

# 2014 VC Christian Camp Series



***"The God in Me"***  
**LESSONS ON SELF ESTEEM**

# **“THE GOD IN ME”**

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## **a VC Christian Camp Series on Self Esteem**

**developed by the  
A.M.E. Zion Church Christian Education Department  
Varick's Children Ministry**

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**June 2014**

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# **Table of Contents**

<b>Introduction to VC Christian Camps</b>	<b>1</b>
<b>Day 1: VC Friday Night Lights</b>	<b>2</b>
<b>Day 2: VC Service Learning Project</b>	<b>3</b>
<b>Day 3: VC Worship Service</b>	<b>4</b>
<b>VC Boys Lesson Handouts</b>	<b>5</b>
<b>VC Girls Lesson Handouts</b>	<b>10</b>
<b>Choral Reading</b>	
<b>Children's Day 2014 Bulletin</b>	

# Introduction to VC Christian Camps

## VC Christian Camps for this quadrennial:

### 2010-2011

Jesus is Our Example

### 2011-2012

Understanding the Mission

### 2012-2013

Growing Up to Leadership

### 2013-2014

Learning about Community

*If we really believe that our children are our future, we must develop an agenda to improve their lives and health. While it may take a village to raise a child, it takes caring adults to make a nurturing village. (Kenneth C. Edelin)*

Christian educators play a critical role in creating a nurturing village for children to thrive. So what does it take to train a child in the way he or she should go amidst influences of the 21st century?

Varick's Children (VC) Ministry addressed the 21st century challenge by designing 3-day Christian Camps to train Zion's children in four key areas of learning and development – character, mission, leadership and community. Over the course of four years, participants in VC Christian Camps are taught what it means to be like Christ; how they can be used to build God's kingdom on earth; why they are not too young to serve the Lord; and how their "actions speak louder than words."

Student curriculum and teacher resources for VC Christian Camps are distributed in December for the Christian Education Winter Meeting and in June for Children's Day. "*The God in Me*" is a hands-on learning experience based on 1Timothy 4:11-16.

Children's Day is observed the second Sunday in June. This guide offers suggestions for activities to make Children's Day weekend an engaging time for participants and teachers.

# Day 1: VC Friday Night Lights

*Love yourself. Appreciate yourself, see the good in you, see the God in you and respect yourself. (Betty Shabazz)*

Positive self esteem empowers children to be confident in the mind, body and soul God has uniquely given each of them. Tonight is all about showing participants how to set examples for their peers by what they say and do.

**Suggested time for this session:** 90 minutes

## Suggested activities:

1. Give students a copy of the lessons, VC Girls ROCK/VC Boys SWAG, found in the back of this guide. See if the students can match the pictures to scenes in the Bible lesson.

**Teacher Notes:** *If possible, separate girls and boys when teaching the lessons. It would also be ideal if a male could facilitate the boys session. If any participants attended the Winter Meeting in December, ask them to share what they learned from these lessons when they were in Dallas. Encourage children to look up words they do not know in the ROCK and SWAG acrostics. They can conduct searches on Google or Dictionary.com with their smart phones or tablets.*

*The lessons are designed for children ages 9 to 12. Younger children can create life-size posters (that is, outline their bodies on a large piece of paper) and write all the things they like about themselves. You will need large rolls of brown packing paper and crayons or sidewalk chalk for this activity.*

2. Set up healthy eating stations where participants can try healthy foods.

**Teacher Notes:** *Search the following websites for ideas of healthy snacks and drinks for children.*

<http://recipes.kaboose.com/snacks.html>

<http://www.nickjr.com/recipes/all-shows/snacks-lunches/all-ages/index.jhtml>

<http://www.nickjr.com/recipes/all-shows/drinks/all-ages/index.jhtml>

<http://www.nlm.nih.gov/medlineplus/ency/patientinstructions/000351.htm>

[http://www.weightlossresources.co.uk/children/healthy\\_food\\_lunches\\_snacks.htm](http://www.weightlossresources.co.uk/children/healthy_food_lunches_snacks.htm)

3. Lead a fitness activity to promote the Let's Move initiative started by First Lady Michelle Obama.

**Teacher Notes:** *Search YouTube for appropriate videos of short workout routines for children. A few suggestions are below. You can also use fitness games made for Wii or Xbox Kinect.*

