

BORN
TO BE
BRAVE

True Girl

CAMP
Staycation



This year you can experience the camp high with your children, providing long term family impact. **Reserve your campsite for the main event on July 24th.**

PARENT'S GUIDE

WEEK 3:

Backyard Games

FAMILY-FRIENDLY, FUN COMPETITIONS!

Get ready for a full-throttle backyard game night challenge! As you compete, you'll discover how God wants us to "run the race" of life in a way that honors Him. Help your child see that just like we have to be disciplined to win physical competitions, we must also be determined to have spiritual and emotional victory in our lives.

SETTING: Front yard, backyard, basement, or park

GETTING YOUR HEART READY: Competition— some thrive on it, others avoid it at all costs. No matter our feelings, it's part of nearly every moment of our days. There is often fierce competition over sales totals, raises, or promotions. Our kids compete for class ranking, parts in musicals, seats in the orchestra, or spots on the team. At home, family members may compete for the attention of one another against screens, school, house work, or those bills that need to be paid. Competition is something that will never go away, and our children will face more and more as they age.

If not directed, competition can lead to pride, envy, desperation, and even deceit. The rush of crossing the finish line first can tempt us to think very highly of ourselves. The desire to avoid coming in last may tempt us to bend or break a few rules.

Yet, competition does have some good purposes. It encourages us to work hard on the things we value; to become stronger, more efficient, and more innovative. Plus, it often increases the performance of everyone involved. Lose enough times to a master chess player, and you'll probably learn some great strategies in the process.

So which is it then – good or bad?

It depends on our attitude. Below are a few questions that will help you evaluate yourself.

Why am I competing?

What prize am I competing for?

And How am I competing to win that prize?

The reasons these questions matter is because at all times we are in competition for our spiritual and emotional well being.

- » 1 CORINTHIANS 9:24-25 reads,
- » "Do you not know that those who run in a race all run, but only one receives the prize? Run in such a way that you may obtain it ... now they do it to obtain a perishable crown, but we for an imperishable crown."

Every single time we compete for perishable prizes—a promotion, a softball league trophy, a county fair blue ribbon or anything else, we are either looking to win momentary trophies, or winning the race to obtain an imperishable reward from God. Don't lose sight of which is more important. Are you running in such a way that you can win the prize of an imperishable crown?

Why:

This first question is really about the heart. Do you and your child approach competition as a healthy challenge knowing that it makes you stronger and affords you opportunities to learn and grow? Do you allow your achievement to be a reflection of God's work in you? Or are you competing as a result of anxiety, an unhealthy fear of failure, or a feeling of insecurity that causes you to crave the approval of others?

What:

We must be certain we are competing for the right prize. Consider that promotion. Which is more important—the financial benefit of the raise that comes along with it, or the opportunity to better use the skills and abilities that God gave you in a way that glorifies Him? Are we competing for the material things of the world or our spiritual and emotional well being that is found in a pursuit of the Kingdom of God. Let's be sure that we are competing for that imperishable crown.

How:

I think most would agree that the win-at-all-cost mentality is not ideal, and mean-spirited trash talking or mocking your opponent's loss is not good sportsmanship. It certainly goes against what scripture wants us to do. Instead, we are to consider the interests of others above our own. As Christians, we should be lifting others up in competition; helping them do their best, celebrating their victories, and consoling them in their defeat. Even if they are our fiercest opponents.

Every contest is, in a sense, one for our spiritual and emotional well being. We will find peace and righteousness when we ask God to show us where pride, envy, or deceit have tripped us up, and where we are putting ourselves ahead of God's will and the well being of others. Aligning ourselves to God's will and allowing him to lead us requires discipline. That discipline comes from prayer and time in His word. As you prepare for your Family Impact Activity, spend a little time in each.

FAMILY IMPACT ACTIVITY

Your challenge this week is to host a day or night of fun family games. Why? Because no camp would be complete without some friendly competition! If you have a big family, you can divide into teams and compete against each other. But, it might be really fun to gather another family or two... or even the whole neighborhood... and have each family comprise a team.

This activity will give you a fantastic opportunity to intentionally guide your family through a conversation about how and why we compete. But most importantly you can make sure you're helping each other compete for that imperishable crown!

This Camp Staycation Family Impact Activity will work best if you start with a conversation followed by these activity ideas. (You don't want anyone to feel hurt if they pursue the competition in a way that isn't in keeping with our lesson, but you can still use the competition to talk about how we can improve our attitudes and hearts.)

After your conversation, let the fun begin. Nothing is off the table here; foot races, obstacle courses, board games, watermelon eating contests! Get creative and don't be afraid to get a little silly or crazy. For game ideas, we asked Alex, Staci, and some family friends to show us some of their favorite competitions.

Watch the video of True Girl lead teacher Staci and Alex from Born To Be Brave as they join some family friends in their backyard!

