



Zone Leader Guide

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Introduction

Thank you for your desire to serve as the Zone Leader at High Power Sports Camp! This guide is intended to equip you for this important role and make your planning effective, easy, and flexible! It includes:

- A description of your role.
- Step-by-step planning guidelines with tips on how to use this manual.
- Five creative and engaging Bible lessons geared especially for children.
- High energy songs to get your campers up and moving.
- Helpful resources, tips, and much more.

Please review this guide carefully and prayerfully before you begin your role this summer. As you prepare, get excited about the amazing opportunity you will have to share the Gospel with campers and their families!

About HPS Camp

Catch the power of High Power Sports Camp! At this exciting, evangelistic camp, boys and girls from your community, ages five to 12, will learn high-energy sports skills, play games, and hear powerful Bible truths proclaimed in a creative and kid-centered way. The ultimate goal is for families in your area to hear and respond to the gospel and become active participants in Children's Ministry and other programs in your church.

A Typical Day:

- 09:00 Warm-Up (Zone #1)
- 09:15 Skills Session #1
- 09:50 Team Time
- 10:00 Skills Session #2
- 10:35 Half Time (Zone #2)
- 11:00 Game Time
- 11:30 Bible Time (Zone #3)
- 11:55 Post Game (Zone #4)
- 12:00 Coaches Huddle
- 12:10 Campers Dismissed
- 12:30 Leaders Debrief
- 12:45 Coaches Dismissed

About the Zone

The Zone is the daily large group time—the place to get spiritually charged with God's truth! During this part of the camp day, all campers, coaches, and volunteers join together for four powerful activities: songs, sports story and object lesson, Bible lesson, and Power Verse memorization.

The Zone Schedule

Your Camp Director will let you know the Zone schedule. Total time in the Zone each day is nearly 60 minutes, including the welcome time. Make sure you connect with your Camp Director about when Zones #1-4 are scheduled for your camp. Below are the different Zone times and the components of each.

Zone #1 — Warm-Up

The Warm-Up is your first activity of the day when children gather for camp. It includes songs, an introduction to the daily theme, and some other fun activities. Warm-Up is also a good time to work on the Power Verse as a group.

Zone #2 — Halftime

The sports story and object lesson is halfway through the day. The children are all together and, depending on the camp, snack is taking place or has just taken place. A couple of songs are played as well as the daily sports story and object lesson. You can incorporate some trivia and a reminder of the theme. This is a great time to work on the memory verse.

Zone #3 — Bible Time

This is the main Biblical teaching time of each day. This is done right after Halftime or towards the end of the day. A slower song should be played to help the children settle in for the Bible Story.

Zone #4 — Post Game

This Zone is at the end of each day. Everybody comes together, reviews the theme for the day, and has a chance to listen to one last song as they get ready to go. This is also a great time to work on the Power Verse as a whole group.

Songs

High-energy worship songs speak of Jesus Christ and His love for us. Coaches and campers enjoy singing along while learning fun motions. The campers quickly develop favorite songs and are excited to come together to sing.

Sports Story and Object Lesson

Each day you will tell a true sports story that illustrates the daily theme. Next, you will present an interactive lesson that reinforces the day's theme using objects and people you will have on hand.

Zone Leader Guide

This curriculum has been written in a script-like format so you and other volunteers can have an idea of how to run the Zone. The different elements and their functions are listed below. For an overview of the entire week, please see the next page.

Song List

Each day there are six song times. Here is the suggested order:

- Songs 1 and 2 are played with Warm-Up
- Songs 3 and 4 are played with Halftime
- Song 5 is played before Bible Time
- Song 6 is played during Post Game

You are welcome to change songs or play them at different times. We add this so you know what has worked best.

Day 1

1. Brave
2. High Power
3. Inside My Heart
4. Nothing Better
5. 10,000 Reasons
6. I Believe in Jesus

Day 2

1. I Believe in Jesus
2. Brave
3. High Power
4. Movin' Me
5. 10,000 Reasons
6. Shine

Day 3

1. Inside My Heart
2. Shine
3. Nothing Better
4. Movin' Me

Warm-Up

This portion of the curriculum gives the emcee the theme for the day and a sample script to present in a fun and exciting manner. This does not cover every aspect the emcee will be a part of. It only focuses on a simple way to present the themes for the day and open up camp. The emcee should also be involved in all other Zone times.

Sports Story

This is the daily sports story shared during Halftime. It should be done in a fun and exciting way so children understand the theme for the day. Even though the story could simply be read off the pages, it is best to take the ideas and themes from the story and make them your own, so that you can best communicate it in a fun and exciting way for your group.

