

SUMMER CAMP

Adventures in Spiritual Practices



The Christian life is about

deepening our relationship with God

and

becoming transformed into his likeness
for the sake of his mission

Various surveys in different cultures, over the past half century, have determined that the number one predictor of a person's spiritual health is the regular practice of personal Bible reading. Nothing else comes close.

George H. Guthrie

The Bible **is not** written to us, but for us.

The Bible **is not** easy to understand, but there are tools to help us.

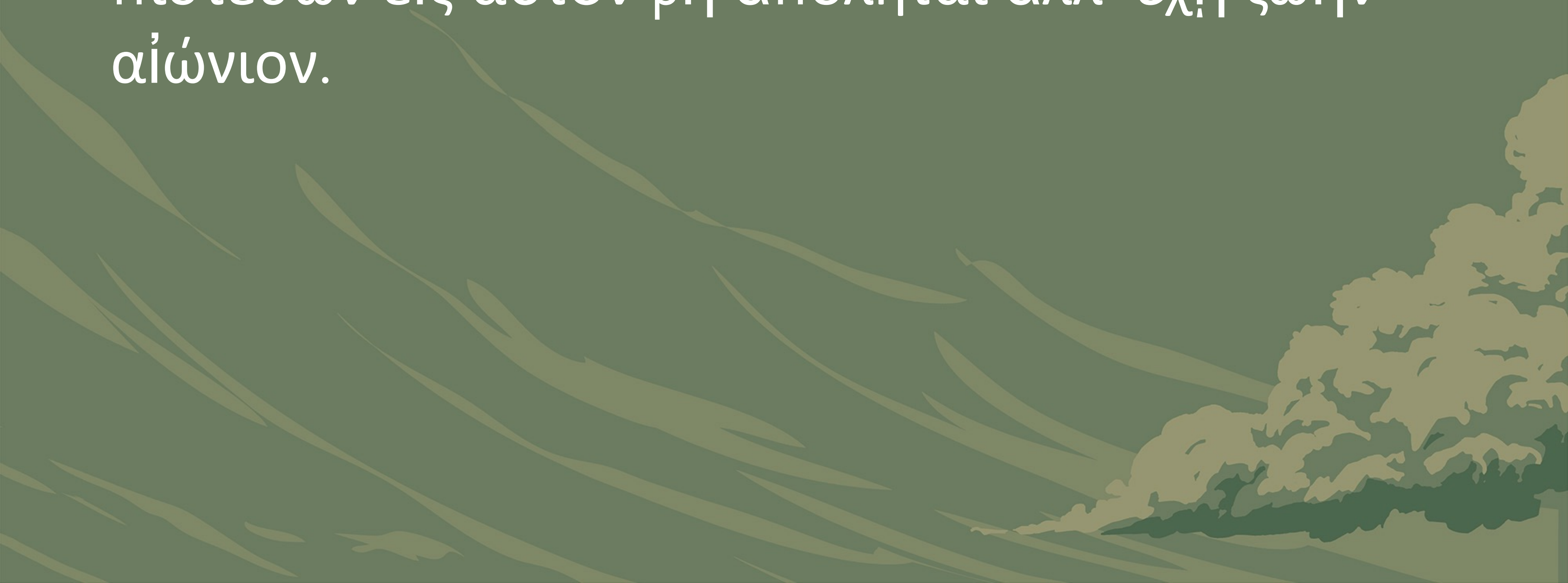
The Bible **is not** just about information; it is about our transformation.



The Bible **is not** written to us,
but for us.

1 אֲנֹשֵׁי־הָאִישׁ אֲנָשָׁרוּ לֹא הָלְךְ בְּעֵצָת רִשְׁעִים וּבְדַרְדֹּר מִטָּאִים לֹא
עָמַד וּבְמוֹנֵשׁב לְצִים לֹא יָשָׁב:

Οὕτως γὰρ ἠγάπησεν ὁ θεὸς τὸν κόσμον, ὥστε
τὸν υἱὸν τὸν μονογενῆ ἔδωκεν, ἵνα πᾶς ὁ
πιστεύων εἰς αὐτὸν μὴ ἀπόληται ἀλλ' ἔχῃ ζωὴν
αἰώνιον.

