

# PowerPlus Preteen Camp 2010 Teaching Overview

## **Sunday, July 25: I Am REALLY Free – John 8**

### Worship Message – I Am Free Theme Interpretation & Week Preview

John 8:32, 34, 56 & 12 – What does it mean to be REALLY free? I am really free to run to, dance with & live for Jesus. I am REALLY free (32), I am free to Run to Jesus (free from sin & death) (34), I am free to Dance with Jesus (free to worship God) (56), and I am free to Live for Jesus (free to share Christ) (12).

### Dorm Devotion – Through You...the Kingdom's Come

## **Monday, July 26: I Am Free to Run to Jesus (From Sin & Death) – John 11**

Bible Study – “Through You the Dead Will Rise” (John 11:1-44 (25-26)) Jesus proved His power over sin & death by raising Lazarus from the dead.

Worship Message – I am set free from sin & death because Jesus conquered sin on the cross & death at the resurrection. I am free to become all that God wants me to be. (1 Cor. 15:55; Hebrews 12:1-2)

### Dorm Devotion – Through You...the Battle's Won, I'm Not Afraid, the Price is Paid

## **Tuesday, July 27: I Am Free to Dance with Jesus (To Worship God) – John 4**

Bible Study – “Through You Our Hearts Will Praise, Through You the Mute Will Sing” (John 4:1-38 (24)) When Jesus spoke with a Samaritan woman, He explained that our lives should worship God in spirit and truth.

Worship Message – Just like the Samaritan woman was trying to fill her life with different husbands, people today try to fill their lives with many different things. True freedom in worship comes when we have a growing relationship with Christ through the spiritual disciplines of prayer, Bible study, & church faithfulness (Hebrews 10:23-24).

Dorm Devotion – Through You...there's Victory (John 4:39-42) The Samaritan woman told her town about Jesus, & when they came & heard Him, many of them became Believers.

## **Wednesday, July 28: I Am Free to Live for Jesus (To Share Christ) – John 9**

Worship Message – “Through You The Blind Will See” (John 9:1-41 (5, 25b)) Jesus gave sight to a blind man, and the man became a powerful witness. When we truly live for Jesus, we will share Him with others.

# **PowerPlus Preteen Camp 2010**

## **Sunday – I Am REALLY Free**

### **Dorm Devotional**

**Scripture:** John 8:36; Romans 6:23; Matthew 6:9-10; John 14:1-3

**Study:** “I Am (Really) Free” “Through You the Kingdom’s come” “Through You the price is paid” “Through You I’m not afraid”

#### **Supplies:**

1. Bible
2. FREE PAGE (1 for each student from your church in your cabin)
3. Pencils or pens for everyone

#### **Learning Goals:**

Review, apply, and personalize what they learned today - what it means to be really free from sin. Understand that this freedom is because Jesus paid the price for our sin so we no longer have to be afraid of the punishment of our sin. Jesus is the Kingdom of Heaven come to us.

#### **Lesson:**

(Hand out FREE PAGES to everyone and a pen or pencil.)

Can anyone say the theme verse for the week?

(“If the Son sets you free, then you will be really free!” John 8:36)

Who is the Son? (Jesus)

We are going to spend all week discovering the greatness of the freedom Jesus gives us. Every night we are going to remember all we can that we learned about this freedom and fill in these pages together.

Look at the bottom of your second page. Those phrases are the lyrics to the theme song for this week, “I Am Free” by the Newsboys. Each of these phrases will go somewhere in the blanks above. We will use what we learn each day to put them into the right blanks.

Now look at the Sunday part. What do you think goes in the first blank? (I Am Free!)

*copy this page for each of your dorm devotional leaders*

Tell me one thing you learned today about being free. (Let only one answer because of time.)