Object Lesson

This is done daily during Halftime and reinforces the theme in a unique way for campers. Object Lessons are very simple and do not require a lot of set-up. The instructions and the script are listed in these sections.

Bible Story

Each day there is a story from the Bible presented during Bible Rally. Even though the Bible teacher could read the story straight from the book, adding camper interaction makes the stories come to life. In each lesson, there are a number of verses to be read. It is highly recommended that these verses be read from a Bible in front of campers. This reinforces visually that the key verses are coming from the Bible.

Power Verse with Motions

Below is the Power Verse with suggested motions to help children memorize the verse.

John 16:33	<i>no motion</i>
"I have said...	<i>put finger to lips and motion out</i>
...these things to you,	<i>palm up, gesture out from chest</i>
...that in me...	<i>point to sky</i>
...you may have peace.	<i>peace sign</i>
In the world...	<i>make a circle with both hands</i>
...you will have tribulation.	<i>hands on either side of head, shake head back and forth</i>
But take heart...	<i>hand in fist over chest, look up to horizon</i>
...I...	<i>point to sky</i>
...have overcome...	<i>muscle arms</i>
...the world."	<i>make a circle with both hands</i>

2017 Camp Theme

Overcome

WEEKLY OVERVIEW

1	2	3	4	5
Coachable	Courageous	Humble	Trusting	Hopeful
BIBLE STORY				
Daniel and His Friends Daniel 1-2	The Fiery Furnace Daniel 3	Nebuchadnezzar's Humiliation Daniel 4	The Lions' Den Daniel 6	Daniel's Dream Daniel 7
KEY POINT				
God is the best coach for you and your team	God gives us courage to stand for what's right	God asks us to be humble and walk with Him	God will rescue us forever when we trust in Him	God has given all of us hope for the future
GOD'S STORY				
God created you to be on His team	Jesus always does the right thing	God forgives when you don't do the right thing	God has the power to rescue you	God's hope starts now and extends into the future

DAY ONE

Daily Overview

THEME: Be Coachable

BIBLE STORY: Daniel and his friends (Daniel 1-2)

KEY POINT: God is the best coach for you and your team

GOD'S STORY: God created you to be on His team

Song List

1. Brave
2. High Power
3. Inside My Heart
4. Nothing Better
5. 10,000 Reasons
6. I Believe in Jesus

WARM - UP

Emcee: Hello! Welcome to High Power Sports Camp! We are so excited you guys could join us for this great week. We have a lot of fun planned for this week, including our sports! Who is excited to play some sports? Great! Sports are not the only fun thing we will be learning this week. To help us learn we have a few things we need to go over before we dive in.

Go over spaces of camp, boundaries for camp, and how to behave at camp, etc.

One of my favorite things about camp is learning about God! Who can tell me something they already know about God? *Listen to some answers.*

God is great. He made us. He sent his Son Jesus to die for us. He's all-powerful and all knowing. God is THE High Power. With him, we can overcome anything! In fact, that's our theme for the week: Overcome. Can any of you tell me what it means to overcome?

Listen to some answers.

Yeah, to overcome means to succeed in dealing with a problem or difficulty. So, what are some things you may have had to overcome? *Listen to some answers.*

Those are great answers! This week, we have a Bible verse that we're going to learn together. It is John 16:33, "I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world."

Jesus said these things while He was here on earth. Even back then He was talking to us! We will be looking at the life of Daniel and how God shows us truth through the stories in the Bible.

Each day we will have a theme that talks about what it takes to overcome problems or difficulties. Today is our first day—and as we are talking about learning—it reminds me of our **first theme: To overcome you must be coachable.** Being coachable means listening to what the coach says and actually trying to do it.

That means, if you want to overcome problems or difficulties as you learn your sport you need to be coachable. Without being coachable, you won't learn or get better.

It's the same in our lives, if we aren't coachable, will we be able to overcome hard times when they happen? NO! If we want to overcome problems or difficulties, then we must be coachable.

So... what is our theme for the entire week? (OVERCOME!) What is it? (OVERCOME!)

What do we need to do to overcome? BE COACHABLE! You guys got it! As we look forward to our sports let's work on being coachable, so we can learn about our sports. Then later, we'll meet Daniel and learn how important it is to choose the right coach to listen to. I'll give you a hint...**God is the best coach for us!**

SPORTS STORY

Eric Liddell

Zone Leader: How many of you think you're pretty fast? There are some sports completely focused on being the fastest person. What are some sports like that? (Answers may include: Track, swimming, race car driving, skiing, America Ninja Warrior, etc.)

