



*woman
camp*



CAMPSITE
HOST GUIDE



SET FREE

PROPERTY OF:

(YOUR NAME HERE)

FALL
2023

CREATED BY
 **CROSSROADS**

HOST
GUIDE

→ A PLACE FOR YOU TO REST, LET
DOWN YOUR GUARD, SET ASIDE YOUR
RESPONSIBILITIES, AND SLOWLY WALK
INTO BEAUTY AND ADVENTURE. A
PLACE TO SET UP A TENT. START A
FIRE. START A CONVERSATION. LISTEN
TO GOD. TAKE YOUR PLACE AT THE
TABLE. AWAKE YOUR SOUL. LAY YOUR
BURDENS DOWN. BE SET FREE.

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 perfection*, 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.

SCHEDULE

D
A
Y

01

FRIDAY,
SEPT 22

ARRIVALS:

4:30–7pm

NOTE: There is no planned programming for campers Friday. *This time is yours to settle in and enjoy on your own or with your campsite.*

SET UP CAMPSITES:

Make dinner.

EXPLORE:

Take the time for a long walk and start talking to God.

CONNECT:

Get to know the women at your campsite.

WORSHIP REHEARSAL:

This is an active band rehearsal you can sit in on, not programming. It will start/stop as needed by the band sometime around 8pm.

SCHEDULE

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02

SATURDAY,
SEPT 23

ARRIVALS:

6:30–7:30am

SET UP CAMPSITES:

Eat breakfast—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, guide and pen to the tent for the Welcome Message.

WELCOME MESSAGE:

An overview of the experience & theme. Worship. 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.

Optional group exercise. You can do this at lunch or at your after feast fire time. Whatever feels right for your group. Ask God to guide you.

- *Go to the "Campfire Time" page in the back of your guide. Have everyone fill it out now.*
- *Ask each woman to share what they wrote down. You go first. (If they are still struggling, offer to walk them to the prayer tent).*

SCHEDULE

- *Once everyone has shared what they wrote, swap papers with each other so that another woman is now carrying your burden for you and fighting for the freedom you want to walk in.*
- *Go around the circle and have each woman pray for what is written on the paper they now hold. Not everyone will be comfortable praying out loud. Encourage them that they can simply read what is written on the paper as a prayer. Ex.: "God I am praying that you set (name) free from (burden) so that she can be free to (the freedom she wants). Thank you, Amen"*
- *Commit to continuing to pray for freedom for the woman who's burden you are carrying. Put the paper in your bible or tape it to your mirror to remind yourself to lift her up and fight for her even after camp.*
- *This guide has a SET FREE ACTIVITIES LIST that encourages trying 3 things that make you feel most free during camp. Point this part out during lunch.*

STORIES & TEACHING:

Main tent.

"SET FREE"

ACTIVITIES:

Choose what makes you feel most free (see activity page for options).

This portion can be done as a group or individually. If a woman seems stuck, point her to the SET FREE LIST in her guide.

FEAST:

Bring your place setting, 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 Hospitality Tent and ask.

TIDY UP:

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

After dinner, lead your table in cleaning 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.

WORSHIP:

Come if you want, 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—get ready to laugh and cry in equal measure.

Make s'mores if you brought them.

Optional group exercise. *If you didn't do this at lunch, or didn't get through every woman, you can do it now.*

Refer back to the previous prompts listed under lunch.

SCHEDULE

D
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03

SUNDAY,
SEPT 24

BREAKFAST:

Slow morning, free time, optional Yoga @ 7am. (Bell will not ring.)

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 Team.

Optional "Yoga" is by the Main Tent. Casual and simple.

MORNING TEACHING & 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.

SCHEDULE

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.

