

Feb 2021

Basic Camp Rules

1. Respect your leaders and fellow campers.

2. Please be respectful as we are using discord. If for some reason you are becoming a problem we will kick you off the group and you will need to contact us separately to let you back in.

3. Electives are sessions that you can choose to join based on the topic. Each Elective and talk will have a time for Questions at the end. So if you would like to ask something keep it for the end of the session.

4. Our camp has 3 sessions and each day a social event. Please don't be late for any of the sessions. I would encourage you to be there five minutes before hand so you don't miss anything.

5. What if I can't make all the session?

- That's okay. The sessions will be recorded and put on YouTube at the end of the day for anyone to catch up on.
- 6. What is the theme of Camp?

The Theme is CrossFit

As Christians we often want to do better or grow more. But it is easy to procrastinate and not grow. That is simply a massive BUMMER.

We want a quick fix or God to do all the work for us but that's not how it works.

The way to get through this is to build up and develop some healthy habits or disciplines that in the long run will help us grow as Christians.

It also helps us to understand why we do certain things.

This is where CrossFit comes in we are going to talk about practical ways that we can grow in our walk and relationship with God.

Hopefully you will find some tips and tricks that can really help you in your walk with God

DIGITAL CAMP SESSIONS

Camp Timetable

WEDNESDAY

THURSDAY

10 AM - Opening Session What is Crossfit?

12 PM - Session 2 The Deadliest Lift Discussion Session (1 PM)

2 PM - "**Squat"** Final Session Day 1 10 AM - Opening Session *Eating Right!!*

12 PM - Electives PT 1

1 PM - Social Setting- OPTIONAL

2 PM - Electives PT 2

FRIDAY

10 AM - Opening Session *The Lunge?*

12 PM - The Quiz

1 PM - Final Q n A

2 PM - Closing Session WHAT NEXT?

OPENING SESSION

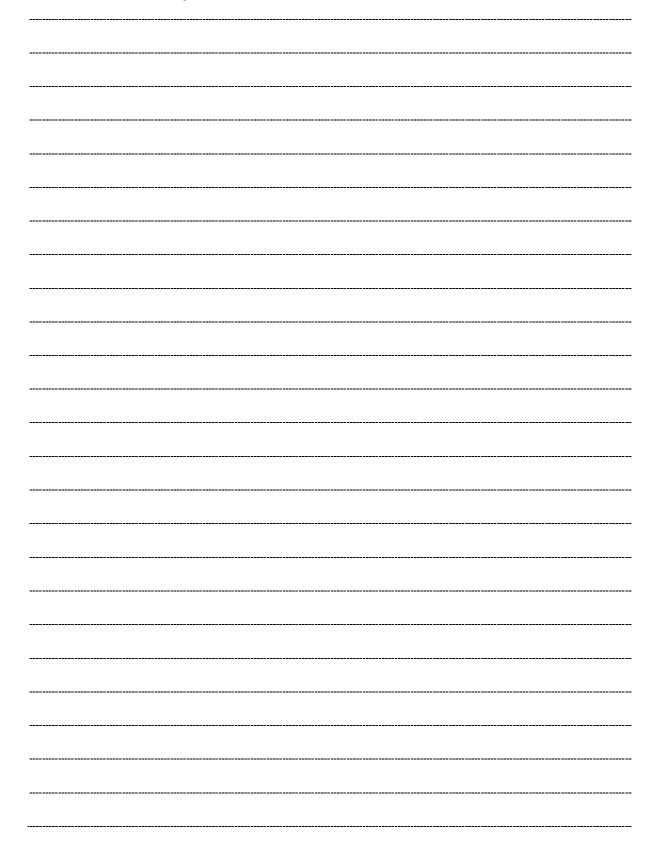
What is CrossFit?

The Deadliest Lift. (Matthew 16:24-36)

·		 	
·		 	
·		 	
·		 	
·		 	
·			
	······		
·			
·			
·			
·			
·			

SESSION 3

Squat! (Proverbs 10:4-5)



Q&A Vol 1

DAY 2 - SESSION 1

Eating Right! (1 Cor 3)

DAY 2 – Elective A

Finding Joy in Depression -

Teacher – Helene Potter

____ _____ _____ DAY 2 – Elective B

The How of Prayer

Teacher – Damon Gander

_____ _____ _____ _____

The Boldness to be Unashamedly Christian

Teacher – George Botha

DAY 3 - SESSION 1

The LUNGE - (Hebrews 12)



THE QUIZ

THE CLOSING SESSION

THE SPIRITUAL SIX PACK
