdoors on an open sleeping bag, or on a bench in your yard or on your deck and wrap yourselves in an open sleeping bag, covering your shoulders. Next, take a few minutes to consider your day. What did you do? What were the highlights? While enjoying a snack begin by sharing a favorite story of the day, something exciting or unusual that happened or was part of your day. (or recent days) Share your stories. If your youth has been to camp, ask them to reflect on best days at camp – what activities are the most enjoyable, most challenging, etc. An alternative to a game or if conversation is slow to come, ask them to open a favorite children's storybook or chapter book and read aloud together or have your youth read to you. Enjoy this time together. Then have a conversation about safety and security using the questions below or others you might have.

Together, take some time to reflect on and share:

- I wonder what helps to make you feel safe?
- I wonder when or in what situations you feel safest?
- I wonder what helps to comfort you when you're not feeling safe?

In this exercise above, you (parent, relative or other caregiver) should also answer these questions as well as your youth.

Pray: Dearest Jesus, be our light, through the darkest hours of night. Watch and keep your beloved ones, until You bring the morning sun. Amen