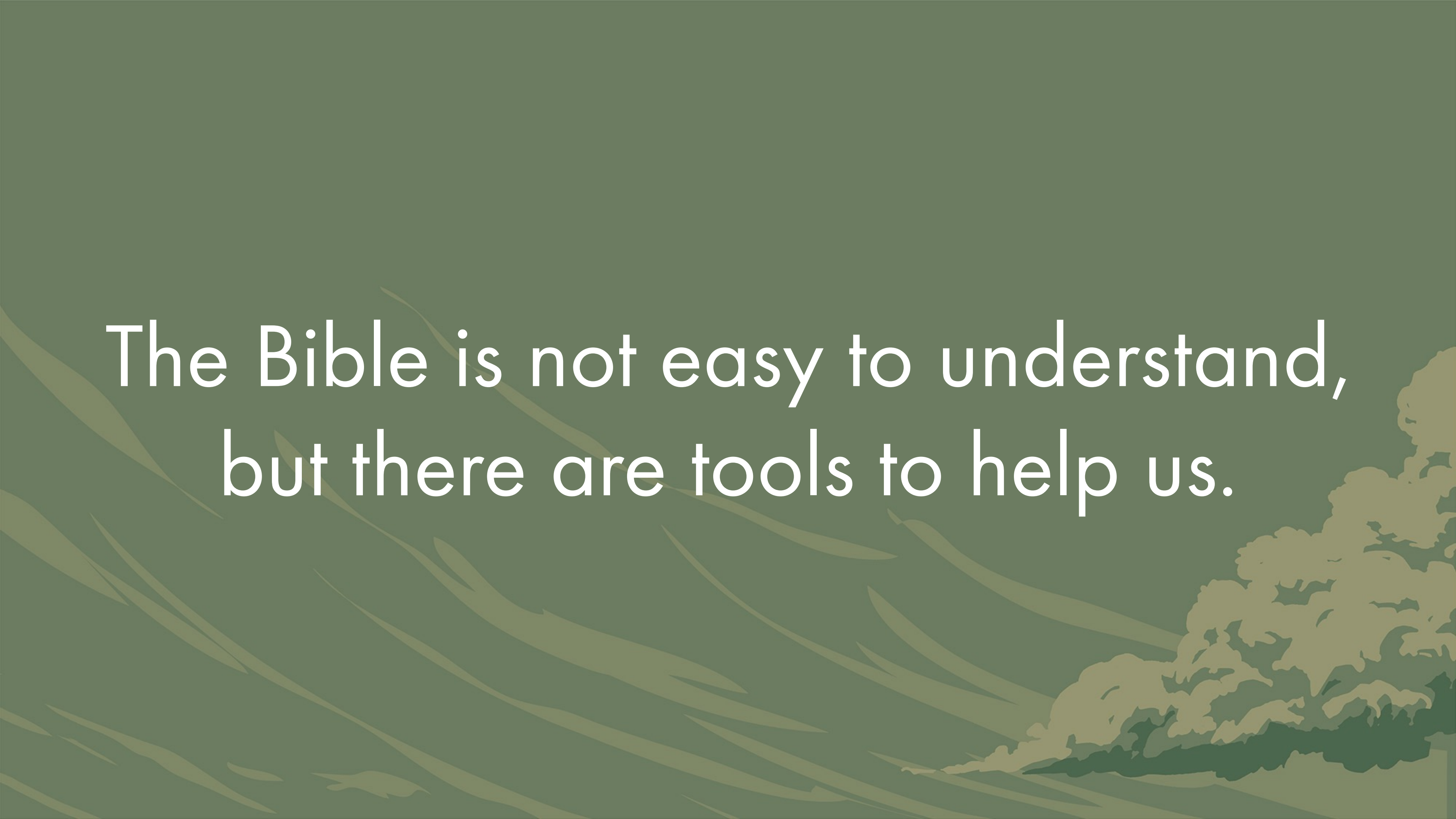


Shared knowledge is essential
to clear communication.

