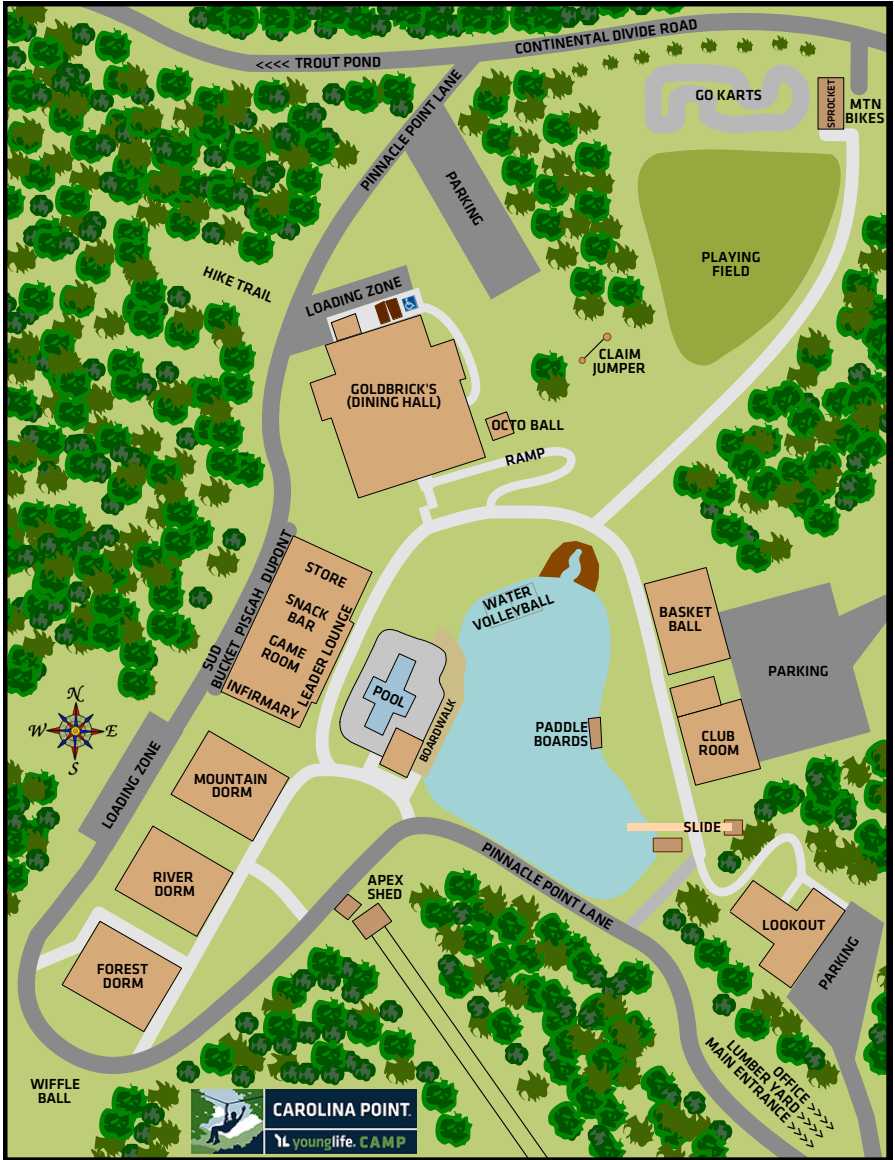


energy

Name

Campus

Map of Carolina Point



Schedule

FRIDAY

- 7:00-7:30 PM Arrive at Carolina Point
- 8:00 PM Leader Meeting | Leader Lounge upstairs Main Street
- 8:45 PM Session 1 | Sawmill
- 10:15 PM Pass out pizza to small group leaders
- 10:30 PM Small Groups
- 11:30 PM In Cabins

