

Schedule



Friday

Arrival- 5 -7

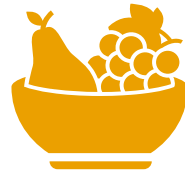
6 pm-Dinner

7 pm- Activities

9:00 pm- Lesson- Intro To
Spiritual Disciplines

10:00 pm Campfire

Post Campfire Hang Out



Saturday

8:00-8:45- Breakfast

9:30- Singing + Class- Engaging with God's Word-
Bible Study

11:00- Activities

12:00- Lunch

1:30- Lesson + Self Reflection - Deepening Our
Connection- Prayer & Fasting

3:00- Activities

6:00- Dinner

7:30- Activities & Board Games

10:30- Campfire

Post Campfire Movie



Sunday

Breakfast- 8:00

10:00- Class- Living in
Community- Corporate
Practices

11:00- Worship Service

**12:00 Lunch,
Connections, Farewell**

YAW Guidelines/Rules

Same-Same

- Don't go into the kitchen
- Respect Boys/Girls Side
- Give it a try! Be part of camp
- **NO** drugs, alcohol, smoking on grounds

Not-Same

- Give it a try (But, I will not chase you)
- Building lock up at midnight
- Pool- waiting for landline
- **After 3 pm, no big carafe of coffee**
- **New Omagh Eats Ramen Bar at night**
- Advise if you're going to leave campus

Escalation

- Im, Riyadh, Juliette
- Summer Staff is OFF DUTY
- Fire Alarm x 20

Getting To Know You

- Dutch Blitz
- Board/Games OR Hike?

Transforming Our Lives

*A Journey Through Spiritual
Habits (Disciplines)*

Agenda

- Introduction
- Session 1: The Foundation – An Overview of Spiritual Disciplines
- Session 2: Engaging with God's Word – The Discipline of Study
- Session 3: Deepening Our Connection – Prayer & Fasting
- Session 4: Living in Community – Corporate Disciplines
- Session 5: Spiritual Disciplines- The Foundation That Builds Freedom

Introduction

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- Introduction to Spiritual Disciplines
 - Concept of spiritual disciplines
 - Practice of spiritual disciplines
 - Growing Closer to God
 - Importance of spiritual growth
 - Methods to enhance spiritual connection
 - Transforming Lives and Communities
 - Impact on personal life
 - Influence on community
 - Intro to the concepts and practice of spiritual disciplines and the transformative power

Welcome & Introduction



- Introduction to the Series
 - Exploring growth in faith practically and intellectually
 - Insights from Richard Foster's 'Celebration of Discipline'
 - Spiritual disciplines as pathways to freedom and joy
- Welcome & Introduction
 - Question: 'If you could instantly gain one spiritual quality, what would it be and why?'
 - Share responses in small groups or as a whole

What are Spiritual Disciplines?

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- Beyond Legalism
 - Disciplines are intentional practices creating space for God
 - Defined as 'God-given means for transformation'
 - Why Practice Them?
 - Transformation: Becoming more like Christ
 - Freedom, not Force: Means of grace leading to joy and peace
 - A Deeper Relationship: Cultivating intimacy with God

What are Spiritual Disciplines?

-
- Brief Overview of the Disciplines
 - Inward Disciplines: Meditation, Prayer, Fasting, Study
 - Outward Disciplines: Simplicity, Solitude, Submission, Service
 - Corporate Disciplines: Confession, Worship, Guidance, Celebration
 - Analogy

Reflection and Impact

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- Defining Spiritual Growth
 - Discussion prompt on personal spiritual growth practices
 - Volunteers share their experiences
 - Impact of Cultural Disciplines
 - Productivity, consumption, and social media engagement
 - Influence on spiritual lives