The next line is what we learned about tonight – Jesus gives us REAL freedom. Why did He die on the cross? (To pay for our sins)

Yes, the hint here says, “Jesus paid the debt for our sin.” Then, what do you think is the phrase from the song that will go under that? (“Through You the price is paid”)

If He had not paid that price, who would have to pay it? (We would) The Bible says in Romans 6:23 that,

**“The wages (payment) of sin is death,”**

That means that we would have to pay for our own sin by spending forever in Hell. That is scary. But the rest of the verse says,

**“but the gift of God is eternal life in Christ Jesus our Lord.”** Jesus gives us life and takes away our fear, so what do you think the next phrase is? (“Through You I’m not afraid”)

What does the next hint say? (We are free because He is our King.) Which phrase do you think would go under that? (“Through You the Kingdom’s come”)

This phrase is also part of a prayer that Jesus prayed, He said,

**“Our Father, in Heaven, hallowed be Your name, Your kingdom come, Your will be done on earth as it is in heaven.”** Matthew 6:9-10

What is this Kingdom? (The Kingdom of Heaven – God’s Heavenly Kingdom)

Do you remember in worship tonight when we heard tonight about how our founding fathers set up the United States of America to be a free country? They knew the dangers of having an earthly king rule all the people. God is our only Perfect King. Jesus knew how much we needed His Kingdom here on earth.

Jesus told us a little about that Kingdom. He said,

**“Do not let your heart be troubled. Trust in God; trust also in Me. In My Father’s house are many rooms; if it were not so, I would have told you. I am going there to prepare a place for you. And if I go and prepare a place for you, I will come back and take you to be with Me that you also may be where I am.”** John 14:1-3

*copy this page for each of your dorm devotional leaders*

**So, if you have trusted Jesus as your Savior, you now have a King! God's Heavenly Kingdom has come to you. Jesus, God's Son, has come to you as your Savior!**

**We need to learn what it means to have a King. What are some things that a good king does for his people? (protects, provides, makes laws and decisions, brings the people together)**

**How should we act for a king? What would you do if you lived in a country with a king, and you were asked to go before him to meet him? (learn about him, learn what he expects, obey him, serve him, honor him)**

**How can we do these things for our Heavenly King now while we are still here on earth? (learn about Him in the Bible, serve Him by serving others, do what we know is right, honor Him with songs and words)**

### **Prayer:**

**Close your eyes so we can pray together. Instead of me leading a prayer, I want you to pray on your own in your heart. If you have not trusted Jesus as your Savior – if you are not sure that you have believed in Him to take away your sins so you can be in that Heavenly Kingdom one day with Him, you can do that now. In your heart, tell Him that you know you have sinned, and that you know that sin keeps you from Him and Heaven one day. Tell Him that you believe that Jesus – His Son – came to earth, lived a perfect life, and died to pay for your sins. Tell Him that you are ready to follow Him – that you want Him to take the burden of your sin, and give you a new life. Tell Him that you are ready to live for Him no matter what. Now, all of you who have given your lives to Jesus can talk to God as your King. (Read each of these prayer suggestions and wait between each one to give everyone a chance to pray silently.)**

- **Tell Him how you will be faithful to Him as your King.**
- **Tell Him why you are glad that He is your King.**
- **Ask Him what you could do to be a better servant in His Kingdom.**
- **Ask Him what you could do to be a better soldier in His army.**
- **Think of ways that you could honor Him as your King tomorrow.**
- **Tell Him how you will obey what He says because He is King.**
- **Thank Him for being the best King – always loving, always protecting, always providing, always leading us to what is right. – In Jesus Name, AMEN.**

# PowerPlus Preteen Camp 2010 Dorm Devotional "FREE PAGE"

**Night: Sunday**

**Theme: \_\_\_\_\_ Really \_\_\_\_\_!**

**Study: Jesus gives us REAL freedom. John 8**

**Newsboys' "I Am Free" Lyric Fill-ins**

**Hint: Jesus paid the debt for our sin.**

1. \_\_\_\_\_

2. \_\_\_\_\_

**Hint: We are free, because Jesus is our King.**

3. \_\_\_\_\_

**Night: Monday**

**Theme: \_\_\_\_\_ to Jesus!**

**Study: Jesus raised Lazarus from the dead. John 11**

**Newsboys' "I Am Free" Lyric Fill-ins**

**Hint: Jesus proved His power over sin & death.**

1. \_\_\_\_\_

2. \_\_\_\_\_

**Hint: We can run to win the race of life.**

3. \_\_\_\_\_

**Night: Tuesday**

**Theme: \_\_\_\_\_ with Jesus!**

**Study: Jesus & the woman at the well. John 4**

**Newsboys' "I Am Free" Lyric Fill-ins**

**Hint: Jesus gives us full joy. 1. \_\_\_\_\_**

**Hint: We have a reason to sing. 2. \_\_\_\_\_**

**Day: Wednesday**

**Theme: Free to Live for Jesus**

**Study: Jesus healed the blind man. John 9**

**Newsboys' "I Am Free" Lyrics**

**1. Through You the blind will see**

**2. Through You the darkness flees**

**"I Am Free" - Newsboys**

Through You the blind will see  
Through You the mute will sing  
Through You the dead will rise  
Through You our hearts will praise  
Through You the darkness flees  
Through You my heart screams I am free  
I am free