The background features a stylized illustration of a landscape. On the right side, there are several trees with dense, rounded foliage. The foreground and middle ground consist of rolling hills or fields, depicted with long, sweeping, curved lines that create a sense of movement and depth. The overall color palette is muted, consisting of various shades of green and brown.

¹⁵ and how from infancy you have known the Holy Scriptures, which are able to make you wise for salvation through faith in Christ Jesus. ¹⁶ All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, ¹⁷ so that the servant of God may be thoroughly equipped for every good work.

2 Timothy 3:15-17 (NIV)



The Bible is not easy to understand,
but there are tools to help us.

The people involved in the public-relations department of the church always make Bible study sound as though it is easy. It is not. It takes a great deal of effort to understand the text, and even more to understand how it applies to our lives. We like to think that when we study the Bible, it is like getting a shot of adrenaline. But studying the Bible is much more like taking vitamins.

Haddon Robinson

You gulp down a couple in the morning, but no wave of energy flows through your body. No, you take vitamins because they protect you against disease. In the long run, they make you strong.

Haddon Robinson

¹⁶ His letters contain some things that are hard to understand, which ignorant and unstable people distort, as they do the other Scriptures, to their own destruction.

2 Peter 3:16 (NIV)



BibleProject





The Bible is not just about information;
it is about our transformation.

¹ Blessed is the one
who does not walk in step with the wicked
or stand in the way that sinners take
or sit in the company of mockers,
² but whose delight is in the law of the LORD,
and who meditates on his law day and night.

Psalm 1:1-2 (NIV)

“meditates”

translates the Hebrew word

הִתְהַוָּה

⁶ when I remember you upon my bed, and **meditate** on you in the watches of the night;

Psalm 63:6 (NIV)

¹² I will consider all your works and **meditate** on all your mighty deeds.”

Psalm 77:12 (NIV)

²⁷ Cause me to understand the way of your precepts,
that I may **meditate** on your wonderful deeds.

Psalm 119:27 (NIV)

¹⁴⁸ My eyes stay open through the watches of the
night, that I may **meditate** on your promises.

Psalm 119:148 (NIV)



