



WOMAN
ESTD **CAMP** 2016

ROLE OF A CAMPSITE HOST:

- Be over-the-top inclusive. Every woman should feel she belongs.
- Leave no woman behind—from the walk in to the walk back out. You're a team.
- Show vulnerability. *No one's expecting perfect, just be honest and open.*
- Listen well to each woman and ask questions that show you paid attention.
- Make time for laughter and goofing off.
- Encourage taking risks, doing new things, and creative problem-solving.
- Discourage gossip and complaining. *It'll stunt growth.*
- Empower women to focus on God and where he's leading, speaking, and prompting.
- Visit the Prayer Tent. *It's there for you, too.*
- Embrace yourself as a leader. We trust you. We love that you're doing this.

The bell will ring 5 minutes before each new event—so please quickly gather your campsite and head to the main tent so you don't miss anything.

SATURDAY

Set up campsites. *Eat a snack–lunch will be late.*

- When setting up tents and collecting firewood, teamwork = dreamwork. If you run out of time to fully set up, no worries, you'll have time after solitude.
- Even though you've probably all met, reintroduce yourselves.
- Tell your women to bring a chair to the tent for the Welcome Message.

Welcome message. *Get your bearings, hear some truth.*

- Main tent. About 45 minutes long.

Solitude. *Just you, God, and this field guide.*

- It's a new solitude experience this year.
- Each woman will get her buff in the woods during solitude.

Long lunch. *BYO, campsite time, talk about solitude.*

- After everyone has lunch in hand, tell them everyone gets one question to answer: "What's the thing that has been keeping you sidelined in your life that you had to fight through during solitude?"
- Encourage your campsite to go to the Prayer Tent and lean into women who are equipped to help them listen to God.
- In this guide is a challenge page that encourages trying 3 new things during camp. Point this part out during lunch.

Stories and teaching. Main tent.

Play and rest. *Choose what brings you joy or makes you feel unleashed.*

- This portion can be done as a group or individually.
- If a woman seems stuck, point her to the challenge page in her guide.

Feast. *Bring your plates, take your place at the table.*

- Main tent.
- If you don't remember your Campsite Number (which is also your Table Number), go to the Concierge Tent and ask.

Tidy up. *Clean your dinner area, throw away trash, drop off supplies.*

- After dinner, lead your table in clean up and dropping off trash/supplies in the designated areas by the barn. No need to stay longer if you're all tired and ready to get back to your campfire.
- S'more supplies will be ready for pick-up by the Main Tent after you clean your spaces. Send two of your campers to pick those up and meet you at your campsite.

Singing and stories. *Optional, stay as long as you want.*

- Main tent.
- This is also a good time to encourage women to go to the Prayer Tent.

Campfires. *Time to be real and laugh and cry in equal measure.*

- Share s'mores.
- Have each camper use the blank page in the back of the guide to write down at least three lies she has believed about herself that have kept her from being fully unleashed with power into her calling and purpose. Ask each woman to be brave enough to share—you go first.
- After you've shared the lists out loud burn them and speak truth over each other. "You are strong," "You are forgiven," "God has power for you," etc.
- To lighten the mood, ask if anyone has ever actually thrown a punch and to tell that story or share stories of the most badass thing you each have done that you never thought you could actually do.
- Sleep tight.
- If your group (or partial group) seems to still have energy, use the conversation prompts in the s'more bags. Most are simple and lighthearted.

SUNDAY

Breakfast. *Slow morning, free time, optional Holy Yoga.*

- This is a great time for asking, "What's something you're looking forward to?" or "What's something you're going to take home from this time?"
- Remind women that baptisms are soon, if anyone is interested. If they're unsure, encourage them to talk through it with a Prayer Warrior at the Prayer Tent.
- Optional "Holy Yoga" is by the Main Tent. Casual and simple.

Morning teaching and worship.

- Last time we'll all be together under the tent. A challenge to be baptized and get in community to keep growing after camp.

Lake. *Baptisms, singing, parting words.*

- Sit with your campsite if possible. If you have a camper getting baptized, move toward the water to support her.

Pack. *Clean up your campsites, leave *no* trace, respect.*

- Pour water over your fire and ashes, even if you don't see flames.
- Metal doesn't burn, so make sure there's no trash left in your campfire.
- Put campfire ring and unused wood back at the woodstacks. If wood is still hot, carry to nearest burn pile (including the little nuggets).

Head home. *Take your time, walk out with your campsite, high-five someone.*

- Important time for encouragement. Walk slowly and enjoy. Make sure your group stays together.
- If you have a woman who definitely can't do the walk, take her to the Medic Tent and they will help her get to the cars.