I am free to run  
I am free to dance  
I am free to live for You  
I am free  
Yes, I am free

Through You the kingdom's come  
Through You the battle's won  
Through You I'm not afraid  
Through You the price is paid  
Through You there's victory  
Because of You my heart screams I am free  
I am free  
Who the Son sets free is free indeed.  
Who the Son sets free is free indeed.

*copy this page for each of your students*

# **PowerPlus Preteen Camp 2010**

## **Monday – I Am Free to Run to Jesus**

### **Bible Study**

**Scripture:** John 11:1-44; Ephesians 2:4-5

**Study:** Lazarus – “Through You the Dead Will Rise” “Through You the battle’s won”  
“Through You there’s victory”

#### **Learning Goals:**

1. Students should understand that they must “RUN” to Jesus so He can “FREE” them from their old life of failures, shortcomings, and bad habits (sin).
2. They will see how Jesus proved His power over death by raising Lazarus from the dead. He has the power to give us a new life – a better life here and now, and a perfect life in Heaven one day.
3. “RUNNING” in this new life means following Jesus- seeking Him.

#### **Supplies:**

1. 4-10 ties made of twine, rope, bandanas, fabric, or something that can tie wrists and ankles together without being too difficult to untie – with failure words written on them like: “laziness” “messiness” “impatience” “discouragement” or other words
2. Stopwatch
3. 10-20 ping-pong balls in a bucket or container
4. Copies of student pages and pens or pencils

#### **Preparation:**

1. Pray
2. Study
3. Write on ties
4. Scatter ping-pong balls around the Bible study area, and set container in the middle

#### **Lesson:**

This is a team. The team will be timed to see how quickly they can find the 10 ping pong balls scattered around the room, and get them into this container.

(Let volunteers play the game and time them.)

Now they are going to play the same game again, but this time, I am going to tie them up.

*copy this page for each of your Bible study teachers*

**(Use ties and tie up volunteers. The first will have his wrists tied together in front. The second will have his wrists tied together in back. The third will have one wrist tied to one ankle. The last will have both feet tied together – You can be creative and tie others differently if you choose to use more volunteers.)**

**(Run the game again, and time them.)**

**(Ask the players some questions.) What was frustrating about being tied? Would you like to be tied like this all day? What things would be difficult for you to do today if you were tied like this all day?**

**What is the theme for camp? (I Am Free)  
Today we are learning that we are, “free to run.”  
Could the team run well when they are tied? (No)**

**This happens to us in life sometimes.**

**Have you ever felt like you have something that you want to do, but you keep messing up – like you are tied down by your mistakes?**

**Here is an example... (Untie one of the bands that you tied on one of your volunteers. Read what is written on it. Following are some examples of what you could say as you read each:)**

**“laziness” - Have you ever wanted to make good grades, but you felt tied down by laziness or by just not being able to make yourself work hard?**

**“impatience” - Have you ever wanted to get along with someone, but you felt tied down by anger or a bad temper?**

**“lying” - Have you ever wanted to be honest, but you felt tied down because telling lies is such a habit for you that it’s hard to stop?**

**“disobedience” - Have you ever wanted to obey your parents or teachers, but felt tied down because you hate being told what to do all of the time?**

**There are many other mess ups that we could have made bands for. Most of the time, the things that tie us down are because of sin in our lives.**

**We are going to read a story today about a guy who was tied up – in a little different way. His name is Lazarus. Open your Bibles to John 11.**

**John chapter 11 starts with Jesus getting a message from Mary and Martha telling Him that their brother, Lazarus, was sick. The Bible says that Jesus loved Mary, Martha, and Lazarus very much.**

**Jesus did not go immediately to see them. He waited. He only went after Lazarus had died.**

*copy this page for each of your Bible study teachers*

Let's start reading in verse 17. (Read verses 17-27)

What was the first thing Martha said to Jesus? (If You had been here, he would not have died.)

What was His answer? (Your brother will rise again.)

