

Servant Teams will do their jobs at various times throughout the day when called by the leader of their group.

All activities during free time must be cleared with a counselor.
The waterfront and ski/tubing boats will also be in operation, any other ideas... ask a counselor.

Basic Lake Rules

1. There must be a counselor on duty before you can swim.
Swim only with supervision, except by special arrangement with waterfront coordinator.
2. Always have a life jacket while boating.
3. Counselors must know where you are at all times.

Campfire

When we gather for the campfire, bring your Bible, Trek Book and flashlight. Use your own chair. During campfire, everyone is expected to be there unless you have received permission from your counselor.

Camp Life

Inspection – a clean camp boosts morale and keeps the bugs away!! Each campsite will be inspected each day. Clothes should be hung up neatly, tents straight, all paper or trash picked up in the area surrounding your tent. Porta-potty duty will be assigned to the boys' tent and girls' tent deemed the messiest for each day by the Porta-potty Monster. If you have been deemed fit for this duty, you must empty throughout the day.

Servant Teams

Every camper will be put on a work crew. Each crew will have a different job each day. Throughout the week every crew will do every job at least one time.

The 5 responsibilities:

1. Breakfast – Report for preparation.
2. Fire/Fluids – Help start and maintain the main cooking fires and evening campfire. Maintain the purified water supply.
3. Dinner – Report for preparation.
4. Snack – Report for preparation.
5. Cleanup – Report for duty, ready to clean

Respect Property

Trek uses borrowed and rented equipment. Handle it with care. Respect each other's property and campsite. Do not disturb, in any way, another person's campsite or equipment. Counselor's tents are off limits.

Sickness

If you get hurt or feel sick, see the nurse. Avoid getting sick by:

1. Avoid too much sun. Use sunscreen. Don't drink it – Scott Campbell.
2. Keep yourself clean.
3. Don't sleep in wet clothes.
4. Wash your dishes well after each use.
5. Use the restroom regularly.
6. Know what poison ivy looks like and avoid!
7. Use insect repellent.
8. Use eardrops at night.

Five-Fold Agreement

1. I will do what I am asked to do.
2. I will do what I say I will do.
3. I will do my share of the work, even when I am tired, working for the group, not against it.
4. I will accept and attempt to enjoy everyone.
5. I will set spiritual and physical goals for the week.

SUNDAY DAY 1

My Duties Today:

High School

7:45am Scripture Focus
8:00am Breakfast
9:00am Devotional Gathering in Cove
9:30am Campers Clean Tents/Leaders' Meeting in Cove
10:00am Small Groups
11:30am Lunch Set Out
1:30pm Lunch Put Away
2:00pm Water Sports Begins
5:00pm Water Sports Ends
6:00pm Dinner
8:30pm Campfire Gathering
10:00pm Scripture Focus Prayer

Middle School

2:00pm Arrive at Dale Hollow
2:15pm Marina Meeting
:: Devotional Gathering
3:30pm Water Sports
6:00pm Dinner
8:30pm Campfire Gathering
10:00pm Scripture Focus Prayer



Scripture Focus:
Philippians 3

Welcome to Trek '10

This week could be really busy. There are a lot of people and a lot of activities. Commit yourself now to communicating with God this week. Utilize the time

provided to just SLOW DOWN. Ask God to speak to your heart.

On your way onto the island, you carried a lot of luggage. It was heavy, a wearisome burden. The relief you felt when you finally set it down was great. You would be a fool to carry your luggage around the island the whole week. Why do we carry heavy burdens our whole life never letting go of them?

Prayer:

Ask God to reveal to you what you are holding on to. Ask Him to give you the strength to set it down and run without burden. Identify a few areas in your heart that burden you. Write them down and pray over them.