WHAT YOU'LL NEED:

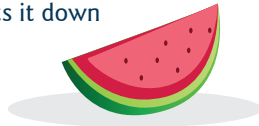
- A Bible
- A few good game ideas. (Check out our suggestions below!)
- Materials for your games

FAMILY-FRIENDLY
FUN >>
COMPETITIONS!



Watermelon Eating Contest

Split into teams. Give each a watermelon. Do not cut it. (If you really want to make it interesting, grease the watermelons down with cooking oil!) The team that gets the watermelon open and eats it down to the white rind first wins!



“Sack” Races

These can be individual competitions, team, or relay races. You'll need a burlap sack, large pillow case, or a sleeping bag. Climb in your sack and line up at the start. Ready – set – GO! Hop as fast as you can to the finish.

3-Legged Race

You and your teammate will each put a leg in the sack. (It's best if you face the same direction when you do this. Unless you'd like to run in circles.) On the word go, you and your teammate need to coordinate your steps to be the first to cross the finish line.

Obstacle Course

Creativity is key to this game. You'll set up a path of obstacles that contestants will have to 'run.' The quickest time through the course wins. Compete individually or as teams. Here are some fun obstacle ideas:

- Use two chairs and a broom to create a bridge to crawl under.
- Require contestants to hop on one foot for a section of the course.
- Create stations for activities like jumping jacks, reciting the alphabet, singing Happy Birthday, or stacking cups in a pyramid.
- For extra fun, spin the contestants in a circle 10 times before they take their turn. (Dizzy runners ALWAYS make the course more entertaining.)

Horse:

Find a basketball and a net, then bust out your best hoop shots. The first player takes a shot– the trickier the better. If the first player misses, the next player takes their best shot. This continues until someone makes a shot. Then, every other player has one chance to sink that same shot. If they miss, they get a letter. Play continues until all but one player has been eliminated by spelling HORSE or PIG or even HIPPOPOTAMUS – if you have a lot of time to kill.



THERE ARE THREE GOALS DURING THIS FAMILY IMPACT ACTIVITY:

- 1** **The first** is for your family to enjoy fun time together and experience the joy of healthy competition. Laugh and play!
- 2** **The second** goal is to help your family discover the importance of competing the right way for the right reasons and to reveal how that will lead to emotional and spiritual wellness.
- 3** **The third** is to share the joy!
 - Post photos on social media, being sure to tag Born to be Brave (Facebook) and True Girl (Facebook or Instagram) or email us a photo of you with permission to share it on our social media pages. Be sure you're wearing your camp shirt and/or doing one of the Camp Staycation Family Impact Activities. **You will be entered to win our Ooey Goey “Graham” Prize.**
 - Register for our Online Campfire July 24th! Reserve your campsite now at mytruegirl.com/camp



Conversation Questions:

START BY ASKING SOME QUESTIONS TO GET THE CONVERSATION FLOWING.

What is the greatest win you can think of? (Yours or someone else's.) Why is it great?
How do you feel when you win a game?
How do you feel when you lose a game?
How do you feel when someone helps you win?
Would you ever help someone win even if it meant you would lose?

Share the **Why**, **What**, and **How** questions and **Scripture** from above.

READ THE FOLLOWING BIBLE VERSES TOGETHER.

(You might assign one or two to each team member.) Before you read them, ask everyone to consider how these verses help us with the why, what, and how questions.

2 Timothy 1:7

For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.

Galatians 1:10

Obviously, I'm not trying to win the approval of people, but of God. If pleasing people were my goal, I would not be Christ's servant.

1 Corinthians 9:24-25

Do you not know that those who run in a race all run, but only one receives the prize? Run in such a way that you may obtain it ... now they do it to obtain a perishable crown, but we for an imperishable crown."

Matthew 6:33

Seek the Kingdom of God[a] above all else, and live righteously, and he will give you everything you need.

Philippians 2:3-4

Do nothing from rivalry or conceit, but in humility count others more significant than yourselves. Let each of you look not only to his own interests, but also to the interests of others.

Proverbs 24:17-18

Do not rejoice when your enemy falls, and let not your heart be glad when he stumbles, lest the Lord see it and be displeased, and turn away his anger from him.

Hebrews 12:11

No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it.

ASK YOURSELF AND SHARE:

Have you ever realized you were competing for the wrong reasons? When? Why?
When is a time you lost out on something but gained knowledge in the process.

PRAY:

End your Camp Staycation family impact activity in prayer. Ask the Lord to help you recognize the strengths and talents He's given you and your child. Ask Him to show you opportunities to use those gifts in a way that is pleasing to Him. Then, commit to making the most of those opportunities together.

SNEAK PEEK AT YOUR NEXT FAMILY IMPACT ACTIVITY:

We're going on a field trip to take a sweet look at the importance of wise counsel. We need to listen to those wiser than ourselves if we are to grow in our faith. What better way to learn the importance of sound advice than to visit a wise "Elder" of the ice cream kind!



Reserve your spot by the campfire now at mytruegirl.com/camp