Cultural Spiritual Practice – “Meditate”
Empty Your Mind

Biblical Spiritual Practice – “Meditate”
“Slowly Chew” the Word



YouVersion



Eat this Book: One Year Bible with Daily Psalm



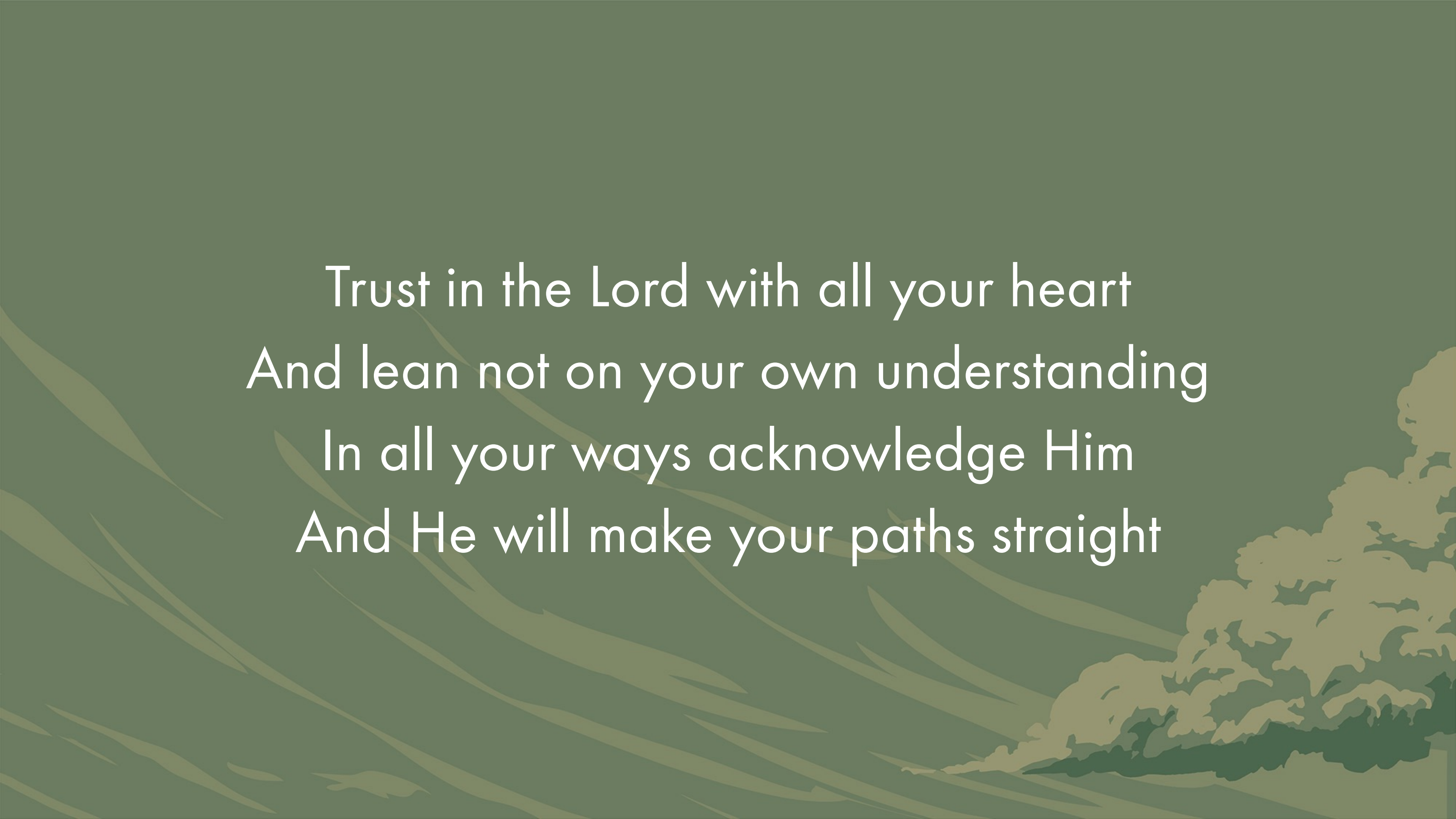
359 Days

[Sample Day 1 >](#)