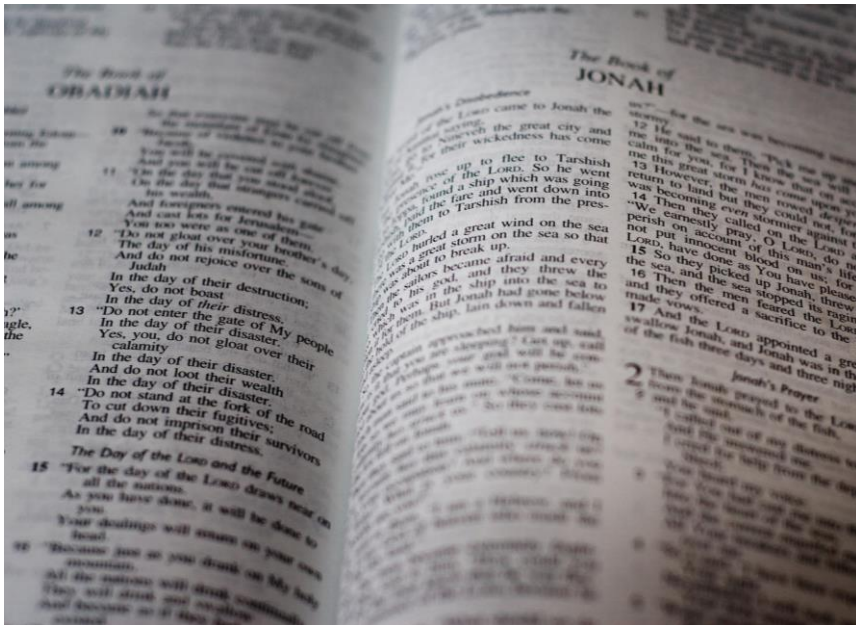
Reflection and Impact

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- Small Group Discussion
 - Groups of 3-4 participants
 - Reflection on natural leanings towards spiritual disciplines
 - Challenges and misconceptions preventing engagement
 - Impact of lack of spiritual discipline on personal and community life
 - Group Share Out

Closing & Preview

- Recap of Today's Session
 - Understanding spiritual disciplines as gifts
 - Reflecting on their presence in our lives
 - Identifying areas for growth
- Prayer
 - Inviting God to open hearts to His transforming work
- Preview of Next Session
 - Focus on the Inward Discipline of Study
 - Engaging with God's Word

Welcome & Recap



- Brief Check-in
 - Welcome back to the session
 - Share one thought or question from the last session
- Recap of Session 1
 - Explored the concept of spiritual disciplines
 - Discussed pathways to transformation
 - Focus on foundational Inward Discipline: Study
 - Specifically, study of God's Word

The Discipline of Study: Beyond Reading

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- Study vs. Reading
 - Study is a deeper engagement with the Bible
 - Intentional and focused to gain understanding and insight
 - Reasons to Study the Bible
 - Knowing God: Reveals His character, purposes, and love
 - Transformation: Shapes thoughts, values, and actions
 - Wisdom & Guidance: Provides wisdom for life's challenges
 - Combatting Deception: Grounds us in truth

The Discipline of Study: Beyond Reading

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- Analogy
 - Difference between browsing a menu and studying a textbook
 - Study is about deep understanding
 - The Role of the Holy Spirit

Practical Approaches to Bible Study

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- Common Hurdles in Bible Study
 - Lack of time
 - Feeling overwhelmed
 - Not knowing where to start
 - Boredom
 - Feeling like it's irrelevant
 - Methods of Study (OIA Method)
 - Observation: Identify who, what, when, where, why, how
 - Interpretation: Understand the context and meaning
 - Application: Determine personal relevance and action

Practical Approaches to Bible Study

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- Another way to Interpret & Apply
 - What does this passage tell me about God's Character?
 - Human Nature?
 - Plan of Salvation?
 - How does this apply to my life?

Applied Bible Study

Philippians 4:4-7

Colossians 3:12-17

Psalms 23

Psalms 139:1-6

Other Bible Study Tools

- **Word Studies:** Looking up original Greek/Hebrew meanings (using online tools like Blue Letter Bible, Bible Hub).
- **Thematic Studies:** Following a theme (e.g., love, justice, grace) throughout scripture.
- **Book Studies:** Going through an entire book chapter by chapter.
- **Commentaries & Study Bibles:** Use wisely, after your own initial study)
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Reflection & Integration

- New Insights from Bible Study
 - Gained practical takeaways
- Challenges in Consistent Bible Study
 - Identify specific challenges
 - Methods to address challenges
- Transforming Perspectives through God's Word
 - Impact on relationships
 - Influence on career
 - Effect on personal identity



Closing & Preview

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- Recap
 - Study is about allowing God's Word to dwell within us
 - Transforms our minds and hearts
 - Active partnership with the Holy Spirit
 - Challenge
 - Commit to 10-15 minutes of study daily
 - Use the OIA method

Closing & Preview

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- Prayer
 - Thanking God for His living and active Word
 - Asking for understanding and application of His truth
 - Preview
 - Next session: Inward Disciplines

Welcome & Recap



- Welcome Back
 - Brief check-in with participants
 - Encourage sharing thoughts or questions from previous session
- Recap of Session 2
 - Discussion on the discipline of Study
 - Engaging deeply with God's Word for transformation
- Focus of Today's Session
 - Introduction to Inward Disciplines
 - Exploration of Prayer and Fasting

