



CHRIST CHURCH HERMANUS

Connect-Online

Digital Camp 2021

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.
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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

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

THURSDAY

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?

[illegible]

SESSION 2

[illegible]

Squat! (Proverbs 10:4-5)

[illegible]

Q&A

Vol 1

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Finding Joy in Depression –

Teacher - Helene Potter

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

The How of Prayer

Teacher – Damon Gander

[illegible]

The Boldness to be Unashamedly Christian

Teacher – George Botha

[illegible]

[illegible]

THE QUIZ

[illegible]

THE CLOSING SESSION

THE SPIRITUAL SIX PACK

[illegible]