What did Martha say back to Him? (I know he will in the resurrection)

She knew that Lazarus had believed in Jesus as Savior and that he would raise from the dead to be in Heaven one day, but Jesus wanted them to see His resurrection power now. What did Jesus say to her about resurrection? ("I am the Resurrection and the Life; he who believes in Me will live even if he dies.")

(Read verses 28-37)

What did Mary say to Jesus? (Same thing as Martha – If You had been here, he would not have died.)

From these verses, how can you tell that Jesus really cared for them?

Verse 33 – "He was deeply moved in spirit and was troubled."

Verse 35 – "Jesus wept."

Verse 36 – "The Jews were saying, 'See how He loved him!'"

(Read verses 38-44.)

What did Jesus say in that last verse? ("...unbind him, and let him go.")

Jesus made it so Lazarus could be set free.

What was Lazarus tied up with? (burial wrappings- death)

Who gave him freedom? (Jesus)

Jesus proved His power over death even before He was crucified and resurrected. He can free us from death. He freed Lazarus from this physical death, but Jesus can also free us from spiritual death. Our sins make us dead inside, but Jesus can make us free from that death too.

Here is how the Bible says it,

**"<sup>4</sup> But because of His great love for us, God, who is rich in mercy, <sup>5</sup> made us alive with Christ even when we were dead in transgressions--it is by grace you have been saved." Ephesians 2:4-5**

*copy this page for each of your Bible study teachers*

What does this verse say we were? (“...dead in transgressions...”) This refers to our old life – our life of sin.

Our sins **TIE us DOWN** – causing our failures and mess ups, but just like Jesus had power over death to raise Lazarus, He also has power over the death that our sin causes, when we trust Him as our Savior and give our lives to Him, we are, “...alive with Christ.” This is our new life.

We are **FREE** – We are free to **RUN TO JESUS!!!** Not only are we free from the past mistakes, but we are **FREE TO RUN TO JESUS** every time we fail and sin again. Jesus will start helping us not to fail. (Pick up the ties that were on your volunteers.) He will help us not to be lazy, discouraged, impatient...

We can even learn how to **RUN TO JESUS** every time we fail, not to be saved from our sin and spiritual death again, but to ask Him to help us not to be **TIED DOWN** by that sin anymore. Sin will never keep you from Jesus and Heaven again after you first **RUN TO JESUS** and trust Him as your Savior, but it will keep you from God’s blessings and from doing the great things that He has for you.

We can **RUN TO JESUS** every time we sin, and He will **FREE** us from sin every time we ask. We don’t run to Him to be saved again, we run to Him to keep from being **TIED DOWN** by sin.

In your quiet time today, you will find out more about how to **RUN TO JESUS**. This will give you a chance to get alone with God and listen to Him. He speaks to us through His Word (the Bible).

Go find a place somewhere close and read the **Monday Quiet Time** page. Spend time with God. Ask Him what He wants you to do or to know. I will call everyone back together after a few minutes. If you need any help, you can get up and ask any of the sponsors here. We will be glad to help you.

**Quiet Time (See printable Monday Quiet Time page):**

(The quiet time material gives the plan of salvation. It suggests that those who have not trusted Jesus as Savior before, but are ready now, come and find a sponsor to help them do that during the quiet time. You may want to make it clear that they can come talk to you or the other adults at any time during quiet time.)

(After all of your students have had ample time to complete their quiet time, call them back together for the conclusion.)

*copy this page for each of your Bible study teachers*

**Conclusion:**

Does anyone want to share what God told them? What did God want you to do or to know today? (Allow for some responses.)

What did we learn yesterday that we are free from? (sin)

What did we learn today that we are free from? (old life – of sin – our failures, short-comings, and bad habits)

What are we free to do? (run to Jesus & follow Jesus)

**(Close with prayer.)**

# **PowerPlus Preteen Camp 2010**

## **Monday – I Am Free To Run**

### **Quiet Time**

Have you ever **RUN TO JESUS**? Have you trusted Him to save you (**FREE** you) from your sin? Are you sure that you will be in Heaven one day because you have believed in Jesus and given your life to Him? If you are still not sure, or if you still have questions, **get up now and go find one of your sponsors. Ask them to help you give your life to Jesus. They will be excited to help you. You can finish the rest of this quiet time page later.**

Once you have trusted Jesus as your Savior, your old life is dead. You have a brand new life. The old life of sin is gone. The battle over sin and death is won. That is in our theme song for this week, that part of the song says, “Through You the battle’s won” and “Through You there’s victory.”