The Discipline of Prayer

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- The Lords Prayer as a Model
 - Example of what to include in a prayer
 - Practical Prompts for Prayer
 - God you are _____
 - Thank you for _____
 - Forgive us for _____
 - Please help us _____
 - Please be with _____

The Discipline of Prayer

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- Hands-on Activity: Contemplative Prayer & Lectio Divina
 - Introduction to contemplative prayer
 - Guidance on finding a comfortable position
 - Types of Prayer

The Discipline of Fasting

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- More Than Just Food
 - Fasting is voluntary abstinence from normal functions for spiritual good
 - Can include fasting from social media, entertainment, or talking
 - Why Fast?
 - Reveals Our Idols
 - Heightens Spiritual Sensitivity
 - Humility & Dependence
 - Focus on God

The Discipline of Fasting

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- Practical Considerations & Examples
 - Fasting is personal and should be approached with wisdom
 - Start small: single meal, specific app for a day, evening without screens
 - Small Group Discussion & Reflection

Closing & Preview

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- Recap of Prayer and Fasting
 - Powerful disciplines for deeper intimacy with God
 - Reveal true hungers and align hearts with His
 - Not about earning points, but receiving grace and transformation
 - Call to Action
 - Encouragement to try one small, intentional step in prayer or fasting this week

Closing & Preview

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- Prayer
 - Thankfulness for the gifts of prayer and fasting
 - Embrace these disciplines out of a desire to know God more fully
 - Preview of Next Session
 - Focus on Corporate Disciplines
 - Practicing principles together within church communities and beyond

Welcome & Recap

- Brief Check-in
 - Welcome back!
 - Discuss one thing tried or learned from last session
- Recap of Previous Sessions
 - Explored Inward Disciplines
 - Study, Prayer, and Fasting
 - Focus on personal relationship with God
- Introduction to Corporate Disciplines
 - Importance of community in Christian life
 - Foster's reminder on the fullness of God's grace

The Importance of Corporate Disciplines

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- Why Community?
 - God is relational: Father, Son, Holy Spirit
 - We are created for relationship
 - Faith is not meant to be lived in isolation
 - Corporate disciplines lead to mutual transformation and building up the Body of Christ
 - Brief Overview of Corporate Disciplines
 - Confession: Honest admission of sin to God and others

The Importance of Corporate Disciplines

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- Why Worship Corporately with Acapella Music?
 - Historical significance: 'Acapella' means 'in the style of the church'
 - Outward to Inward. Jesus leaves clues for us about moving from outward to inward
 - John 4:23. In response to which mountain to worship on Jesus responds: “God is Spirit, and those who worship must worship in spirit and truth, for such the father seeks to worship him.

The Importance of Corporate Disciplines

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- Matthew 27.51: When Jesus dies, the curtain of the temple (i.e. Holy of Holies) was torn in two, from top to bottom.
 - Recipe for Active Participation vs. passive observation. By worshipping Acapella, we have a better recipe for us to be actively involved.

Practicing Corporate Disciplines in Real Life Church Communities

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- Confession & Guidance
 - Mutual confession creates space for grace and accountability
 - Authenticity in community breaks the power of secret sin
 - Guidance involves discerning God's will together
 - Hands-on Activity: Building Trust
 - Participants share a small area for spiritual discipline improvement
 - Discuss feelings and potential for deeper confession and guidance

Practicing Corporate Disciplines in Real Life Church Communities

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- Worship & Celebration
 - Corporate worship is more than singing; it's encountering God's presence
 - Make worship a discipline throughout the week
 - Celebration is a radical act of faith, rejoicing in God's goodness
 - Hands-on Activity: Community Web of Celebration

Reflection and Integration

- Small Group Discussion
 - Evaluate the practice of Corporate Disciplines in your church community
 - Identify strengths and opportunities for growth
 - Discuss how young adults can contribute to fostering these disciplines
 - Share specific practical steps to enhance these practices
- Personal Reflection
 - Choose one spiritual discipline to explore or deepen
 - Consider inward, outward, or corporate disciplines
- Share Out
 - Volunteers share practical steps or key takeaways

Closing & Challenge

-
- Recap of Disciplines
 - Inward, Outward, and Corporate Disciplines
 - Not legalistic burdens, but joyful pathways to transformation
 - Invitation to a deeper life with God and each other
 - Final Challenge
 - Richard Foster's perspective on Disciplines
 - Spiritual exercises to stay in God's grace
 - Commit to practicing one discipline over the next month
 - Aim for presence, not perfection

