

BORN  
TO BE  
BRAVE

TrueGirl

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 4:

# Field Trip

TAKE A SWEET FIELD TRIP WITH THE TRUE GIRL AND BORN TO BE BRAVE TEAMS

**To discover and embrace the need for wise counsel, and explore the importance of discernment when choosing whose advice we follow.**

**SETTING:** Kitchen counter

**GETTING YOUR HEART READY:** Scientists estimate that the average adult makes 35,000 decisions each day. Some are relatively inconsequential with the correct decision being crystal clear. Others can leave us battling temptation or confusion as we try to decide. We all need guidance to make wise choices.

Where should we look for help? The simple answer is Scripture. God has given us His Word for guidance. So, read your Bible! That's it! Mic drop— end of lesson! Right?

It would be so convenient if every choice we faced could be well made by just reading a verse. But, it's not that simple. Scripture must also be understood and applied. And if you've ever read your Bible to learn about how to make a decision, you'll discover our need for wisdom and sound advice— or, as the Bible calls it, counsel. We can receive wisdom and counsel from the Holy Spirit but the Bible teaches that we should also be advised by fellow believers and elders in the faith. And it's stated over and over again. Look at these verses:

» PROVERBS 11:14

"Where there is no guidance, a people falls, but in an abundance of counselors there is safety."

» PROVERBS 12:15

"The way of a fool is right in his own eyes, but a wise man listens to advice."

» PROVERBS 15:22

"Plans fail for lack of counsel, but with many advisers they succeed."

» PROVERBS 12:5

"The thoughts of the righteous are just; the counsels of the wicked are deceitful."

It's pretty clear that God considers counsel rather important. We should not make important decisions rashly or on our own. That last verse also warns us against harmful counsel. It uses the word wicked, but we should also be on guard against any form of unwise advice.

Are you trying to decide whether to move or not? How to parent your child? What church to attend? We never outgrow wise advice. And one great way to teach your children to reach out for your advice, is to model the need for it by seeking it when you're making a decision.

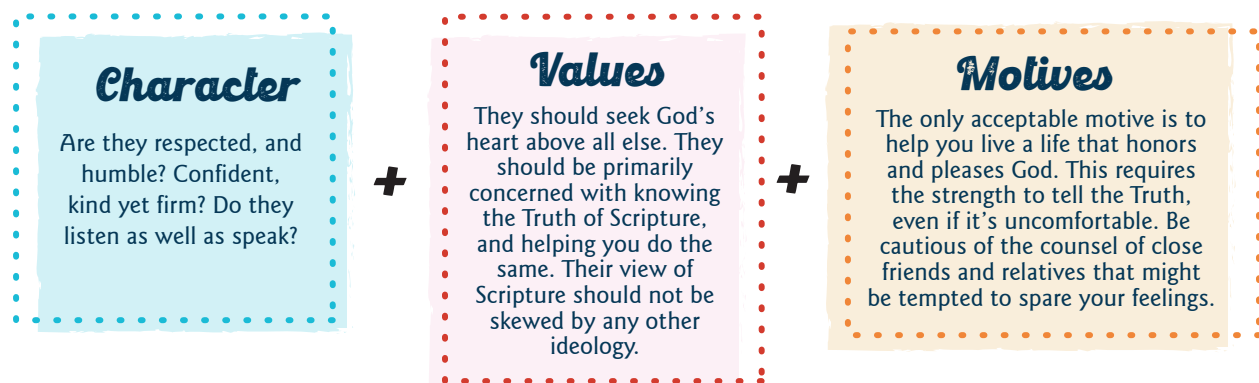
You want your child coming to you for advice when they experience friendship drama, have dreams they want to pursue, or face temptation. Don't you? Well, this one might be more easily caught than taught.

Your Family Impact Activity this week will help you present this concept to your child as you make ice cream together. (We didn't just make ice cream. We travelled two hours to learn how to make it from an expert. We sought advice. See what we did there!?)

We'll provide a recipe that has been created by a trustworthy adviser that knows how to make ice cream and wants you to be successful in your attempt. We then tested the recipe to make sure it works well before we decided to share it with you. It will be important to mention that as you create your sweet treat with your child.

So what does an ice cream recipe have to do with decision making and Christian living. Well, it's just another great object lesson! It will help your child understand that when they need advice—and making ice cream is just one area where they'll seek help—it's imperative their recipe comes from the right person. They also need to test it to make sure it works!

**GETTING THE RIGHT RECIPE:** Our friend Shelly Fuge of Udder Bliss is a well known, experienced ice cream maker that works hard to make pure, delicious ice cream. She is also very excited to help you make some too. You and your child should be able to say similar things about anyone you look to for counsel. Consider the person's character, values, and motives.