Scripture Reading:

1 Thessalonians 1:1-6

Journal:

What part of your relationship with God do you need to work on? How could improving this area help

MONDAY DAY 2

My Duties Today:

7:45am Scripture Focus

8:00am Breakfast

9:00am Devotional Gathering in Cove

9:30am Campers Clean Tents/Leaders' Meeting in

10:00am Small Groups

11:30am Lunch Set Out

12:30pm Trek Challenge – Guys' Cliff-

Jumping/Girls' Craft Time

1:30pm Lunch Put Away

2:00pm Water Sports Begins

5:00pm Water Sports Ends

6:00pm Dinner

8:30pm Campfire Gathering

10:30pm Scripture Focus Prayer



Scripture Focus

John 5:46

"For if you believed Moses, you would believe me; for he wrote of me."

Scripture Reading

John 5:30-47 and Luke 24:13-27

Prayer

Pray through the selected scripture reading. Reflect upon the application of God's word to your life.

Journal

What has been your view of the Old Testament? What is Christ's view of the Old Testament Scriptures?



TUESDAY DAY 3

My Duties Today:

7:45am Scripture Focus

8:00am Breakfast

9:00am Devotional Gathering in the Cove

9:30am Campers Clean Tents/Leader's Meeting in Cove

10:00am Small Groups

11:30am Lunch Set Out

12:30pm Water Sports Begins

1:30 pm Lunch Put Away

5:00 pm Water Sports Ends

6:00 pm Dinner

8:30 pm Campfire Gathering

10:30pm Scripture Focus Prayer

Scripture Focus

Exodus 14:5

"When the king of Egypt was told that the people had fled, the mind of Pharaoh and his servants was changed toward the people, and they said, "What is this we have done, that we have let Israel go from serving us?"

Scripture Reading

Exodus 14:1-12

Romans 6:15-18

Prayer

Pray through the selected scripture reading. Reflect upon the application of God's word to your life.

Journal

What task-masters (sin) keep calling you back to serve them? Are you objectively free from them?



Wednesday Day 4

My Duties Today:

7:45am Scripture Focus
8:00am Breakfast
9:00am Devotional Gathering in Cove
9:30am Campers Clean Tents/Leaders' Meeting
10:00am Small Groups
11:30am Lunch Set Out
12:30pm Trek Challenge – Girls' Cliff-Jumping/Guys' workshop
1:30pm Lunch Put Away
2:00pm Water Sports Begins
5:00pm Water Sports Ends
6:00pm Dinner
8:30pm Campfire Gathering
10:30pm Scripture Focus Prayer

Scripture Focus

Exodus 14:14

"The Lord will fight for you, and you have only to be silent."

Scripture Reading

Exodus 14:13-14

Romans 4:5... Now read Romans 4:1-8

Prayer

Pray through the selected scripture reading. Reflect upon the application of God's word to your life.

Journal

Do you tend to trust more in your "quality of faith" or in the "object of faith?" How would you feel and behave when you trust in the quality? How would you feel and behave when you trust in the object?



Thursday DAY 5
My Duties Today:

7:45am Scripture Focus
8:00am Breakfast
9:00am Devotional Gathering in Cove
9:30am Campers Clean Tents/Leaders' Meeting in Cove
10:00am Small Groups
11:30am Lunch Set Out
12:30pm Water Sports Begins
1:30pm Lunch Put Away
5:00pm Water Sports Ends
6:00pm Dinner
8:30pm Campfire Gathering
10:30pm Scripture Focus Prayer



Scripture Focus:

Exodus 14:15-16

"The Lord said to Moses, "Why do you cry to me? Tell the people of Israel to go forward."

Scripture Reading

Exodus 14:15-31

Luke 11:29-32

Prayer

Pray through the selected scripture reading. Reflect upon the application of God's word to your life.

Journal

Describe Jesus as your mediator. What need do you have for a mediator? Jesus is the ultimate mediator... Why?



FRIDAY DAY 6

My Duties Today:

7:45am Scripture Focus

8:00am Breakfast

9:00am Devotional Gathering in Cove

9:30am Campers Clean Tents/Leaders' Meeting in Cove

10:00am Small Groups

11:30am Lunch Set Out

12:30pm The Trek Challenge

1:30pm Lunch Put Away

2:00pm Water Sports Begins

5:00pm Water Sports Ends

6:00pm Dinner

8:30pm Campfire Gathering

10:30pm Scripture Focus Prayer



Scripture Focus

Exodus 17:6

“Behold, I will stand before you there on the rock at Horeb, and you shall strike the rock, and water shall come out of it, and the people will drink.”