Closing & Challenge

-
- Prayer
 - Thanking God for spiritual disciplines and community
 - Empowerment by the Spirit to walk in pathways of grace

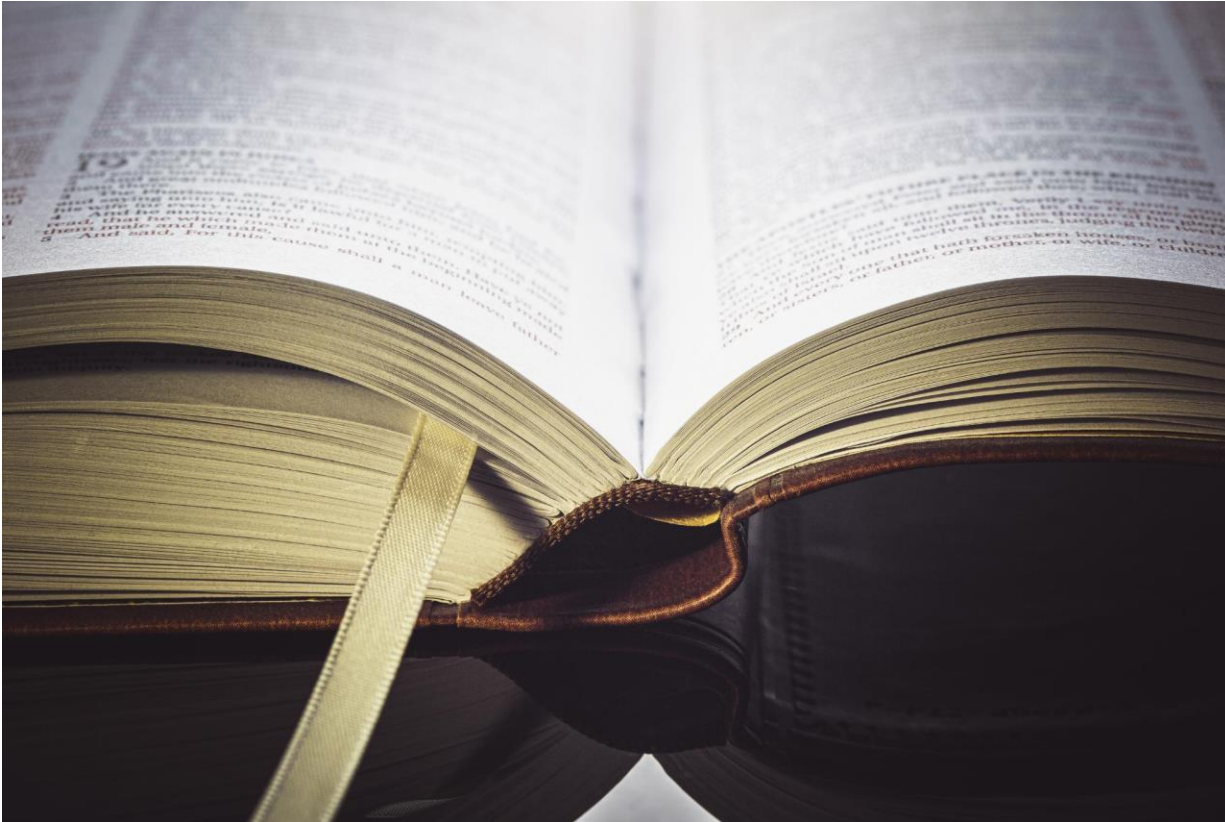
The Importance of Spiritual Disciplines

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- Freedom from Hiding and Self Reliance
 - Hiding our true selves is exhausting
 - World's lies: we are not good enough or must fully embrace ourselves
 - God's Image and Reality
 - We are created in God's image (Gen 1:26)
 - Jesus teaches us to pray for forgiveness (Matt 6:9-13)
 - God's forgiveness improves our relationship with Him

The Importance of Spiritual Disciplines

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- Reconciliation with God
 - God has made us new (2 Corinthians 5:16-21)
 - Sowing to the Spirit leads to eternal life (Galatians 6:8)
 - Spiritual Disciplines
 - Freedom to Experience Greater Things

The Invitation to Spiritual Disciplines



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- Reflection on Personal Spiritual State
 - Assessing the impact of worldly lies
 - Structure of a Prayer
 - Acknowledging God's nature
 - Expressing gratitude
 - Seeking forgiveness
 - Asking for assistance
 - Praying for others