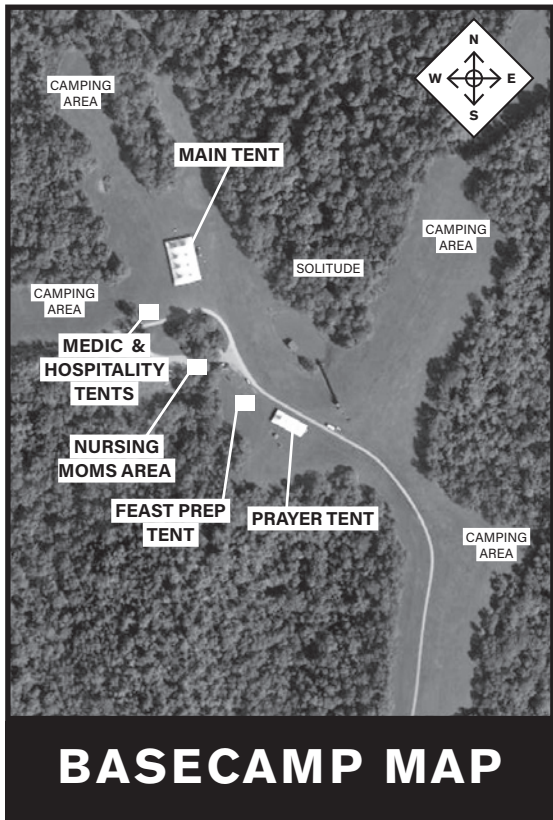
Put campfire ring and unused wood back at the woodstacks. If wood is still hot, carry to nearest burn pile (including the little nuggets).

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.



KNOWING WHO'S WHO

HOSPITALITY TEAM

IF YOU HAVE QUESTIONS, NEED TO FIND INFORMATION, BE POINTED IN THE RIGHT DIRECTION OR HELP OF ANY KIND—OUR HOSPITALITY TENT IS LOCATED BESIDE THE MEDIC TENT, AND THEY ARE HERE TO ANSWER QUESTIONS AND CONNECT YOU.

PRAYER WARRIORS

WOMEN WHO CAME SPECIFICALLY TO PRAY WITH YOU AND HELP YOU HEAR FROM GOD AND GET BREAKTHROUGHS. VISIT THEM IN THE PRAYER TENT ACROSS FROM THE POND.

LEAD TEAM

ALL THE BEAUTIFUL WOMEN WHO RUN LOGISTICS, PREPARE THE FEAST AND TENT, GIVE TEACHING, LEAD WORSHIP AND MANAGE THE OVERALL EXPERIENCE SO THAT YOU CAN CONNECT WITH GOD IN AS MANY WAYS AS POSSIBLE.

MEDICS

IF YOU GET HURT, THESE VOLUNTEERS ARE ON-CALL TO HELP. THEY HAVE A MARKED FIRST AID TENT BELOW THE MAIN TENT.

HOSTS & CAMPERS

THE WOMEN THIS ENTIRE EXPERIENCE HAS BEEN DESIGNED FOR. DAUGHTERS OF THE KING WHO EACH HAVE A SEAT AT HIS TABLE WITH THEIR NAME ON IT AND ARE ABOUT TO BE SET FREE AND WALK INTO FREEDOM.

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.

**ARE YOUR
BURDENS TOO
HEAVY TO CARRY?**

**DO YOU FEEL
CHAINED TO
THINGS YOU CAN'T
BREAK FREE FROM?**

GOD WANTS TO SET YOU FREE.

As women we can often feel trapped by endless expectations, bound by crippling anxiety and chained to deep trauma and wounds from our past. God wants women to walk in freedom. His plan is for women to be mighty warriors walking in the fullness of His purpose, gifts and calling on our lives but the enemy does everything he can to make us slaves. As daughters of God we have been fought for, ransomed, rescued and **SET FREE**. Even though we have the keys to our chains in our hands many of us still live like slaves—bound by burdens that are too heavy to carry. Throughout the weekend, you'll have many opportunities to experience the joy of being **SET FREE** in surprising ways. Some we'll do together but some are just for you.

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
- Fears & Anxiety
- 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 sitting on your shoulders like a crushing weight too heavy to carry?

Write a short prayer asking God to take these things off your shoulders 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, fears. Things that have made you feel crushed or trapped or stuck.

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: THE PROMISE OF FREEDOM

God not only promises to set you free he says he has already done it and has placed the keys to your freedom in your hands. He says you were worth fighting for. That your freedom was worth dying for. Read the words below slowly and at least twice. Circle anything that sparks your heart.

- **Galatians 5:1**

Christ has made us free. Now make sure that you stay free, and don't get all tied up again in the chains of slavery.

- **Psalms 107:14**

He brought them out of darkness and the shadow of death, and burst their bonds apart.

- **Jeremiah 30:8**

For on that day, says the Lord Almighty, I will break the yoke from their neck and snap their chains.

- **Isaiah 52:2**

Shake yourself from the dust, rise up, O captive Jerusalem; Loose yourself from the chains around your neck, O captive daughter of Zion.

- **John 8:32**

You will know the truth, and the truth will set you free.