Scripture Reading

Exodus 17:1-7

John 4:7-15

Prayer

Pray through the selected scripture reading. Reflect upon the application of God’s word to your life.

Journal

What area(s) of your life have you sensed the welling up of “living water” to

eternal life? What area(s) of your life seem dry?



Truth Talk

Use the following space to write out how you have been affected this week. Be bold. Speak up on Friday night at the campfire meeting. Talk. Glorify God by speaking his truth at Trek. Remember, Truth Talk should always be founded in the Word of God.

The following articles are here for you (CIT's and Adults) to grow in knowledge of leadership. Read the 4 articles sometime this week. These articles are not a substitute for Bible reading and prayer. Find ways to implement the leadership points throughout the week.

Article 1:

It was one of those questions that grabbed me hard: "By what power or by what name did you do this?" (Acts 4:7). This was a question asked of Peter and John by religious leaders after the healing of a beggar. It reminds me of a similar question that Jesus asked the religious leaders in Luke 20:4: "Was the baptism of John from heaven or from man?"



Every leader needs to regularly think about these issues: What drives and motivates me? Where is the power coming from? For whose glory am I doing it? Is the work based on heaven's anointing or man's approval?

As I prayed, I journaled the following thoughts:

By What Power?

I am reminded of the words of the late Fred Smith, businessman and spiritual mentor to many leaders: "Remember the power comes through you, not from you." Is it all about me or all about Jesus? Is it his power, or is the ministry based on:

My gifts

My personality

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My capacity

My charisma

My passion

My experience

By What Name?

Is it by the name of Jesus and for the glory of Jesus, or is it for the name and fame of myself? Is it all about:

My dreams

My reputation

My goals

My plans

My programs

My ideas

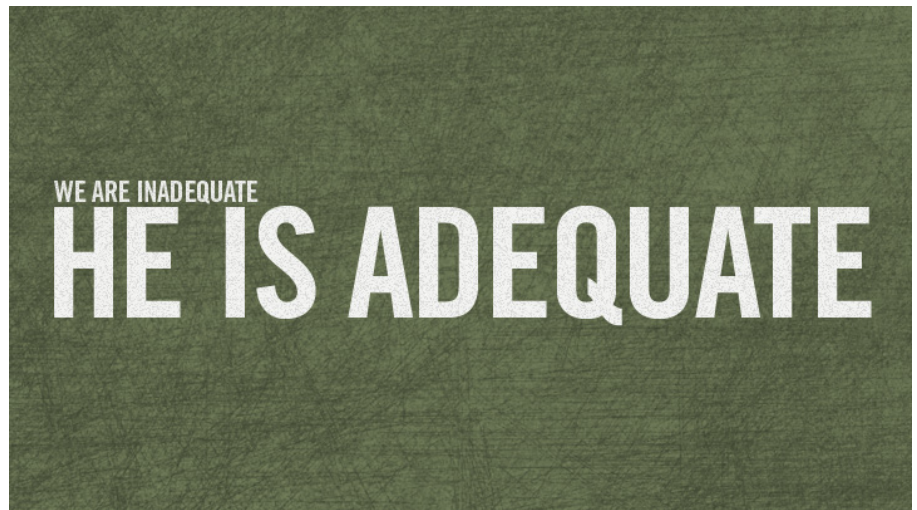
Ask yourself these questions, and remember 1 Corinthians 15:10: "By the grace of God I am what I am, and his grace toward me was not in vain. On the contrary, I worked harder than any of them, though it was not I, but the grace of God that is with me."

Article: 2

Matthew 9:35-38 and Mark 6:30-44 refer to the same event — conversations and teaching after the feeding of a large number of people. In these passages we see the compassion of the Lord for people who are hurting; a theme that runs throughout both the Old and New Testaments.