Now you are free to **RUN** the race of the Christian life. It is a fun and exciting race. The Bible talks about it in Hebrews 12:1-2. Turn there and read it in your Bible. Your Bible may say it in a little different way than this:

**“<sup>1</sup> Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us **RUN** with perseverance the race marked out for us. <sup>2</sup> Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God.”**

There are two boxes on the next page. In the box on the left, copy the underlined phrases from these verses that talk about being tied down. On the right, copy the underlined phrases that talk about running and how to run.

There are some other verses that talk about running this race in 1 Corinthians 9:24-25. Find these in your Bible.

**“<sup>24</sup> Do you not know that in a race all the runners run, but only one gets the prize? **RUN** in such a way as to get the prize. <sup>25</sup> Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last forever.”**

Just like the other verses, copy the underlined words in the correct box.

Now, look back at these verses. Listen to God as you look at these phrases again. Ask Him to show you some things in your life that you know are hindrances or sin that entangles you (ties you down). Write down some of them in the **TIED DOWN** box below. (You can use abbreviations or code words if you want to, so no one will know what you have written. It is between you and God only.)

Every time these things come into your life, you need to **RUN TO JESUS** again, and ask Him to **FREE** you from them. You do not need to be saved again – you just need Him to help you not to be tied down by these sins. You do not want them to slow you down in the race.

Look at the verses one last time. Listen again as you ask God how you can run this race with endurance and how you can fix your eyes on Jesus and how you can win. Write down some things that you can do in the **FREE TO RUN** box.

TIED DOWN (Old Life)	FREE TO RUN (New Life)

Spend just a little time talking to God. Ask Him to help you to stay away from the things that **TIE** you **DOWN** and to **RUN TO** the things that help us to seek Him.

When you are finished, just wait until your sponsor calls everyone back together into the big group.

**PowerPlus Preteen Camp 2010**  
**Monday – I Am Free to Run to Jesus**  
**Dorm Devotional**

**Scripture:** Galatians 2:20

**Study:** “I Am Free to Run to Jesus” “Through You the dead will rise” “Through You the battle’s won” “Through You there’s victory”

**Supplies:**

1. Bible
2. FREE PAGES that you used the night before
3. Pens or pencils

**Learning Goals:** Review, apply, and personalize all that they learned about being **FREE TO RUN TO JESUS**. Understand that because Jesus has power over sin and death, He has won the battle over these in our lives. He has given us victory in our lives.

**Lesson:**

Get your **FREE PAGE** that we used last night and let’s fill in what we learned today.

What is the theme for today? What goes in the top blank? (“I am free to run to Jesus”) Someone tell me what it means to run to Jesus. (To believe that He is the **Only One** who can pay the penalty for sin because He died on the cross for us. Give your life to Jesus and trust Him as Your Savior.)

What does the next line say? (“Jesus raised Lazarus”)

Tell me one thing that you learned from this story.

Jesus has power over death. He conquered death. He has won the battle over sin and death in our lives. All we have to do is believe and trust Him. What goes in the next blank? (“Through You the battle’s won”)

Jesus has given us victory over sin. We are not tied down all the time by it anymore. That is the next blank. (“Through You there’s victory”)

**There is another verse that helps us to understand that victory. Look at Galatians 2:20.**

**“I have been crucified with Christ and I no longer live, but Christ lives in me. The life I live in the body, I live by faith in the Son of God, who loved me and gave Himself for me.”**

**Jesus gives us victory in life because He lives in us – always working in our lives and making us better. He teaches us and grows us and uses us.**

**Last night we focused on Jesus’ Kingdom and how to honor Him as King. Tonight we are focusing on Jesus as the One who won the battle, paid the price and saved us from forever death. Last night when you prayed, you talked to Him as your King. Tonight talk to Him as your Savior.**

**Just like last night – I want you to pray on your own. I will give you some specific things to pray about, but you say them in your own way in your heart to God and listen to Him speak back to you. Let’s all close our eyes and pray. If you have trusted Jesus as your Savior...**