Shaun T's Fit Kids Club Dance Workout Routine

The Workout Kid

Fitness for Kids

## Day 2: VC Service Learning Project

*Life's most persistent and urgent question is, what are you doing for others?  
(Rev. Dr. Martin Luther King, Jr.)*

Today is all about giving participants the opportunity to engage in community service. VC will be continuing its iLight Literacy Campaign at the CED Quadrennial in Greensboro, NC. This community service project is a children's book drive to promote the importance of reading

**Suggested time for this session:** 60 minutes

**Suggested activities:**

1. Establish a goal for the number of books your local church will collect for the iLight Literacy project. Participants will design bookmarks to be distributed with each book collected for the project.

**Teacher Notes:** *You can use card stock or craft foam to make the bookmarks. You will also need markers and glitter glue or stickers.*

2. Create a video to use as a church announcement for the book drive.

**Teacher Notes:** Participants should plan what to say and do in the video. You will need a smart device from which a video can be uploaded to YouTube. The announcement should be shared on Children's Day. If your church does not have a video screen, you can share the YouTube link with the congregation during the announcements.

3. Practice a choral reading of 1 Timothy 4: 11-16 found in the back of this guide. This will be the Scripture Lesson for Sunday morning worship.

**Teacher Notes:** Encourage children to stand with good posture, project their voices and enunciate their words.

## Day 3: VC Worship Service

*Train a child in the way he should go, and even when he is old he will not turn away from it. (Proverbs 22:6)*

Children are full of energy so Children's Day will be a lively experience for them to learn traditions of A.M.E. Zion worship and to share contemporary expressions of praise.

**Suggested time for service:** 60 minutes

**Suggested guidance for order of worship:**

1. Children should wear red or white tops and khaki bottoms.
2. Assign specific children to lead the Responsive Litany, Affirmation of Faith, Prayer and Acknowledgement of Visitors. Scripture Lesson will be done as a group.
3. Select a 5<sup>th</sup> or 6<sup>th</sup> grader to write and deliver the Morning Message. The theme of the message should be "The God in Me."
4. Teach all participants the VC Theme Song, "Jesus Loves Me."

**Teacher Notes:** Consider teaching sign language for the chorus of the song.

5. Creative expressions can be a choir selection, instrumental selection, liturgical dance, step, spoken word or some other type of youthful praise.
6. Lead the congregation in singing the CED Benediction if you know the tune.

## VC Boys SWAG

*Don't let anyone look down on you for being young. Instead, make your speech, behavior, love, faith, and purity an example for other believers. (1 Timothy 4:12)*

Self esteem is how you perceive your self worth or value. It can be positive or negative. Self esteem is one component of your self concept (how you see yourself). The other components are self efficacy (the belief in your ability to accomplish a task) and self identity (how you define who you are). If you have high self esteem that means you have a positive regard for yourself, not conceit. If you have low self esteem that means you see yourself with a negative view.

**VC boys should have high self-esteem because they SWAG.** SWAG is an acrostic for the traits that boys have to effectively deal with life: Style, Walk, Achievement and Gifts. In this session you will learn how to use these traits so you can be at the top of your game.

## STYLE

### Being Godly

Some preteens are hostile toward others because they have negative images of themselves. Before you can love others, you must first learn to love yourself. Love is the key to our self worth. Individuality is “the sum of qualities that characterize and distinguish a person from all others.” You can express your individuality by:

- the way you dress
- the way you look
- the activities in which you participate
- the music you like
- the way you act
- the way you demonstrate your intelligence
- the people you choose as friends

Individuality contributes to your self-identity. Your race or ethnic heritage also contributes to your self-identity. It is important to feel confident about being the individual you truly are so you can stand up for yourself. Youth don't always give in to peer pressure. Sometimes they give into “peer fear” because they are afraid to stand alone. Individuality and confidence give you the power to believe in yourself.

Proverbs 31 is most frequently referenced to describe a virtuous woman. However, the first part of Proverb 31 is instruction to a king from his mother. A godly man has respect for God, himself, his family, and his community. In Biblical texts, men are generally given a place of authority.

## Taking Care of Your Temple

Food is the fuel that keeps our body going. A healthy body needs nutrients to grow. A healthy diet includes whole grain, vegetables, fruit, low-fat dairy products, lean meats, fish, poultry, and dry beans. (Notice junk food is not on the list.) A healthy body also needs plenty of water (and less soda).