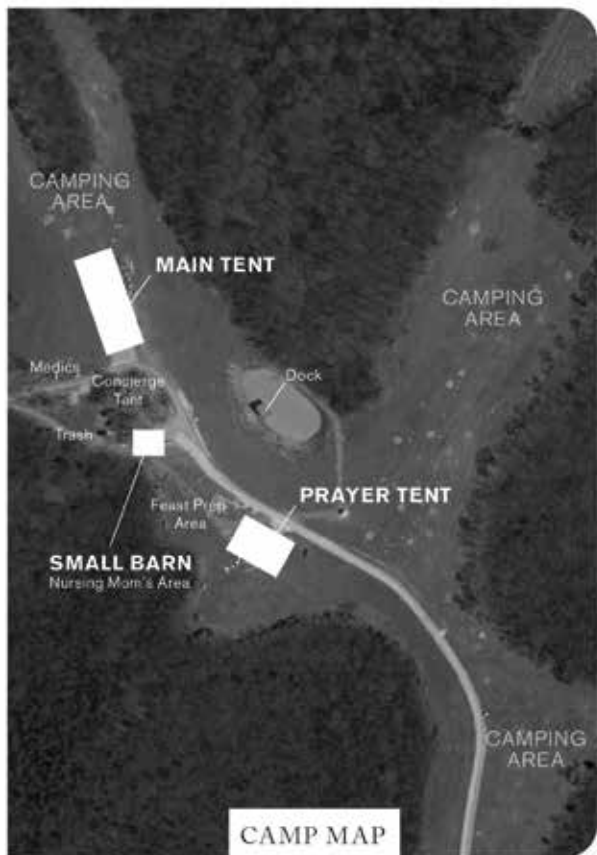


CAMPING
AREA

This is an aerial photograph of a forested landscape. A light-colored, winding road, labeled 'ENTRANCE ROAD', enters from the left and curves towards the right. Two distinct, lighter-colored patches of land are labeled 'CAMPING AREA'. The surrounding terrain is dark and textured, indicating dense forest. The road ends with an arrowhead pointing towards the rightmost camping area.

CAMPING
AREA

ENTRANCE ROAD



KNOWING WHO'S WHO

Bufs (a.k.a head scarves) are color-coded to help you find who you need.

HOSTS & CAMPERS

White with black writing

LEAD TEAM

Black with white writing

Women who run logistics, prepare the feast and tent,
and manage the overall experience.

PRAYER WARRIORS

Red with white writing

Women who want to pray with you. Visit them in the
Prayer Tent.

MEDICS

Black with white writing + wearing a

Red Cross armband

If you get hurt, these volunteers are on-call to help.

GOD WANTS TO UNLEASH YOU INTO POWER

This weekend is about being unleashed from the things that have held you back and kept you on the sidelines of your life feeling powerless. You can be filled with the power of God and take your place at the warriors table set for you by a God who has created you for greatness and has called you into the fight. Throughout the weekend, you'll have many opportunities to experience the joy of being unleashed into freedom in surprising ways.

But for now, it's your turn to choose.

Choose three challenges below that feel like they “aren’t for you”—as if they’re meant for someone who is braver or stronger or knows how to have more fun. Question that “not for me” feeling and push yourself to take your place in the adventure.

Pick three.

- ☐ Be the one to start your campfire.
- ☐ Take a nap. The world won’t end.
- ☐ Visit the Prayer Tent.
- ☐ Sing your heart out during worship.
- ☐ Jump in the lake.
- ☐ Swing on a tree swing! Free your inner child.
- ☐ Ask someone if you can pray for them.
- ☐ Chop some wood. Axes are power.
- ☐ Confess that one thing at campfire time that you’ve been holding back.
- ☐ Slip on down the old slip n’ slide.
- ☐ Find a woman who looks totally different than you (wilder, younger, different color, taller, you get the drift) and ask her two things: What did you want to be when you grew up? What’s something you’re afraid of?

SOLITUDE

Look for the signs that say Solitude Experience pointing you into the woods behind the lake. Don't just hang out at the edge of the trees—adventure your way into those woods. Once you find a place to sit down, get comfortable and turn the page.

This space is only for you—no one else. Be honest and trust your heart.

Part 1: SLOW DOWN

What's on your mind? List everything you can think of, big or small.

To help you get started:

- Work deadlines
- What you look like right now
- Your kiddos
- Unfinished projects
- Schedules
- Shopping lists
- Money
- Friendships
- Husband, boyfriend, or lack of
- Shower access
- Port-a-let fears
- The things you can't control at camp

Of that list, what's the one thing that feels like it's really got you by the throat?

Write a short prayer asking God to take these things off your mind so you have a clear mind and heart, ready to hear from Him.

Think over the past six months. List the good stuff—any wins, breakthroughs, or new ground taken.

Now, list a few things that have sucked. Heartbreaks, tragedies, failures.

How would you describe your connection to God in the midst of all that?

What do you want to get out of this weekend?

Part 2: PUT ON YOUR ARMOR

There is a head wrap hanging in the trees. Go get one. Read the words printed on it and let them soak into your soul. Put it on like a warrior puts on a helmet before going into battle. Feel the protection and power of those words—the truth wrapped around your head.