Shepherding the sheep

In these passages we also see the longer-term solution to people feeling helpless, hopeless, and harassed like sheep with no shepherd. The solution is to multiply the number of compassionate leaders who can offer care to



hurting sheep. The same idea is conveyed in one of the New Testament classic leadership passages, 1 Peter 5: 1-11, where Peter reminds us that elders (leaders) should, in the first place, shepherd the sheep. And because the sheep often outnumber the desired number of care-givers, we need to pray for more shepherds, which is what Jesus tells his disciples to do in Matthew 9:37. Things haven't changed much in 2000 years. The harvest (hurting sheep) is still many, and the shepherds (leaders/care-givers) are still few.

“

Jesus is always more than adequate in every task and challenge I face.

”

Here are 3 principles for shepherds/ leaders from these passages of Scripture:

The needs always exceed the resources. The needed finances always exceed the finances we have. The hurting people always exceed the number of people

we need to minister to them.

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I am always inadequate for the task Jesus has for me. Almost every leader God called felt he wasn't quite ready, adequate or capable: Moses, Jeremiah, Isaiah, and David, to name a few. Paul reminds us in 2 Corinthians 3:5, "Not that we are sufficient in ourselves to claim anything as coming from us, but our sufficiency is from God..."

Jesus is always more than adequate in every task and challenge I face. Ephesians 3:20 tells us, "Now to him who is able to do far more abundantly than all that we ask or think, according to the power at work within us..." The disciples in the Gospel stories experienced that Jesus was more than adequate for their inadequacies.

We can rely on Jesus when we're humbly shepherding his sheep.

Article 3:

Through the years I have come to some general conclusions about people, ministry, and leaders. One of them is that most people, in general, and leaders, in particular, try to do too much and work too many hours. An article in the Seattle Times by Shirleen Holt read,



Nearly ten million Americans worked more than sixty hours a week last year, the U.S. Bureau of Labor and Statistics found. We've outpaced the famously productive Japanese in hours worked. We're the only developed nation without mandatory vacation time. And, according to the Expedia.com's annual vacation poll, one-third of us will take no vacation this year.

The insight of author Fred Smith comes to mind: "Busyness is the new spirituality." Years ago, I would often greet a fellow leader with, "Good to see you! How you doing?" The response would be, "Dave, I am really busy." Now, when I ask the same question, the response is, "Dave, I am really tired." When I probe a little, it is clear that this is not the common sort of tiredness that can be handled with a decent night's sleep, but a deep, deep sense of exhaustion—emotional, spiritual, and physical. Leaders are falling out of the race and shipwrecking themselves for a number of reasons; and one of them is sheer exhaustion, which leads to frustration, anger, confusion, potential burnout, and, eventually, throwing in the towel.

Causes of Bone-Deep Tiredness

What causes this sort of epidemic of bone-deep tiredness? Here are a few things that come to mind:

The inability to say no. Leaders are often servants at heart. They feel

called to help people and to try to meet their needs, which are endless and
inexhaustible. We
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have limited capacity, time and gifts and we need to learn to set boundaries, recognize our limits and create margin in our lives. We cannot and should not be at the beck and call of every person with a need. Even Jesus, at times, left people who were in need and disappeared to be by himself (See Luke 5:15,16). The inability to slow down. Too many leaders move at an insane pace and work too many hours. They love to work and, in many cases, get their sense of self-worth through their work. In John Grisham's novel *The Broker*, one of the characters says, "I've been there (Washington D.C.). I've never seen so many people racing around, going nowhere. I don't understand the desire for such a hectic life. Everything has to be so fast—work, food, sex." That's us in the good old USA—going at breakneck speed and not always sure why. One of the results is that we are slowly, but surely, becoming addicted to speed and busyness; and sometimes we're not even capable of slowing down.

The inability to think strategically. Frankly, I meet very few leaders who are strategic in how they allocate their time and energy. Most are reactive rather than proactive. We are all composed of a few themes and need to stick with our unique contribution.

The inability to simplify. Recently, I have been meditating on 1 Timothy 2:1–2 in *The Message*: "pray especially for rulers and their governments to rule well so we can be quietly about our business of living simply, in humble contemplation."

I believe the solution to the epidemic of tiredness is not all that complicated:

Learn to say no.