- **Tell God thank you for winning the battle over your sin.**
- **Tell Him thank you for paying the price that you should have paid for your sin.**
- **Tell Him thank you that you do not have to be afraid anymore because you know that one day you will be in Heaven with Him.**
- **Tell Him thank you for getting rid of your old life of sin and failure.**
- **Thank Him for the new life that you have.**
- **Thank Him for the promise that we heard in the verse we read tonight – that Jesus lives with us in the new life that He gave us. Thank Him for promising to always be with you.**
- **Think of some ways that you can let Him live through you tomorrow.**
- **Think of some things that He wants to do in your life.**
- **Ask Him to help you to let Him be in control of your new life.**
- **Ask Him to help you to listen to Him and stay away from the things that would tie you down from the great things that He has for you.**
- **Tell Him that you love Him and why.**
- **God, You are so good to us – You are our Perfect Father, You are Jesus our Amazing Savior and the Holy Spirit guide that we always need. We love You – In Jesus’ Name – Amen.**

# **PowerPlus Preteen Camp 2010**

## **Tuesday – I Am Free to Dance with Jesus**

### **Bible Study**

**Scripture:** John 4:1-38 (24)

**Study:** Samaritan Woman – “Through You our hearts will praise”; “Through You the mute will sing”

**Learning Goals:** Understand that we try to fill our lives with things trying to feel complete, but because of Jesus we are free to do great things for Him.

**Supplies:**

1. Ties like the ones you used on Monday, but with phrases like these written on them:  
“No Passion” “No Real Excitement” “Bored” “Lonely”...
2. Stopwatch
3. Ping-Pong balls and container

**Preparation:**

1. Pray
2. Study
3. Write on ties
4. Scatter ping-pong balls around and set up container

**Lesson:**

Yesterday I tied some of you up. You had to try to do a job while you were tied. We saw how difficult it is to try to do things when we are tied down in some way.

What is it that ties us down and makes it hard to do things in life? (our sin)

Yesterday the ties all had failures written on them. They were the sins that keep us from doing the things that we know we should do. They were from the old life that Jesus saves us from when we trust Him.

Do you remember what some of those sins were? (Let students answer and hold up some of the ties from Monday.)

Today we get to see freedom from a whole new set of things... (Hold up the ties for today's game.)

**(Choose players and tie them to each other. They can be in a circle facing each other or out. They can be all mixed and tied different directions. Just make sure that they are all tied to each other in one huge blob. Be creative and have fun.)**

**For today's game, you must all find the ping-pong balls while you are tied together. The object is the same as yesterday – as quickly as you can, get them into the container.**

**(Let volunteers play and time the game.)**

**(Interview the players. Ask questions like: What was the hardest thing about being tied together? How would you like to go all day tied together like this? What could you not do at camp if you were tied like this all week?)**

**Just like yesterday's game, this kind of thing happens in life sometimes. We are not tied with ties like this, but with other ties. Yesterday the ties represented our sins of failures – of just not doing what is right. Let's see what ties us down today.**

**(Take each band off of volunteers, and give examples like these:)**

**“No Passion” – Have you ever wanted to follow God, but felt tied down by not really caring much about anything?**

**“No Real Happiness” – Have you ever wanted to follow God, but felt tied down because, although some things are fun, you never find lasting excitement – you never feel really happy?**

**“Bored” – Have you ever wanted to follow God, but felt tied down because you are just so bored that you can't stand it?**

**“Lonely” – Have you ever wanted to follow God, but felt tied down because even though you are surrounded by people at school and home, it really feels like they don't care much and you are lonely?**

**Today we get to read a story about a lady who had some of these same problems.**

**Turn in your Bibles to John 4:1-38.**

**This story starts out explaining that Jesus and His disciples were traveling from city to city teaching and helping people. They had to pass through the city of Samaria. Jesus was tired, so He sat down by the well.**

**Let's read what happens next. (Read verses 7-10)**

**What did Jesus ask the lady for? (a drink)**

**What did she say to Him? (Why are You talking to me - I am a Samaritan and You are a Jew?)  
She was surprised that He would even speak to her. Most Jews hated Samaritans.**

**What did Jesus say she would have asked for if she knew who He was? (Living water)**

**Jesus was telling her that she was thirsty. She was not thirsty for regular water, but for water for her spirit – living water. In a way, she was TIED DOWN by thirst. Let's read more.**

**(Read verses 11-15.)**

**The lady still thought Jesus was talking about well water, but He explained what He meant. What did Jesus say about the living water? (It would make anyone who drinks it never thirsts again and it would spring up into eternal life.)**

