

# SUMMER CAMP

Adventures in Spiritual Practices









<sup>8</sup> “Remember the Sabbath day by keeping it holy.  
<sup>9</sup> Six days you shall labor and do all your work,  
<sup>10</sup> but the seventh day is a sabbath to the LORD your  
God. On it you shall not do any work, neither you,  
nor your son or daughter, nor your male or female  
servant, nor your animals, nor any foreigner residing  
in your towns.

Exodus 20:8-10 (NIV 2011)

<sup>11</sup> For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.

Exodus 20:11 (NIV 2011)

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Exodus 20:9-11 (NIV 2011)



# Re-Think Work

1. When I go to work, I bring God's temple to work.

<sup>19</sup> Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own;

1 Corinthians 6:19 (NIV 2011)

# Re-Think Work

1. When I go to work, I bring God's temple to work.
2. When I am frustrated at work, I see it as an opportunity to grow spiritually.



2-3 Consider it a sheer gift, friends, when tests and challenges come at you from all sides. You know that under pressure, your faith-life is forced into the open and shows its true colors. So don't try to get out of anything prematurely. Let it do its work so you become mature and well-developed, not deficient in any way.

James 1:2-3 (MSG)



“The place of discipleship is wherever I am now. It’s wherever I am now and whatever I am doing now. If we don’t understand that, then most of our life will be left out of the place of discipleship. It may be home, it may be work, play, or church, but discipleship should take place wherever I am now. – When I go to work at USC and I walk into a class, that’s my place of discipleship.

Dallas Willard

*How God is in Business*



That's the place where I am learning from Jesus how to do everything I do in the kingdom of God. And I am constantly learning it, and I am a long way from the end of the lesson. Sometimes I'd prefer that the lessons would stop but they don't, because life moves on, and students are different and colleagues change."

Dallas Willard

*How God is in Business*



# Re-Think Work

1. When I go to work, I bring God's temple to work.
2. When I am frustrated at work, I see it as an opportunity to grow spiritually.



# Re-Think Rest

When I stop working, I'm being like God.



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Exodus 20:8-10 (NIV 2011)



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Exodus 20:11 (NIV 2011)

שַׁבַּת

Shabat

to cease, to stop



# SEPTEMBER 2023

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

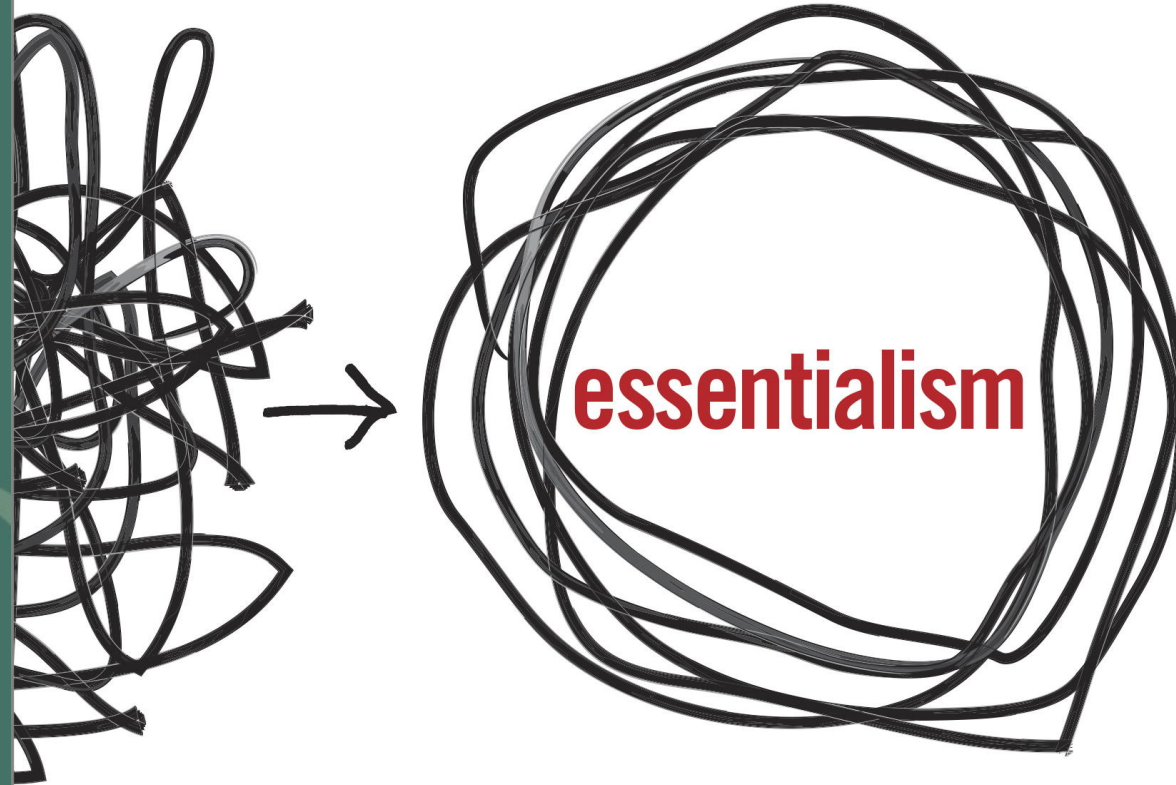
# What Would I Do Differently?

1. I would not be driven by the tyranny of the urgent



# What Would I Do Differently?

1. I would not be driven by the tyranny of the urgent
2. I would say "no" more



The Disciplined Pursuit of Less

**GREG** MCKEOWN



# Questions to Ask Before Saying "Yes"

- Is it "heck yes"? If not say no.
- What is the compelling reason to say yes?
- Is there someone else who could do this as well or better?
- What will it result in terms of time and follow-up (unintended consequences).
- If guilt is the only reason, it's not a good reason.
- What happens if I say, "no"?

# What Would I Do Differently?

1. I would not be driven by the tyranny of the urgent
2. I would say "no" more
3. I would practice solitude and silence more



<sup>32</sup> That evening after sunset the people brought to Jesus all the sick and demon-possessed. <sup>33</sup> The whole town gathered at the door, <sup>34</sup> and Jesus healed many who had various diseases. He also drove out many demons, but he would not let the demons speak because they knew who he was.

Mark 1: 32-34 (NIV 2011)

<sup>35</sup> Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed. <sup>36</sup> Simon and his companions went to look for him, <sup>37</sup> and when they found him, they exclaimed: "Everyone is looking for you!"

Mark 1: 35-37 (NIV 2011)



<sup>16</sup> But Jesus often withdrew to lonely places and prayed.

Luke 5:16 (NIV 2011)

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

Proverbs 3:5-8 (NIV 2011)



**John  
Mark  
Comer**

**The  
Ruthless  
Elimination  
of  
~~Hurry~~**

**Foreword  
by  
John  
Ortberg**







Heavenly Father, help me as I get ready to start this new year. Help me to see my place of work as a place of discipleship where I can learn from you as I do my work. May my work be used by you to further your redemptive purposes in the world and to enhance the common good for our community. And may you help me hit the "space bar" more and more in my life.

May you help me be as intentional about finding rest and solitude as Jesus was. Give me the discipline and wisdom to learn how to say "no" – so that I can say "yes" to the things that will help me become more and more like Jesus.

In Jesus name, I pray – Amen!