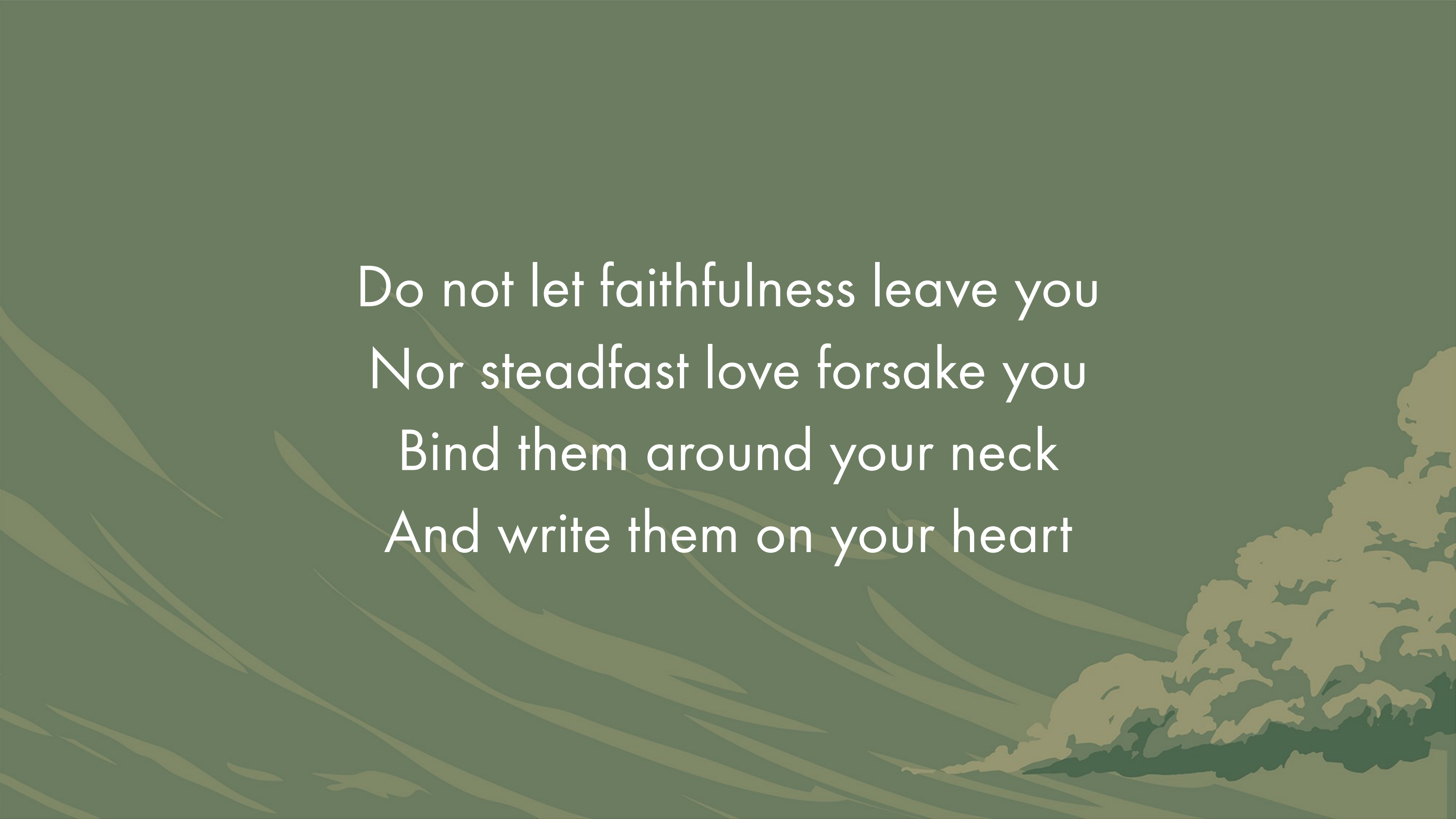
Following aspects of the traditional Jewish order in the Old Testament, this plan offers a sustainable reading pace, allowing you to experience first the Old Testament and then the New Testament in one year. Each day, you'll explore an average of four chapters, and you'll close your time in prayer by reading a Psalm.

⁵ Trust in the LORD with all your heart
and lean not on your own understanding;
⁶ in all your ways acknowledge him,
and he will make your paths straight.
⁷ Do not be wise in your own eyes;
fear the LORD and shun evil.
⁸ This will bring health to your body
and nourishment to your bones.

