



Use the activities and ideas in this guide on whatever schedule works best for you – 5 days in one week, one day a week for 5 weeks, all in one day...or any combination!

Videos are be posted at [www.stritawebster.org/vbs2020.html](http://www.stritawebster.org/vbs2020.html)

Links to the music videos created by Lifetree Kids/Group Publishing are on the website above.



Send us a picture!

Send pictures from your week to [Elizabeth.kwiatkowski@dor.org](mailto:Elizabeth.kwiatkowski@dor.org) if you want them to be shared on our website and/or on our Facebook page.

***Enjoy your time at Camp Jesus!***

## Day 1

## Theme: Jesus Guides

There are many ways to pray! Prayer can be asking Jesus for something, seeking forgiveness, or simply having a conversation with Him! Every time we talk to Him, we strengthen our relationship with Him.

**“Guiding Hand”** – see print out

**Bible verse** - You can pray for anything, and if you have faith you will receive it. (Matthew 21:22)

**Bible story**- (Luke 11: 1-13)

One day Jesus was praying in a certain place. When he had finished, one of his disciples said to him, “Lord, teach us to pray, just as John taught his disciples.”

Jesus said to them, “When you pray, say this:

“Our Father who art in heaven  
Hallowed be thy name  
Thy kingdom come  
Thy will be done on earth  
As it is in heaven.

“Give us this day our daily bread  
And forgive our trespasses  
As we forgive those who trespass against us.  
Lead us not into temptation  
But deliver us from evil.”

And Jesus said to his disciples, “Suppose one of you should go to a friend’s house at midnight and say ‘Friend, let me borrow three loaves of bread. A friend of mine who is on a trip has just come to my house, and I don’t have any food for him!’ And suppose your friend should answer from inside, ‘Don’t bother me! The door is already locked, and my children and I are in bed. I can’t get up and give you anything.’ Well, what then? I tell you that even if he will not get up and give you the bread because you are his friend, yet he will get up and give you everything you need because you are not ashamed to keep on asking. And so I say to you: Ask and you will receive; seek, and you will find; knock, and the door will be opened to you. For those who ask will receive, and those who seek will find, and the door will be opened to anyone who knocks. Would any of you who are fathers give your son a snake when he asks for a fish? Or would you give him a scorpion when he asks for an egg? As bad as you are, you know how to give good things to your children. How much more, then, will the Father in heaven give the Holy Spirit to those who ask him!”

## **Games-**

*Egg Hunt* – Take turns hiding colored plastic eggs inside or outside your house. Hunt for them by listening to clues from the hider. “Jesus says turn left.” “Jesus says look up.”

*No Peek Tag*- Mark an area with boundaries. Ask someone to stand in the middle with eyes closed or a blindfold. Others move around inside the boundaries. The person in the center says “Jesus” and everyone else must loudly respond “Guides!”. When anyone is tagged by the blindfolded person, they take the next turn being blindfolded. (Think “Marco Polo” on land!)

## **Craft Ideas**

*Hand prayer*- trace your hand onto a sheet of paper. Write or draw a prayer for each of the following on each finger.

Thumb - people who are closest to us(our family and friends).

Pointer finger - people who point us in the right directions(teachers, priest, doctors).

Index finger- people in charge(government, principals).

Ring finger- people in trouble or pain.

Pinky finger- myself and my needs.

*Our Father foam kit* – parts included

*Build an Inukshuk* – see if you can leave directions for someone to find you



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## Day 2

## Theme: Jesus Heals

No matter what you are going through, Jesus is with you and he will help you.

**“Spiritual First Aid Kit”** – see print out

**Bible verse** - God is our shelter and strength, always ready to help in times of trouble. (Psalm 46:1-2)

**Bible story**- (Matthew 9:18-26)

A Jewish official came to Jesus, knelt down before him, and said, “My daughter has just died; but come and place your hands on her, and she will live.” So Jesus got up and followed him, and his disciples went along with him.

A woman who had suffered from severe bleeding for twelve years came up behind Jesus and touched the edge of his cloak. She said to herself, “If only I touch his cloak, I will get well.”