- **Ezekiel 34:27**

Then they will know that I am the Lord, when I have broken the bars of their yoke and have delivered them from the hand of those who enslaved them.

- **Matthew 11:30**

My yoke is easy and my burden is light.

- **2 Corinthians 3:17**

Now the Lord is the spirit and where the spirit of the Lord is there is freedom.

PART 3: NAME YOUR CHAINS AND CLAIM YOUR FREEDOM

It can be hard to hope for rescue when you have been carrying around the same chains for so long. Or to believe true freedom is possible when you hold the weight of past trauma in your body every day like a heavy rock or when fear and anxiety is keeping you bound.

To be set free to walk into the fullness of the life God has rescued and ransomed you for, you need to first face all the ways you have been enslaved. Make a list of the things that have kept you in chains or the things you have carried like boulders on your back—the weight that is too heavy for you to carry anymore.

These scenarios may help you get started. Write down which ones you have kept you bound or add your own to the list.

I NEED TO BE SET FREE FROM:

Fear
Rejection
Depression
Anxiety
Heart break
Guilt
Bitterness
False Identities
Body Image/eating disorders
Codependency
Triggers and trauma from my past that keep me stuck
People pleasing
Running
Sexual sin
Abuse
Numbing pain
Lies I believe about myself

**Once your list is done, take three deep breaths.
Close your eyes.**

Ask God to show you ONE THING that has been keeping you in bondage. You need to be able to name your chain before you can unlock it. Write down whatever it is, even if it surprises you.

Now 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.*

CLAIM YOUR FREEDOM

Now that you know what has been keeping you in bondage and from the abundant life of peace and joy that God has for you (no matter what circumstances you may be in) it's time to CLAIM YOUR FREEDOM. Think of what you would do if you felt totally free—if you felt light and unburdened, full of passion and purpose. Write one or many.

Here are some ideas of things that might you might be set free to do.

I CAN BE SET FREE TO:

Forgive

Grow spiritually

Heal

Dream

Know truth

Face challenges with courage

Believe you are enough

See myself as beautiful

Stay. Commit. Put down roots.

Go. Risk. Step into adventure.

Let go of the past.

Hope again

Face hard emotions that would normally shut me down or make me numb out or act out and instead walk through them and survive and thrive

PART 4: LAY YOUR BURDEN DOWN

There are piles of rocks and chains at the base of the trees that represent the burdens and bondage we carry with us daily. The things God wants to set us free from.

Step One: Go pick up a rock or a chain (whichever feels the most like what has held you captive) and a sharpie from a bucket. You can take as many rocks as you need to represent the burdens you carry that are too heavy and that you know you need to lay down.

Step Two: Use the sharpie to write down on the rock or chain what has been keeping you from walking in freedom. Pick up your rock or wrap your chains around your wrists and feel how heavy and uncomfortable they are. You can get up and walk around if you want to feel the weight and what it does to your body, mind and heart to carry it. When you are ready, go to the Ebenezer Stone sign*. As you release your chains and lay your burdens down, your stones, added to the others will become a monument to all the ways God is setting women free.

**The reference comes from 1 Samuel 7. After defeating the Philistines, Samuel raises his Ebenezer stone, declaring that on this spot God defeated the enemy. In Hebrew, Ebenezer means "stone of help" (eben = stone; ezer = help). Samuel wanted the people to remember, not just for a few days, but for years, for decades, for generations, how God had come to the rescue of his people when they humbled themselves before him.*

Step Three: Go and take a buff from the clothes line, and read it before putting it on.

PART 5: WALK OUT IN FREEDOM

Before you leave the woods, go to a zip line and participate in a physical act that represents the spiritual reality of the freedom you have just received. Fly into freedom. Feel free to shriek with joy. **Leave FREE.**

Once you drop your stone, put on your buff, and fly through the trees, solitude time is over. You can rejoin your campsite for lunch.

AFTER SOLITUDE

LUNCH

Go with a heart ready to be filled by sharing your experience with your campsite and hearing theirs.

MAIN TENT SESSION

With Crossroads teaching pastor Alli Patterson.

FREE TIME: EXPERIENCES THAT MAKE YOU FEEL FREE

Choose something that will make you feel free—give yourself permission to do something you never would have before you walked out of solitude.

BIBLE & TEACHING *You are free to learn and go deeper*

- Join Alli to discover “What type of faith do you have?” Helping you live your faith with new freedom and confidence.