Intentionally slow down.

Think strategically when you make decisions as to what you will do or not do.

Simplify your life by de-cluttering your busy schedule.

Charles Swindoll had this observation about our supreme example, Jesus:

Somehow Jesus mastered the art of maintaining a clear perspective while

accomplishing every single one of his objectives (John 17:4). A major reason for his being able to say he finished all the father had in mind for him is that he simplified his life.

He followed his own agenda instead of everyone else's. He also set predetermined limits. He chose twelve (not twelve hundred) whom he trained to carry on in his Leadership Resources

absence. He stayed with his set of priorities without apology, which means he must have said no a score of times every month. He balanced work and rest, accomplishment and refreshment, never feeling the need to ask permission for spending time in quietness and solitude. He refused to get sidetracked by tempting opportunities that drained energy and time. He was a servant of his father, not a slave of the people. Even though misunderstood, maligned, misquoted, and opposed by numerous enemies and even a few friends, he stayed at it. His simplicity kept him balanced.

Think about it! What do you need to begin doing differently?

Article 4:

In Luke 6:12–16, it uses two words: disciple and apostle. It says, "He took those who were disciples, and he commissioned them as apostles." A disciple literally means a humble follower, a servant. Jesus is teaching, they're listening. Jesus is commanding, they're

obeying. Jesus is leading, they're following. They're under authority. And Jesus had a lot of disciples, hundreds, thousands of people come out to hear him. They're all part of the come-and-see, and he picks those who are under authority, and he appoints a handful of them into authority. And here's why



this is so important: some people love to be in authority, but they don't like to be under authority. They want to boss other people around, but they don't take orders well. We've had this situation at various times where somebody's like, "Okay, I'm a leader now. You can't tell me what to do." No, everybody's under authority—I'm under authority, everybody's under authority. We're all sinners, we all make mistakes. We all need to be under authority. God opposes the proud. He gives grace to the humble, so humble yourself. So the Bible says, "Come under some authority." Those who are above the law, those who are

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the exception to the rule, those who get to do whatever they want, they're dangerous. They're very dangerous. They like sheep, but they bite shepherds. They like being in authority, they don't like being under authority, and you've got to be good at both to be a leader, because when you go into authority, you still need to be under authority. Being under authority is something for everybody, including the leaders. And if you're going to be in authority, you've got to be under authority. So he takes those who are under authority, disciples, and he gives them a new title and job description and office. He calls them apostles—that means one who is sent. This is like an ambassador. The language here is like a king who rules a mighty kingdom, and he selects someone to be his emissary or his ambassador, and sends them on a mission into another nation, into another kingdom representing his authority and speaking on his behalf.

Apostle: office vs. gift

So let me explain "apostle." This is very important. First of all, Jesus is the apostle. Hebrews 3:1 says, "He's our apostle." So when God the Father wanted to send a representative, ambassador, emissary from heaven to earth to represent his kingdom, he sent God the Son, the Lord Jesus Christ. He's our apostle. He's the sent one. That's why it says repeatedly, particularly in John's Gospel, "The Father has sent me." He's the apostle, the sent one. And then there's the office of Apostle. We'll call this capital "A" Apostle, and those are the twelve hand-selected by Jesus. So their number's fixed. Ephesians 2:20

says, "They set the foundation of the church with the prophets and apostles," that's who's at the foundation of the church with Jesus Christ being the chief cornerstone. The apostles included Judas. He's going to betray Jesus and hang himself. Another man will be selected early on in the book of Acts. One of the requirements is that he would need to be an eyewitness to the resurrection of Jesus. Paul is later added as an apostle, Jesus comes down and commissions him as an apostle as well. We see that the apostles are a set number of people hand-selected by the Lord Jesus, eyewitnesses to his resurrection, given a very special authoritative designation, some of them actually writing books of the New Testament. That's the level of authority they enjoy. To that degree, there are not apostles today like that. No one has that kind of authority. No one could say, "Well, you know, Peter and I, we're at the same level. John and I, we're at the same level of spiritual authority." No, you're not. But