Jesus turned around and saw her, and said, “Courage, my daughter. Your faith has made you well.” At that very moment, the woman became well.

Then Jesus went into the official’s house. When he saw the musicians for the funeral and the people all stirred up, he said, “Get out, everybody! The little girl is not dead – she is only sleeping!” Then they all started making fun of him. But as soon as the people left, Jesus went into the girl’s room and took hold of her hand, and she got up.

### **Games:**

*Sponge Toss*- Fill a bucket with water to soak a sponge. For two players, stand a short distance from each other and toss the wet sponge back and forth. Move further apart with each successful catch. How far apart can you get? For three players, play with one in the middle trying to intercept the sponge (or just get wet as it goes overhead!).

*Sleight of Hand*- Place plastic golf balls around the outside of a shallow-rimmed large disposable roasting pan. The player takes one and tosses it in the air. Before it comes down and is caught, one of the other balls gets picked up and placed in the pan.

### **Craft Ideas:**

Create a *spiritual first aid kit* using supplies from the print out or your own ideas for friends and family members. How many of these parts can you find around your house?

*Long Distance Hug*- Trace two hands on paper and cut out. Cut a piece of ribbon or string the same length as your arms when they are stretched out. Punch a hole in the palm of each hand and tie one end of the ribbon through each hole. Mail to a friend!

## Day 3

## Theme: Jesus Calls Us

Jesus calls us to be examples of his love and be models of the Christian faith. He helps us do this by giving us the fruits of the spirit.

**“The Flying Scotsman”** – see print out

**Bible verse-** Be always humble, gentle, and patient. Show your love by being tolerant with one another. (Ephesians 4:2-3)

**Bible story-** (Luke 5:1-11)

One day Jesus was standing on the shore of Lake Gennesaret while the people pushed their way up to him to listen to the word of God. He saw two boats pulled up on the beach; the fishermen had left them and were washing the nets. Jesus got into one of the boats – it belonged to Simon – and asked him to push of a little from the shore. Jesus sat in the boat and taught the crowd.

When he finished speaking, he said to Simon, “Push the boat out further to the deep water, and you and your partners let down your nets for a catch.”

“Master,” Simon answered, “we worked hard all night long and caught nothing. But if you say so, I will let down the nets.” They let them down and caught such a large number of fish that the nets were about to break. So they motioned to their partners in the other boat to come and help them. They came and filled both boats so full of fish that the boats were about to sink. When Simon Peter saw what had happened, he fell on his knees before Jesus and said, “Go away from me, Lord! I am a sinful man!”

He and the others with him were all amazed at the large number of fish they had caught. The same was true of Simon’s partners, James and John, and the sons of Zebedee. Jesus said to Simon, “Don’t be afraid; from now on you will be catching people.”

They pulled the boats up on the beach, left everything, and followed Jesus.

### **Games-**

*Snatch the Basket-* Fill a basket with plastic golf balls. Mark a playing field with cones, rope or pool noodles. Place the basket in the center of the playing field. Position the players across from each other. Start the music or say “go”. The object is for one of the players to snatch the basket and carry it across one of the boundaries without being tagged by one of the others and without spilling any of the balls.

*Stick Jump-* Lay 3 pool noodles or pieces of rope on the ground, parallel to each other, about 2 to 3 feet apart. Have the players line up on one side of the line. Have the players jump between the markers and try to make it to the other side in just 3 jumps. Once all have completed this the last person then making it across then moves the closest marker farther apart and play resumes.

### **Craft Ideas**

*Fruits of the Spirit-* Use real fruit, fruit snacks, or play dough to spell out each of the Fruits of the Spirit.

*Fruits Puzzle-* attached



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## Day 4

## Theme: Jesus Helps Us Grow

Jesus plants himself inside of all of us. He is shown through our talents. It is our responsibility to nurture and share our talents.