One of the sports that focus solely on speed is track. Sprinters, runners who compete over short distances, can run incredibly fast and finish races in a crazy short amount of time. For example, at last year's Olympics, the men who ran the 100-meter dash (which is the length of a soccer field) did it in under 10 seconds! Talk about fast!

Today's sports story is about a sprinter named Eric Liddell. Eric lived a while ago and he had an interesting start to his life. He was actually born in China to Scottish parents. His parents were in China to tell people about God. They were called missionaries and taught Eric about the importance of having God as his coach. Eric learned to listen to God rather than people around him.

Growing up, Eric played rugby and ran track. He was a talented athlete and excelled at both sports. But when it was getting close to the 1924 Athens games, Eric gave up rugby to focus on track and, in particular, his best race: the 100-meter dash.

100 meters is the length of a soccer field. Eric was very good at this race. He had been training, practicing, and running this race for a number of years. So, he was excited to compete with the very best athletes in the world and was expected to win the Gold medal.

Then the race schedule came out. Eric had a problem. You see, Eric had decided a long time ago not to run on Sunday. He kept that day to rest and focus on God! Unfortunately, they had scheduled the 100-meter race on a Sunday. Eric had a tough choice to make. Either he could go against what God had coached him to do and run on a Sunday, or he could give up on his lifelong dream of running the 100-meter dash at the Olympics.

What do you think Eric decided to do? Well, he chose to listen to how God had coached him and not run on Sunday! He potentially gave up his dream of winning a gold medal. Now, Eric was a good runner and had qualified for another race in Athens— but just barely. He would probably not win the race like he would in the 100-meter dash.

This race was four times longer than Eric's best race. The 400-meter dash is a complete lap around the

track. It is a hard race. When you run the 100-meter dash, you just run as fast as you can. You don't worry about pacing or saving energy for the end because it's a short race. Eric Liddell was new to this longer distance and had to learn a completely new way of racing before the Olympics. He worked hard with coaches from Scotland to help him learn this new style. Now if he were unwilling to learn would he do a good job in the race? NO! He needed to be coachable. Even when he ran to qualify for the Olympics, Eric barely made it! Nevertheless, he did make it to the final race.

Eric came to the starting blocks of the race. The gun went off and Eric took off running...100 meters down... 200 meters was coming up, halfway through the race Eric Liddell broke into a full sprint!

This took the other runners by surprise. No one sprints until at least 300 meters! Eric took off early. What was he thinking? Well, a couple of the other runners started to match his pace. They pulled even with Eric and tried to pass him, but then came the last 100 meters of the race.

Eric kept sprinting as if he was running his favorite race! As the runners neared the finish line, he pulled ahead of the other runners and won! Not only did he win the race by 0.8 seconds, he set a new world record!

I encourage you to find out more about Eric Liddell and his life. After the Olympics, Eric continued to keep God as his coach and went back to China as a missionary.

Today we are talking about how we must be coachable. Eric Liddell was not only coachable when it came to running, but he knew the most important coach was God! He wanted to follow God's plan for his life and did so by sticking to what God asked him to do. He overcame the disappointment he must have felt when he had to choose between listening to God or following his lifelong dream. **By listening to God and giving Him the glory, Eric Liddell was able to overcome by being coachable!**

Later today, we'll hear about a man named Daniel who also chose what God wanted over what was offered to him!

DAY ONE OBJECT LESSON

You will need:

- jersey (a.k.a. pinny or bib)
- coach (your accomplice)
- unsuspecting camper volunteer

You will need to prep your accomplice coach ahead of time. As they are “helping” the camper, they should be trying to get the child to step into the jersey like pants. This will show how a bad coach creates confusion and gives people reason not to trust them.

Zone Leader: All right, this entire week we are talking about what it takes to overcome. Can anybody tell me what it means to overcome something? *Listen to a few answers.*

Great Job! It means succeeding at dealing with a problem or difficulty. Today we are talking about one of the skills needed to overcome things, which may be hard or even seem impossible. Today we are talking about being coachable. In our sports story we heard about Eric Liddell and his desire to focus on God as his coach! He gave up his favorite race in order to honor his commitment to God. Later today, we are going to meet a person whose real story is from the Bible. His name is Daniel and he also relied on God as his coach!

One of the biggest ways we can be coachable is to make sure we are listening to the right coach. To demonstrate how important it is to choose the right coach I need a coach and one of you guys to help me.

Choose a middle elementary child.