WORSHIP *You are free to sing love songs to God*

- Sit under an acoustic worship set in the woods Saturday afternoon.

WALK IN THE WOODS *You are free to wander*

- Does freedom feel like more time alone? 400 acres await you. We've mapped out 3 lovely loops for you to hike in the beauty of the woods.

FUN *You are free to laugh and be delighted*

- Slip on down the water slide or jump in the lake.
- Swing across the ravine.
- Throw an Ax.
- Shoot an arrow.
- Play soccer, football, frisbee, volleyball or a yard game.
- Sit in the corn crib with pencils and markers and make some art.

PRAYER *You are free to enter into the presence of God and hear his voice*

- Visit the prayer tent.
- Ask someone in your group if you can pray for them. *Use your voice.*

EXERCISE *You are free to be strong and move*

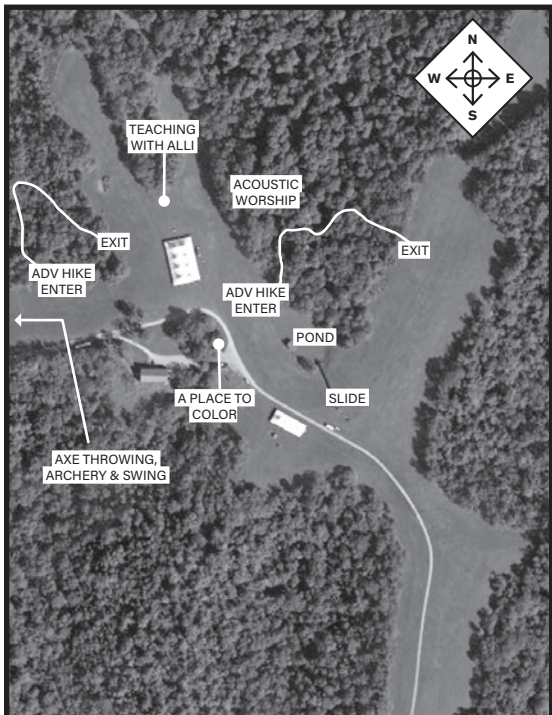
- Chop some wood. (Closed toed shoes needed.)
- Go for a walk, a hike or a run.
- Join us for Yoga on Sunday morning.

REST *You are free to recharge*

- Take a nap. The world won't end. This time is for YOU.

COMMUNITY *You are free to be known*

- 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?
- Invite a new friend to join you in whatever activity you're about to do.
- Write a note for someone in your campsite: a prayer or an affirmation.



FREE TIME MAP

— BE FILLED —

INVITATION TO THE TABLE

Tonight there will be a feast waiting for you, prepared by a God who wants you to know your freedom is worth fighting for and celebrating. It is time to refill, refuel and drink deeply of the freedom He offers you, his beloved daughter. You are a guest of honor at God's table—an intentional, lavish feast created just for you.

CAMPFIRE TIME PRAYER PROMPT

One of the most powerful things we can do as women is to carry each other's burdens. Through this prayer exercise we are going to lift the weight off the back of a woman in our group and give her ours. We will fight for each other's freedom through prayer every time we see this piece of paper.

Write your name:

Write what you want to be set free FROM:
(the chain or burden you walked into camp carrying that you never want to pick up again)

Now write what you want to be set free TO:
(the freedom you want)

**Tear out this page and get ready to let someone carry
this burden for you.**

**If you don't know what to write, ask someone to go to the
Prayer Tent with you and ask God to tell you more about
what is keeping you from the freedom he has for you.*

FRIDAY

Arrivals. 4:30–7pm

There is no planned programming for campers Friday. *This time is yours to settle in and enjoy on your own or with your campsite.*

SATURDAY

Arrivals. 6:30–7:30am

Breakfast at your campsite BYO style. Just arriving: set up camp, and have a snack.

Welcome message. *Bring your field guide, get your bearings, hear some truth.* Main tent.

Solitude. *Just you, God, and this Field Guide.*

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

Stories and teaching.
Main tent.

Have fun, be free. *Choose an activity that makes you feel free and brings you joy.* See map.

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

Main tent.

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

Worship. *Come if you want, stay as long as you want.*
Main tent.

Campfires. *Share s'mores, conversation prompts, sleep tight.*

SUNDAY

Breakfast. *Slow morning, free time.*

Christian Yoga. *(optional)*
7am. *ell will not ring.*

Morning message. 9am

Lake. *Baptisms, singing, parting words.*

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

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

**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.*