**“The Little Plant Doctor”** – see print out

**Bible verse-** Each of you should use whatever gift you have received to serve others, as faithful stewards of God’s grace. (1 Peter 4:10)

**Bible story-** (John 15:1-13)

“I am the real vine, and my Father is the gardener. He breaks off every branch in me that does not bear fruit, so that it will be clean and bear more fruit. You have been made clean already by the teaching I have given you. Remain united to me, and I will remain united to you. A branch cannot bear fruit by itself; it can do so only if it remains in the vine. In the same way you cannot bear fruit unless you remain in me.”

“If you remain in me and my words remain in you, then you will ask for anything you wish, and you shall have it. My Father’s glory is shown by your bearing much fruit; and in this way you become my disciples. I love you just as the Father loves me; remain in my love. If you obey my commands, you will remain in my love, just as I have obeyed my Father’s commands and remain in his love. “

“I have told you this so that my joy may be in you and that your joy may be complete. My commandment is this: love one another, just as I love you. The greatest love you can have for your friends is to give your life for them.”

### **Games:**

**Beach ball challenge-** Toss the ball into the air and perform a challenge before the ball hits the ground.

#### Challenges:

Hop 3 times

Do a push-up and stand back up

Do a somersault and stand back up

Do 2 jumping jacks

Touch head shoulders, knees and toes once

Hi five someone

*Keep it up-* Blow up several balloons and toss one in the air. The object of the game is to keep it in the air as long as the music is playing or for a set time. Throw more balloons up to make the game even more challenging. Alternatively, set-up a goal line some distance away. Throw a balloon into the air and have the players strike the balloon in the air moving it across the goal line without the balloon hitting the ground. Move the goal line further away to make the game more challenging.

### **Craft Ideas**

*Seeds of Faith-* Decorate the outside of the cup or plastic container with pictures or words that represent your talents. Fill the container with soil. Plant seeds. Nurture the seeds by watering once a day and watch for them to grow!

*Seed Paper* – instructions included

*Grape Vine Trivet/Art* – see link on website



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## Day 5

## Theme: Jesus is the Light of the Word

Sometimes life can get hectic and the world can seem big and scary. In times of fear you can always turn to Jesus. He is the source of all the goodness in the world. Our job is to share that light with others.

**“Light Show”** – see print out

**Bible verse-** Again Jesus spoke to them saying, “I am the light of the world. Whoever follows me will have light of life and will never walk in darkness. (John 8:12)

**Bible story-** (Matthew 5:13-16)

You are like salt for the whole human race. But if salt loses its saltiness, there is no way to make it salty again. It has become worthless, so it is thrown out and people trample on it.

You are like light for the whole world. A city built on a hill cannot be hid. No one lights a lamp and puts it under a bowl; instead it is put on the lampstand, where it gives light for everyone in the house. In the same way your light must shine before people, so that they will see the good things you do and praise your Father in heaven.

### **Games:**

*Don't rock the ball-* Set up a course with lots of turns such as going around obstacles in the yard or chalking a route on the driveway. Each player takes a turn at walking the course as fast as possible (before the music stops or before time is up) with a plastic spoon holding a plastic golf ball without dropping the ball. If the ball drops, the player starts over. The course can then be made longer or more challenging for more fun. Alternatively, 2 players can run 2 courses at the same time as a race.

*Squishy feet-* Fill a small pool with water and place clear marbles on the bottom (It's a good idea to put a plastic tarp under the pool area so marbles don't end up in the grass and cause problems with grass cutting.) Give each player a cup. When the music starts or “go” is called, the players walk around the pool barefoot, and pick-up marbles with their feet and put them in their cup. The player with the most marbles wins. If there is just one player, he/she tries to pick-up all the marbles as fast as possible.

### **Craft Ideas**

*Light for the world-* Draw or cut out a sun. Draw as many rays as you would like! On each ray write a positive thing that is in your life or in the world. Take a second to thank God for all of them!

*Paper Lanterns* – instructions included

*Milk Rainbow* – Pour a thin layer of milk into the shallow dish, just enough to cover the bottom. Add some drops of food coloring and gentle swirl together with a Q-tip. Dip your Q-tip in liquid dish soap and touch it to the surface of the milk. What happens?



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