All right, Coach _____ is going to be giving some instructions to camper name in order to get this jersey on as quickly as possible. I will time them and your job is to cheer them on as they attempt to get the jersey on.

All right...on your mark, get set, go!

As the coach holds the shirt for the child to step into like pants there will be confusion, the child may stand there and freeze. This is okay. The child may try to listen to the coach; this should create a funny scenario. Finally, the child may try to argue with the coach, this is also fine. Make sure the coach is insistent the child steps into the pinny. After a little bit of time, stop the child trying to step into the shirt.

Zone Leader: All right, do you think Coach _____ was giving very good advice in this case? No! She/he was causing confusion and not making very much sense. She/he didn't even follow the instructions of the person who made the shirt! The maker of the shirt obviously wanted them to put the pinny over their head. That's why there is a HEAD HOLE!

Fortunately, for us, we have a coach who also created us! God created us and gave us instructions! He didn't cause confusion... He gave us the Bible, which instructs us on how much He loves us and how we can best live our lives! We have such an amazing God as our coach!

Here, hand me the pinny. Let's look at it and see how we think the creator designed this to be used, we should probably focus on that.

So, can you guys help us out? How should camper name put on this pinny? Over his/her head, one hole for his/her head and two for his/her arms? All right, on your mark, get set, go... WOW! That was much quicker; let's give camper name a huge round of applause while he/she sits down.

It worked so much better when we focused on how the creator of the pinny meant for it to be worn. Just like God created us, a certain way and we should listen to him as our coach! Later today, in our story, God had given Daniel and his friends very good and specific directions about how they should take care of their bodies. Even when somebody tried to confuse them they stuck to what they knew and God ensured they overcame the obstacles in front of them!

BIBLE STORY

Daniel and His Friends (Daniel 1-2)

Bible Teacher: Hey guys! Welcome back from game time! Did you have fun learning more about your sports today? Excellent! This time is set aside to learn more about what God's Word (the Bible) tells us about how we can have a relationship with Him. Who here knows a story that's in the Bible?

Listen to some answers

Yeah, those are some stories in the Bible: Jonah and the big fish, David and Goliath, the Garden of Eden, Noah and the Ark... Now, these stories sound pretty incredible, right? The best part about these stories is

each story is true. Every story in the Bible is true. The Bible is God's word to us, and we can trust what it says.

This week, we'll be learning about a guy in the Bible named Daniel and how he overcame many problems and difficulties in his life with God's power. Today, we're learning about how Daniel overcame a really rough part of life and relied on his coach, God. Some hard, sad things happened to Daniel when he was just a child. However, with God, Daniel overcame them.

Imagine having your home destroyed, a bunch of your family and friends killed, and being taken to a strange country far, far away. How would that make you feel? Well, that's exactly the situation Daniel found himself in. Sad isn't it?

Another person in this story is King Nebuchadnezzar of Babylon. King Nebuchadnezzar was a very powerful king a long time ago who invaded a number of countries and was in control of many people. One of those conquered countries was Israel. When Nebuchadnezzar would invade a country, he would make sure they couldn't fight back and then took a bunch of people captive to Babylon. Daniel was probably only 12 or 13 when he was taken captive, but Daniel was set apart for a special task: he trained to one-day serve as one of the king's advisors.

Yes, you heard right: after all that had happened to Daniel, he was supposed to serve the very king who did all that to him and his country!

Now, you'd probably be pretty scared if you were forced into all of that. The great thing is, even though he was in a strange place, Daniel wasn't alone. God made sure Daniel had friends with him who would help follow God and help him remember how God had coached them in Israel.

The theme for this week is overcome, and we're going to talk a lot, about how Daniel overcame obstacles in his life. Can any of you remember what it means to overcome? Awesome! To overcome means to succeed when things are tough. As we will see in the life of Daniel this week, he overcame many tough things. We can learn from his example to overcome the tough things in our life, too. Today's theme is to overcome, we must be coachable. When we listen to God who created us, we can overcome! God created us to be on His team, to have a relationship with Him! He also gave created amazing people to be on His team with us.

Let's go ahead and read about Daniel from Daniel 1:8. Now, if a story is in the Bible, is it a true story or a fake story? That's right, it's a true story. We can trust that the Bible is true because it's God's words to us, and God always tells the truth.

Read Daniel 1:8

Why was it so important for Daniel to not eat the king's food? He wanted to show that he was on God's team. It would have been easy for Daniel to just blend in and forget everything he ever learned about God. Since he was young, God had coached Daniel. God had never let him down and had given him everything he needed! What are some things God could coach you in?