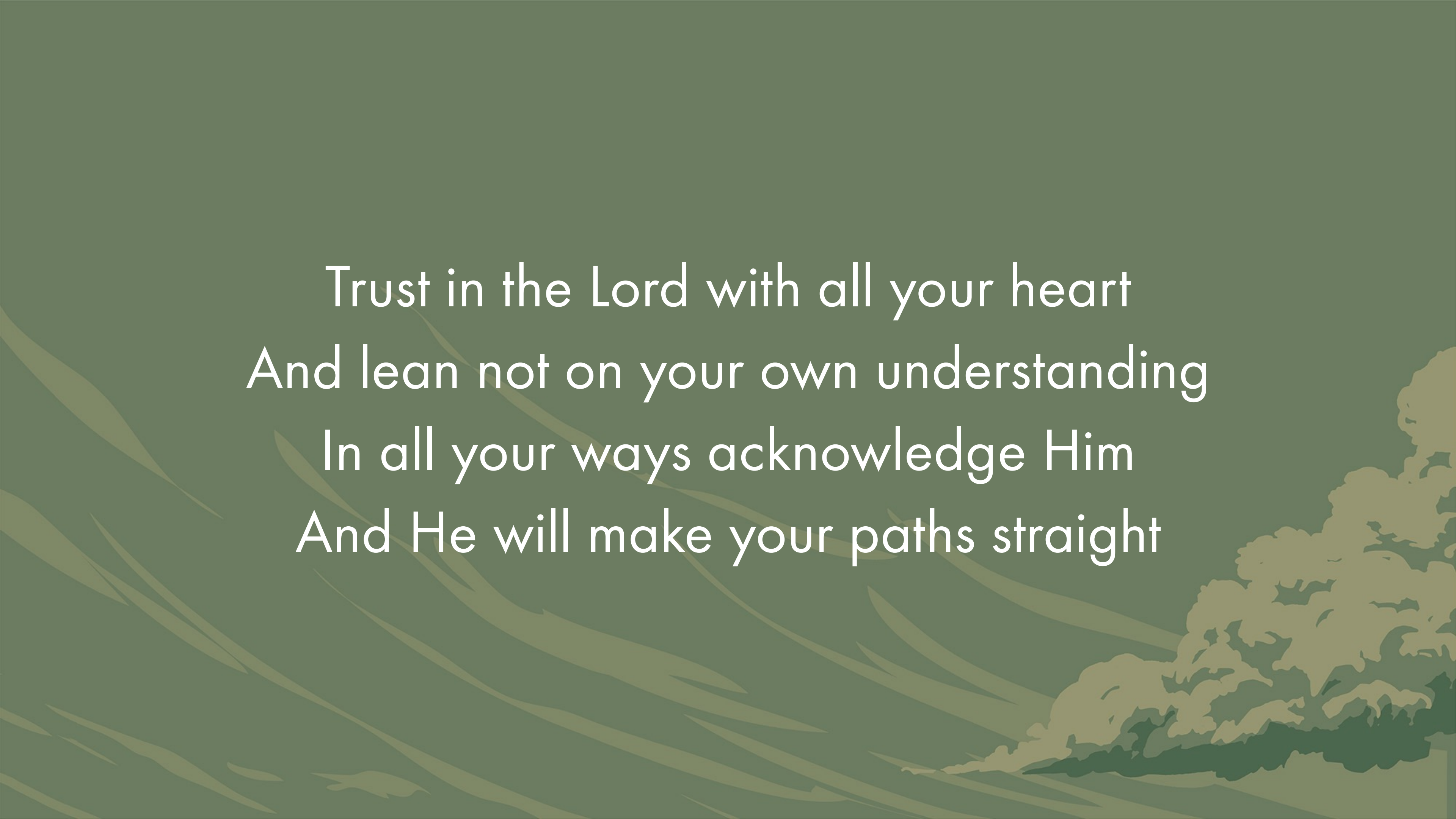
Proverbs 3:5-8 (NIV)