Read these words of God's truth slowly, at least twice. Circle anything that sparks your heart.

- **Ephesians 6:10–17**

Finally, *be strong in the Lord* and in his mighty power. Put on the full armor of God, so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore put on the full armor of God, so that when the day of evil comes, you may be able to *stand your ground*, and after you have done everything, to stand. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God.

- **Acts 2:17**

And in the last days it shall be, God declares, that I will pour out my Spirit on all flesh, and your sons and your *daughters* shall prophesy, and your young men shall see visions, and your old men shall dream dreams; even on my male servants and *female servants* in those days I will pour out my Spirit, and they shall prophesy. And I will show wonders in the heavens above.

- **Micah 3:8**

But as for me, *I am filled with power*, with the Spirit of the Lord, and with justice and might.

- **2 Timothy 1:7**

For God has not given us a spirit of timidity, but of *power* and love and discipline.

- **Acts 1:8**

But *you will receive power* when the Holy Spirit has come upon you, and you will be my witnesses in Jerusalem and in all Judea and Samaria, and to the ends of the earth.

Part 3: FIGHT OR RETREAT

When facing a battle we have two choices. We can believe that we are equipped and called to a deep purpose and calling—and fight. Or we can look at our chains, realize how long we've been leashed—and retreat.

To believe you have been designed for greatness by a God who can unleash you with power into your calling and purpose, you need to first face the times you've been sidelined and then fight for what God has for you.

Make a list of times and people who have made you believe you were not strong enough, too weak, undesirable, unseen, unheard, or passed over.

These scenarios may help you get started:

A time you were not invited in
Told you didn't have the right credentials
Felt weak and passive
Were too ashamed to be known
Let fear tell you it was too dangerous
Passed over for a promotion
Told you were not smart enough
Thought "there is no way I could do that"
Quieted by people in charge
Felt ignored or unseen
Belittled at work
Rejected by a lover
Betrayed by someone close
Left on the fringes
Denied entry

Living your life on a leash, chained and silenced, sucks. Believing you have no real power—that you don't have a place in the battle, at the table, or a worthy calling and purpose all your own—can keep you on the sidelines or even retreating into fear or isolation, feeling rejected, weak or victimized. But there's such freedom in accepting that God has power for you and getting in the fight for your life.

FIGHT

There's something you need to start believing is true and fighting for: you are stronger than you realize, you have a voice, you are worthy, you have something to contribute, you have a purpose and place. Even if you feel confident and strong, there's likely a thing or two that's stuck in the back of your mind if you get real-deal honest.

Let's talk about who you are at your most free, your most powerful, your most full of passion and purpose. What are you doing? Write one or many.

Actions that might get you started

Fighting injustice

Bringing order to chaos

Learning new things

Speaking

Nurturing

Storytelling

Creating

Truth telling

Adventuring

Mothering

Praying

Leading

Serving

Inventing

Sweating

Coaching

RETREAT

There's also a lie you've believed about yourself that you need to dig up and kick its ass. Something that has you by the throat, choking you, chaining you to the ground. It could be an addiction, toxic relationship, tendency toward isolation, selfishness, past hurt, anger, withholding of love, believing what you were told about being weak, soft, or not smart enough.

Take three deep breaths. Close your eyes.

Ask God to show you ONE THING you need to fight through to get to the freedom and power he has waiting for you. Write down whatever it is, even if it surprises you.

Write down something you believe is in the way of you getting free from what you just wrote.

**If you're getting stuck and haven't heard what you need to receive or let go, now's a great time to walk up to the Prayer Tent. This is why they're here. For you. At times like these.*

Now that you know what you are fighting, what is standing between you and the power and purpose God has for your life, it's time to fight.

**Part 4: DECLARE YOUR FREEDOM.
CLAIM YOUR CALLING.
RECEIVE HIS POWER.**

Go find a coach and a white punching bag. We are going to put on gloves and participate in a physical act that mirrors the spiritual reality that no lie or restraint or chain can stand against the power of God in you. It may feel silly to punch a bag like it's the thing standing in the way of your freedom, but there is significance in doing with your body what you believe in your heart. You may just punch it once and be done or you may need to spend a minute finding your strength and fighting your way through to freedom.

Part 5: INVITATION TO THE WARRIOR'S TABLE

Tonight there will be a feast waiting for you, prepared by a God who has called you into greatness. It is time to leave safety and comfort behind, take your place at the warrior's table, fill your belly and your soul. You are a guest of honor at God's table—an intentional, lavish feast to fuel your body, heart, and mind so that you can be unleashed with power into the fight for your calling and purpose in the Kingdom of God.

**Once you've put on your armor (head wrap)
and fought free of your leash (punching bags)–
solitude time is over and you can rejoin your
campsite for lunch.** Go with a heart ready to fight for
freedom and power for your campsite and yourself.