**(Read verses 16-19)**

**What did Jesus say to amaze her? (He knew about her life.)  
This Samaritan woman was TIED DOWN because she was not happy. She kept trying to find other husbands to make her happy. She did not know that worshipping Jesus was the FREEDOM that she needed.**

**(Read verses 20-26)**

**Who did Jesus say that the Father (God) seeks? (true worshippers)  
How will true worshippers worship Him? (in spirit and truth)  
When we truly worship God, we are amazed by His goodness and we worship Him. It is like when you are so excited about something that you can't be still – we DANCE. We are overcome by the wonderful things that He has done, and we can't help but say so. That is what happens to this lady next in the story...**

**Today we are learning about how we are FREE TO DANCE WITH JESUS.  
That is just what this lady did next in the story – she was filled with excitement and overcome with happiness once she understood the freedom that Jesus was offering her – she danced!**

**(Read verses 27-30 and 39-42)**

**Now these verses do not say that the lady actually moved around to the beat of some music, but today we are thinking of dancing as amazing joy – happiness. This is like when you are so excited about something that you just can't be still – you dance around.**

What did this lady do as soon as she understood what Jesus meant and found what filled her life? (She immediately left her water pot and went into the city to tell everyone.)

She was not “thirsty” for a real life anymore. She was not “thirsty” for happiness. Her life had meaning now. She found joy in telling everyone she knew about Jesus.

We no longer have to be TIED DOWN or like in this story “thirsty” for a life that has excitement, fulfillment, joy, meaning. God will give us a purpose and reason for doing all things. We will be overflowing with a full life that we will worship Him – like when we are so happy, we just can’t help but dance. When we stay close to Jesus, our hearts stay full of joy – we dance.

When we are *not* close to Him, we feel useless, without passion, bored – it is almost like we are mute or have nothing exciting to say, but when we are close to Him and doing all things for His glory, we are so excited that we can’t help but say so – we sing. That is what the phrase in our theme song for this week means, “Through You our hearts will praise” and “Through You the mute will sing.” Jesus gives our life meaning, now we have someone to sing about – Him.

Today’s Quiet Time will help you with some ways to stay close to Jesus and know this joy even when life gets tough. Go find a place by yourself somewhere close and work through the quiet time for Tuesday. When you are finished, just wait where you are, and I will call everyone back together when it is time.

**Conclusion:**

What is the theme for camp? (I Am Free)

What is the theme for today? (I Am Free to Dance With Jesus)

This goes with the part of the song that says, “Through You our hearts will praise” and “Through You the mute will sing” – our hearts are full of God’s goodness that we can’t help but praise Him and now we have something to sing about.

Does anyone want to share what God told them through the verses during your Quiet Time?  
What does God want you to do or to know today?

**(Close with prayer.)**

# **PowerPlus Preteen Camp 2010**

## **Tuesday – I Am Free to Dance with Jesus**

### **Quiet Time**

Just like yesterday, if you still have some questions about being **FREE** from your sins and trusting Jesus as your Savior, then go right now and find one of your sponsors. Ask them to help you understand these things. You can do this quiet time page anytime, but if you know that you need to give your life to Jesus, now is the time, and they would love to help you do that.

If you are sure that you have trusted Jesus as your Savior, then you have a reason to **DANCE** – to celebrate! There is nothing more exciting or amazing than following Jesus!

The hard part is that the devil will still try to steal your joy. He will try to bring back those old feelings of being bored with the Christian life, or not really caring about the things of God, or being upset by loneliness. Write these underlined phrases in the **TIED DOWN** box on the next page.

The good news is that we can fight back, and God has shown us how to stay in or get back to that joy and happiness of being a Christian. Look at these verses...

**John 8:31-32 “So Jesus was saying to those Jews who had believed Him, ‘If you continue in My Word, then you are truly disciples of Mine; and you will know the truth and the truth will make you FREE.’” (NASB)**

Remember what Jesus said to the Samaritan woman at the well? He said, “those who worship Him must worship in spirit and truth. This verse tells us about the truth.

Look back at the underlined phrases in the Bible verses above. Write these phrases in the **FREE TO DANCE WITH JESUS** box. When we continue in God’s Word (the Bible) we will know the truth. We will see the trap of lies that the devil has laid in front of us – making us feel useless and uncaring and lazy about living for Jesus. When we are in God’s Word, we will have the power to turn from these lies and live in the exciting truth that sets us free.