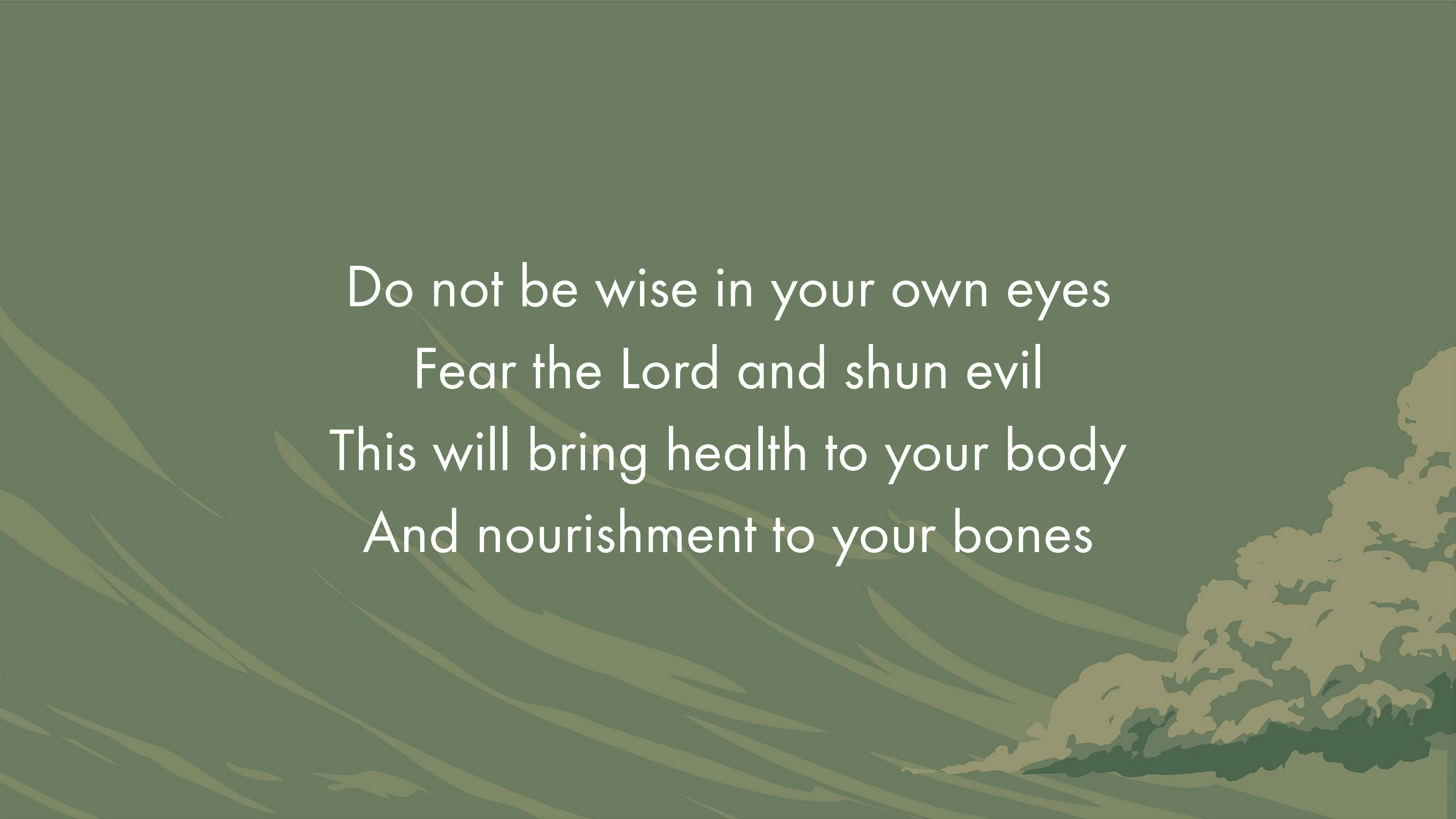
Trust in the Lord with all your heart
And lean not on your own understanding
In all your ways acknowledge Him
And He will make your paths straight