Those are all great answers. Well, the guy who was supposed to watch over Daniel was concerned about his new plan. Let's check out why:

Read Daniel 1:9-10

Well, that makes sense—it wouldn't be good for Daniel and his friends to get their supervisor in trouble! Do you think he was right? With everything I know about food, it makes sense. For many people if they only eat vegetables and drink water, they may not grow to be as big as someone who has the best food and drink. In addition, they could be hungry a lot of the time. Let's pick the story back up and hear Daniel's plan he knew from being coached by God.

Read Daniel 1:12-14

Seems fair enough. What do you think happened? Had Daniel and those coached by God overcome this struggle?

Read Daniel 1:15-16

That's pretty amazing! Even though they only ate vegetables, they were bigger and stronger than everyone else. Not only that, but God gave Daniel and his friends wisdom so they could be the best. When God gives you a task, He will coach you to overcome the tough obstacles and give you the teammates who will help you. It's neat to think God created you to be on His team and wants to coach you!

Read Daniel 1:17-20

That's pretty cool! Daniel and his friends were probably excited to graduate and be done with school. I bet you can't wait to graduate from school! Well, it turns out that Daniel and his friends would face their toughest obstacle yet.

Uh oh! King Nebuchadnezzar wanted an impossible thing: for his wise men to tell him what dream he had, then to tell him the meaning. That's crazy! Can you tell what your friends dreamed without them telling you? It's impossible to guess what someone dreamed unless they told you, and the wise men knew it. They couldn't tell the dream, and the king got angry: he ordered all the wise men to be killed. That included Daniel and his friends!

Daniel found out and made an appointment with the king, promising to tell him all about the dream. After that, he went to his friends and told them the news: unless their coach helped them out and gave them a game plan, they would be killed. They also needed to listen to the coach and be coachable in order to understand Nebuchadnezzar's dream. This brings us to our **key point: God is the best coach for you and your team.**

Here's when being on God's team matters. In the face of an impossible situation, Daniel's friends prayed for Daniel. To overcome, we must be on God's team...and we must choose to be coachable by God. If we try to overcome the obstacles in our life on our own, we won't succeed! God created us to be on a team, and it's up to us to choose to be coached by Him, even when things are hard. It's pretty cool that Daniel had a whole team he could rely on, wasn't it? It's even more amazing they had a great coach in God who cared for them personally.

Can you imagine how nervous Daniel and his friends must have been? It's as if they were playing in the most important game of their life, except if they lost, they died! Let's look back at the Bible and see what happened:

Read Daniel 2:19

Wow, God really is the best coach! God gave Daniel the answer! What did Daniel say to that?

Read Daniel 2:20-23

Daniel knew that being on God's team means giving God credit for success. Daniel couldn't say he was successful on his own because he had a great coach and an amazing team. His teammates prayed, and God provided the answer. Here's how Daniel gave God credit when he talked with King Nebuchadnezzar:

What a great thing to say! It's always great to give God credit for success. We're on His team, and when we are coachable, He is the one who helps us overcome. What are some ways you can give God credit when good things happen to you or when you succeed?

Those are some great things to do. Now, Nebuchadnezzar's dream was interesting: he saw a big statue made of different metals that seemed really strong, until a big boulder came and crushed the statue. The boulder became a mountain, and it lasted forever. God wanted to become the coach for King Nebuchadnezzar and was speaking to him through his dream. The thing God was telling Nebuchadnezzar through the dream is that human kingdoms would come and go. No matter how strong each kingdom would be, it wouldn't last.

With this dream, God was promising hope for everyone who is on His team. God desires a relationship with His creation! He is the ultimate coach and every one on His team to be coachable! God created everyone to be on His team forever! How cool is that? The God of the universe cares about you so much He wants to be your coach! The same coach Daniel had wants to be your coach and have you on his team forever! We will talk more tomorrow about how the first human was not coachable and did not listen to God's game plan, meaning he could not be on God's team anymore. God still had a plan for us to be on His team forever, isn't that good news? One day, God will come back as coach and make sure His team is taken care of forever.

After Daniel interpreted the dream for King Nebuchadnezzar, here's what the King said:

Read Daniel 2:47

Like a good team member, Daniel remembered his teammates who gave him an assist. He asked for good positions for Shadrach, Meshach, and Abednego. How awesome is that? Daniel made sure the God's team was helped out. They all listened to God and wanted to be in a relationship with Him. Are we willing to listen to God? Even when something doesn't make sense, are we willing to be coached by God? Remember our key point? God is the best coach for you and your team!