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under the capital "A" Apostle, there's the lowercase "a" apostle and that's not the office, but the gift. And the gift of apostle is one that the Bible includes. You can read the gifts lists. It does list it, 1 Corinthians 12-14, Romans 12. It's listed in the various gift lists. It's a gift. It's a spiritual gift like serving or teaching or administration. It's a capacity. It's a capacity that God gives to men and women. God gives spiritual gifts to men and women, teaching, leadership, whatever it is. And there's a difference between the gift and the office. And so the gift of apostle includes a couple things, like the ability to do cross-cultural ministry, so he could go into another country and be a missionary, start a church plant, start a campus plant. Sometimes it's a movement leader who works across multiple churches, multiple pastors, writes, travels, preaches, speaks, teaches, sometimes internationally. This is one of my gifts. Okay, but just because you have the gift of apostle doesn't mean anything unless you qualify to be an elder or a deacon, because you can have a gift and not have character. You can have a gift, and not be qualified. So we hold the offices are different than the gifts, but the gift of apostle does exist. We believe in that. And then there are false apostles. The Bible talks about false apostles, people who are sent by Satan, not Jesus. They minister by the power of demons, not the Holy Spirit. They tell lies, not the truth. They lead people astray, not toward God. So he takes these

twelve who are under authority. He positions them into authority. "You are now Apostles, and you're going to lead," and then there are gifted people under them that have the gift of apostle, and part of our job is to keep people from false apostles, leading people astray.

Under authority before in authority

Here's the big idea. Some of you bounce from church to church, ministry to ministry, because you just don't want to be under authority. You don't want anybody to know you, or what you're doing. You don't want to become a member. You don't want to join anything. You don't want to be held accountable to anything. You just want to live in this come and see, come and see, come and see. But let me tell you, it's an immaturity. It's an immaturity, and today I invite you to go and die, to settle in somewhere, to commit to something, to make it ours and yours, and to come under authority, and then grow and be trained, and maybe one day God would have you to be in authority. I mean, I can't tell you how many hundreds, there may be thousands of people at this point that I've met, they

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bounce from church to church to church, ministry to ministry to ministry, because they want to be in authority, and they don't want to qualify. They don't want to get trained. They don't want to prove themselves. They just want to walk up to the leader and say, "You need to do this. Obey me. I'm in charge." They don't say it, but they act like it. Really, you walk in off the street and start bossing people around? It doesn't work like this anywhere else in the world. You can't do this in the Marines. You can't do this in a college. Can't just walk up to your professor, "I disagree with the degree. We need to do it this way, now." No. Sit down, learn. Be under authority, prove yourself. If you demonstrate faithfulness, someday you can be in authority, and when you get in authority, you can make some changes. Some of you love the idea of being in authority. You resist the thought of being under authority. Please don't pursue being in authority until you've had a season where you've proven yourself under authority. To be continued.

Sunday

Getting _____

John 5:31-47

Why are we getting proof?

1. The _____ testify to the Testimony of

Jesus so that you may be saved.

- _____ the Baptist
- _____ own works
- The _____
- The _____ (Moses)

2. It is possible to be ___ the Word without being ___ the Word.



Monday

Getting _____

Exodus 14:5-12

What are we getting out of?

1. Getting out is all about _____ from bondage
2. Getting out is _____ and _____
3. Getting out involves getting rid of task _____
 - God has worked freedom into your _____. Now you can work freedom out in your _____.

Tuesday

Crossing _____

Exodus 14:13-14 and 22

How are we getting out?

1. We get out by _____ over.
2. Crossing over happens by God's _____.
3. Crossing over happens _____.
 - It is a change in _____.
4. Crossing over happens regardless of your _____.

- A prerequisite for crossing over is not faith. Faith is the _____ of crossing over.



Wednesday

A _____

Exodus 14:15-16

Why are we getting out?

1. A mediator is God's channel of _____ with people.
2. A mediator is man's _____ before God.
3. A mediator is God's vehicle of saving _____.

Thursday

Getting _____

Exodus 17:1-7

1. What should we be getting?
2. Who's getting what we're supposed to get?
3. What are we getting?