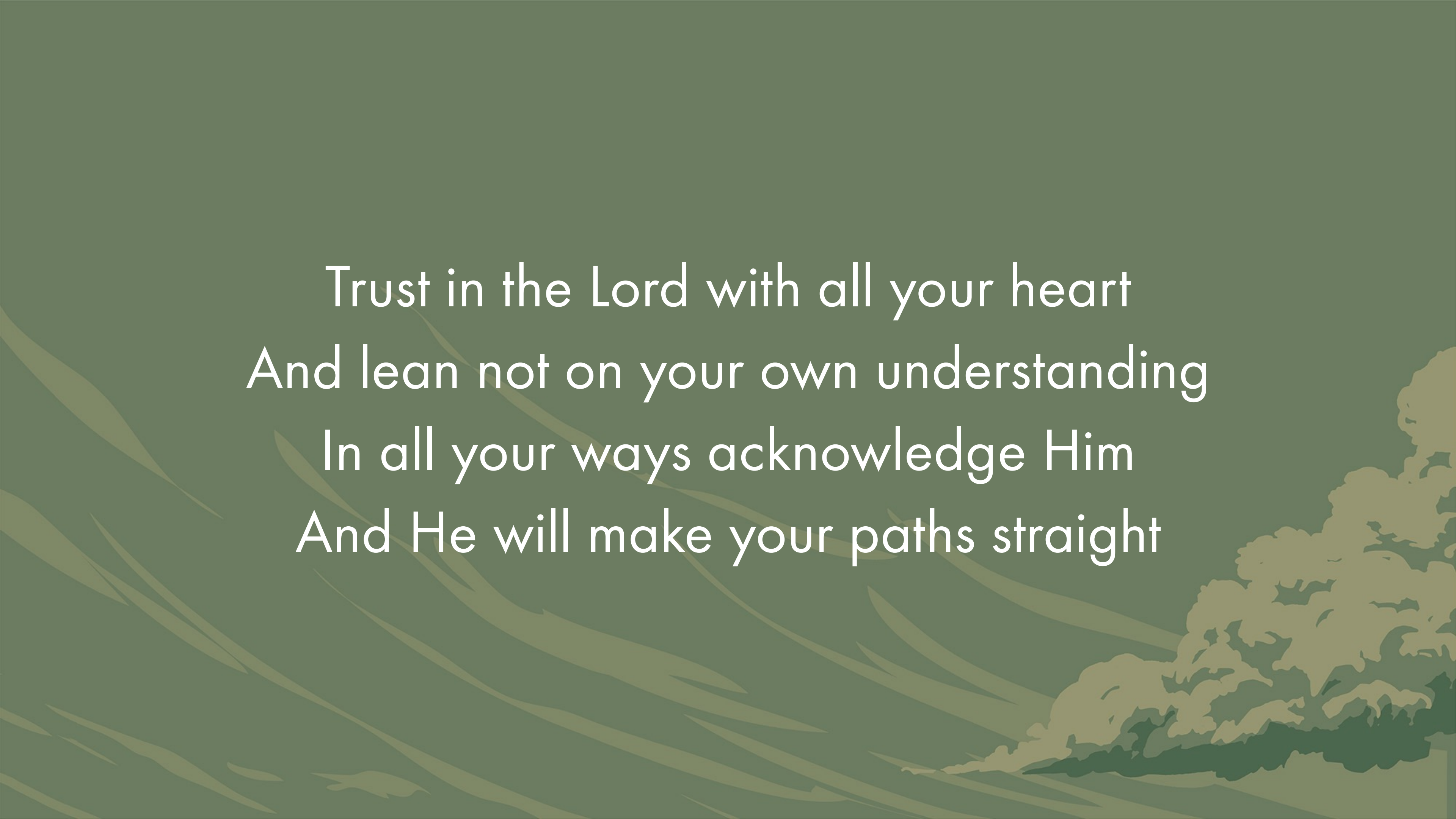
Do not let faithfulness leave you
Nor steadfast love forsake you
Bind them around your neck
And write them on your heart



Trust in the Lord with all your heart
And lean not on your own understanding
In all your ways acknowledge Him
And He will make your paths straight



Do not be wise in your own eyes
Fear the Lord and shun evil
This will bring health to your body
And nourishment to your bones



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