SATURDAY

- 8:15 AM Work Crew, Sessions, and Program Team at Breakfast
- 8:00 AM Solitude Time
- 8:30 AM Leader Meeting
- 9:15 AM Breakfast
- 10:00 AM Session 2
- 11:30 AM Small Groups
- 12:30 PM Lunch
- 1:15 PM Game
- 2:15 PM Free Time
- 4:45 PM Work Crew, Sessions, and Program Team Dinner
- 5:45 PM Dinner
- 6:30 PM Leader Meeting
- 7:15 PM Session 3
- 9:00 PM Small Group
- 11:00 PM Epic Element
- 11:30 PM Free Time
- 12:00 PM In Cabins

SUNDAY

- | | |
|--------------|---|
| 8:00 AM | Clean Up and Pack |
| 8:45 AM | Work Crew, Sessions, and Program Team Breakfast |
| 8:30 AM | Solitude Time |
| 9:00 AM | Leader meeting |
| 9:45 AM | Breakfast |
| 10:15 AM | Session 4 and Small Groups |
| 12:15 PM | Campus Pictures |
| 12:30 PM | Load Buses |
| 12:45 PM | Depart for Grace |
| 1:30-2:00 PM | Arrive at Grace |

Rules

1. Do everything your leader asks you to do. They are in charge this weekend.
2. Be responsible, respectful, and ridiculously fun.
3. Never leave camp.
4. Disconnect from all electronics for the weekend.
5. Be on time for everything.
6. Never leave a meal time until you are dismissed.
7. Be a blessing to Carolina Point, and leave it better than when we found it.
8. Don't lose your booklets.
9. Don't jump off your bunk onto a mattress, no wrestling competitions, etc.
10. No purple, pink, or whatever color you call a girl and a guy alone.
11. Wear your mask at all times when inside unless eating or sleeping.

Session 1 Questions

1. Who is someone that you've seen be powerful in their ability to produce or create?

2. How do you struggle with idolizing what you produce?

3. What do you escape from work into?

4. Where is your energy going toxic?

5. How do you need to intentionally deploy your energy?

Saturday Solitude

PRAY

Ask God to humble you and prepare you to hear him speak through his word.

READ

Luke 10:38-42

ASK

1. What is the difference between Mary and Martha's behavior?

2. Is Mary being lazy?

3. Why is Martha unable to sit with Jesus?

4. We just heard last night that we were created to work and produce. If Martha is working hard in this story, why is Jesus saying that her energy is being put in the wrong place?

5. How do you manage your energy between work and rest?

RESPONSE

How does this passage impact the way you think, act, and feel?

PRAY

Ask God to begin to expose the things in your life that are keeping you from following him.

Ask him for strength to begin to die to those things so that you can live in his freedom.

Session 2 Notes



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3. What are healthy ways that you can divert your energy?

4. How could intentionally deploying your energy for work help you to rest better?

5. How can you create space for God to occupy?

Session 3 Notes



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Session 3 Questions

1. How does the idea of restraining FOR intimacy vs. FROM intimacy help you manage sexual energy?

2. How is your energy being mismanaged causing it to go toxic toward sexual sin/lust?

3. How can you redeploy your sexual energy towards work and recreation?

Sunday Solitude

PRAY

Ask God to humble you and prepare you to hear him speak through his word.

READ

Luke 9:18-26

ASK

1. Who do you say Jesus is?

2. Last night we talked about what it means to love others more than yourself. How did Jesus live that out?

3. What was the result of Jesus' sacrificial love for us?

4. How do you love yourself more than others?

RESPONSE

How is God calling you to die to yourself and live for others?

PRAY

Ask God to begin to expose the things in your life that are keeping you from following him.

Ask him for strength to begin to die to those things so that you can live in his freedom.

Session 4 Questions

1. What does selfishness look like in your life?

2. How does focusing on yourself all the time affect your heart and attitude? How does it affect others around you?

3. Who do you need to apologize to for your selfish attitude or actions?

4. What are three simple things you need to do to consider others more important than yourself?

5. Thinking about work, recreation, relationships, rest, etc., how is God calling you to spend your energy going home?