**TEST THAT RECIPE:** When we were given the ice cream recipe, we made it ourselves. It was rather simple to determine we were successful— it tasted really good! But how are we to test advice? In a lot of cases we don't get to try a decision before we make it. Our ice cream metaphor does break down just a little here, but there are definitely ways to test the counsel we receive. Let's look at three.



The next time you face difficult or confusing decisions, take comfort in knowing that God does not intend that you make them alone. He tells you in His Word that you should find help. He's given you the Holy Spirit as a helper, and elders in the faith as counselors too. Stay in the Word, pray for wisdom and understanding, seek sound advice, and be discerning.

## FAMILY IMPACT ACTIVITY

In this Family Impact Activity you'll spend time with your child making a delicious treat that you can enjoy together. You'll also share what you've learned about wise counsel and empower them to know good advice when they hear it.

Before you begin, watch the video of Bob and Dannah Gresh and the entire True Girl and Born To Be Brave teams take a Camp Staycation Field Trip to receive some wise ice cream counsel. You'll also see that simple at home recipe in action.

## WHAT YOU'LL NEED:

- 2- zip-shut sandwich bags
- 1- zip-shut gallon bag
- 1 cup heavy cream
- 2 TBSP sugar
- ½ TSP vanilla
- 3 cups ice
- 1/2 cup rock salt  
(regular salt will also work)

### THERE ARE THREE GOALS DURING THIS FAMILY IMPACT ACTIVITY:

- 1 The first** is for you and your child to spend time together making a simply delicious treat using ingredients and items you may already have in your kitchen.
- 2 The second** is to discover the Truth of wise counsel together and set your child on the path to finding trustworthy advisors who'll give them rock-solid God-honoring advice.
- 3 The third**- Show off that sweetness!!! 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 grand prize package of a family campfire pit pak.**



## HOW TO MAKE EASY AT-HOME ICE CREAM

1. Put the **cream**, **sugar**, and **vanilla** in one of the sandwich bags (add other ingredients like strawberries or cookie or candy bits if you'd like). Gently squeeze air out and zip shut.
2. Put the first sandwich bag inside the second. Gently squeeze air out and zip shut.
3. Put the **ice** and **salt** in the gallon bag.
4. Put the cream bag in the gallon bag, gently squeeze out most of the air, and zip shut.
5. Wrap the bag in a kitchen towel and shake for 10 minutes.
6. You've got ice cream!
7. Add your favorite toppings and enjoy!

Wear your shirt on July 24th for Camp Staycation! Reserve your spot by the campfire now at: [mytruegirl.com/camp](http://mytruegirl.com/camp)



# Conversation Questions:

While you're shaking your ice cream, you'll have a great opportunity to start a meaningful conversation. Are there any wise spiritual mentors in your life that have influenced you? Any accidentally unwise? Tell your children some stories of good or bad advice you've gotten or good or bad decisions you've made. Then, when your ice cream is ready, talk about how important it is to be discerning—how to seek wise counselors and recognize sound advice. Consider re-reading Proverbs 12:5, and using some of the following questions to guide your conversation.

## ASK YOUR CHILD:

- Is making Ice cream (with this recipe) as difficult as you thought?
- Could you have figured it out on your own? Would it have been more difficult? Take longer? Waste ingredients?
- If you saw mustard in the ingredients list, would you trust the recipe?
- Is it wise to ask a butcher for an ice cream recipe? Why not? (He may be a wonderful, well intentioned man, but what are the chances that his counsel on ice cream will be wise?)
- How much more important is it to seek advice when we're trying to build a friendship, make a decision about the direction of our life, or overcome temptation?
- Would it have taken longer?
- Would you have wasted ingredients?

## PRAY:

End this Family Impact Activity in prayer. Thank the Lord for His counsel and His Spirit. Thank him for the wise counselors who have given you sound advice.

Ask Him to give you and your family the humility to ask for help when needed and offer genuine, unselfish advice when asked. Pray for wisdom and discernment when giving or seeking advice; that your family's only motive be to speak Truth, and help others live a life that honors and glorifies God.

## SNEAK PEEK AT YOUR NEXT FAMILY IMPACT ACTIVITY:

Everyone loves getting a letter from a friend or loved-one. Why is that? It's probably because they are often loaded with a heaping helping of the love and encouragement we all desire. Mail Call is our next Family Impact Activity, and it's all about writing and sending letters of gratitude and encouragement. Discover the purpose of some of the letters sent in scripture, and why it's so important to drop someone a line.



Reserve your spot by the campfire now at  
[mytruegirl.com/camp](https://mytruegirl.com/camp)