There are many ways that we can continue in God's Word. Here are some: be at church, listen to Christian music, read some of the Bible every day... Write some of these down in the **FREE TO DANCE WITH JESUS** box.

This next verse tells us what to do once we start learning God's Word...

**James 1:25 “25 But the man who looks intently into the perfect law that gives **FREEDOM**, and continues to do this, not forgetting what he has heard, but doing it--he will be blessed in what he does.”**

Write these underlined words in the **FREE TO DANCE WITH JESUS** box. Not only do we need to be in God's Word, but we need to decide to do what it says.

What are some things that you already know that the Bible says we are supposed to do? Write them in the **FREE TO DANCE WITH JESUS** box.

TIED DOWN	FREE TO DANCE WITH JESUS

Now spend some time talking to God. Look back over the two boxes above. Ask God to help you not to be **TIED DOWN**. Ask Him to help you to find the truth in His Word and to stay close to Him so that you will know His joy even when bad things happen in your life. Ask Him to help you to know His goodness and the exciting Christian life so you can **DANCE!**

When you are finished, just wait where you are. Your leader will call everyone back together before you are dismissed.

*copy this page for each of your students*

# **PowerPlus Preteen Camp 2010**

## **Tuesday – I Am Free to Dance with Jesus**

### **Dorm Devotional**

**Scripture:** Psalm 37:3-4

**Study:** “I Am Free to Dance” “Through You our hearts will praise” “Through You the mute will sing”

**Supplies:**

1. Bible
2. “FREE PAGES” that you used the last 2 nights
3. Pens or pencils

**Learning Goals:** Review, apply, and personalize all that they learned about being **FREE TO DANCE WITH JESUS**. Understand that the Christian life is full of joy and excitement and realness when we stay close to Jesus and in His will.

**Lesson:**

Get your “FREE PAGE” that we used last night and let’s fill in what we learned today.

What is the theme for today? What goes in the top blank? (“I am free to dance with Jesus”) Someone tell me what it means to be free to dance with Jesus. (Worship Him. To know the fullness of the Christian life and how exciting it is to follow and obey Him.)

What does the next line say? (“Jesus and the woman at the well”)

What did she do when she found out about the freedom that Jesus offered her? (Went and told everyone immediately – praised Jesus.) The hint on your paper says, “Jesus gives us fully joy.” This should give you the next phrase: “Through You our hearts will praise”

She found joy and how to be really happy. She had something to tell. Before she met Jesus, she did not have anything to be really happy or sing about – after she met Jesus, she did. The next phrase of the song explains that: “Through You the mute will sing” Write the phrase on your page.

Proverbs 37:3-4 tells about this freedom that Jesus gives. It says,

**“Trust in the LORD and do good;  
dwell in the land and enjoy safe pasture.  
Delight yourself in the LORD  
and He will give you the desires of your heart.”**

*copy this page for each of your dorm devotional leaders*

**Let's keep praying together the same way every night. I am going to just mention some things for you to pray about, and you talk to God in your heart. Sunday night you talked to Him as your King. Last night you talked to Him as your Savior, today we learned about the fun of following Him – how knowing Him is so amazing, that it just fills us with joy – like when we DANCE. Sometimes the best times in life are when we have fun with friends. That is what Jesus is to us too – our Best Friend. Talk to Him like your best friend.**

**Close your eyes and let's pray. Talk to Jesus about these things...**

- **Tell Him thank You for promising to give us joy and a reason to live and a full and exciting life when we follow His plan for us.**
- **Tell Him thank You for giving our lives purpose.**
- **Tell Him why you are glad to be His friend.**
- **Thank Him for all of the good things in your life – they are all from Him.**
- **Ask Him to help you to know Him better and better every day, so you will have more and more joy in your life.**
- **Ask Him to help you to follow Him closely, so that even when bad things happen in life, you will see Him working and be able to know how He brings good even out of the bad times.**
- **Tell Him how much you want to learn to worship Him more and better – that you don't want to be mute in worshipping Him, but that you will have lots of reasons to praise Him.**
- **Ask Him to help you to stay far away from sin and close to His Word so that loving Him will be exciting – A DANCE.**
- **Tell Him that you love Him and why.**
- **Thank You, Lord, our Friend, for your great love for us. Thank You for the freedom that You give us. We want to know You and Your goodness. Please keep us close to You and help us worship You in spirit and truth. We love You, In Jesus' Name – Amen.**