To maintain a healthy weight, you have to balance energy coming into your body (food) with energy going out of your body (exercise). Exercise can include participation in sports, dance classes, martial arts, workout sessions, or playing outside with your friends.

You also need spiritual food for your spiritual growth. Every Zionite should know the Ten Commandments, Lord's Prayer, and 23<sup>rd</sup> Psalm. You can learn these things by going to Church School or Bible Study. It is also a good practice to read a new scripture everyday so you can have God's Word in your heart and mind. You can buy a daily devotion book made just for children your age at a Christian bookstore. Worship experiences will also help you grow spiritually. Today, in addition to singing hymns and reciting chants, young people are allowed to express their faith through dance, spoken word, step, and drama. When you use your spiritual gifts and talents in a creative way you help to bring the Word to life and it has more meaning to you.

## **W**ALK

### Dealing with Stress

Everything in life is not always fair. The same way that basketball players have to suit up for every game, we have to suit up every day for life's journey. There is always a chance that we will be fouled but we have to go for the shot anyway. Negative attitudes will only hurt us. Positive thinking will carry us a long way.

Even if a person comes to you disrespectfully, you have to stay calm and think about the situation before you speak or act. One thing you have complete control over is your mouth. People in authority will still be on their journey whether you stay on the course for yours or not. Disrespect toward authority can get you into trouble and alter the course of your journey through life.

We have to be willing to take responsibility for the outcome of what we say, how we say it, and the impression it leaves. You could miss out on knowing some great people because of how you speak.

Taking jokes too far can hurt someone's feelings. It's not acceptable to make fun of anyone for any reason. Don't handle stressful situations by talking negatively about anyone's hair, clothes, ethnic background, religion, economic status, or physical appearance (and especially their mama). A good rule to follow is to use words you would use if Jesus was looking over your shoulder.

Learn to manage your feelings. When you learn to cope with your feelings in a positive way you will be stronger on the inside. Life brings disappointments, pain, and tragedies. Adversity for you might include not making a team, rejection by a boy, parents fighting, breaking a rule, no money for new clothes, acne, or some other flaw you think you have. Difficult moments in life help us grow. Our goal should not be to avoid adversity but to use it and learn from it. Parents, ministers, teachers, and counselors can help you work through situations in which you are having a hard time coping.

## **Making Wise Decisions**

### **Relationships**

It is not uncommon (or unnatural) for preteen boys to take notice of girls as their bodies physically change. Just remember to always treat them with respect. How you see and think about women is very important. Negative names for women encourage negative views of women.

### **Alternatives to Violence**

We are often taught there is strength in violence but there is more strength in peace. Non-violence is a choice – the harder choice. We can't go around slapping people upside the head just because they say something we don't like, call us a name, step on our shoes, or look at us in a funny way.

Verbal and physically abusive behavior can build obstacles in our path that are difficult to move. On a smaller scale it could mean suspension or expulsion from school. On a larger scale it could mean doing time in the juvenile justice system. God has given each of you too many gifts and talents to be wasted on fights. Choose the high road. Taking the high road means doing the difficult thing because it is right.

### **Substance Abuse**

We already mentioned how you have control over your mouth. The other thing you have control over is your mind. The decisions you make can be a matter of life or death. Engaging in risky behavior like getting high, smoking, underage drinking, looking at pornography, or having sex outside of marriage will not help you do anything for living a fruitful life. These behaviors can kill you the long, slow, hard way. Drugs and alcohol cloud your judgment. You need clear minds to make wise decisions.

### **Friends**

Nurturing your reputation is a day-to-day activity. You take care of your reputation by the ways you deal with people and accomplish tasks. "Even a child makes himself known by his actions, whether his deeds are pure or right" (Proverbs 20:11). There is a danger in hanging with friends who have no rules. Parents set boundaries because they love you. If you didn't have safe boundaries you could run wild. Friends that don't have rules may pressure you to do something that you know is wrong.

## ACHIEVEMENT

The desire to achieve goals through higher learning and hard work can only come from within. There is no free lunch in life. Anything worth having is worth working for. Education is essential to your success as an individual and our success as a people. Without education and training you will not have the skills you need for your journey through life.

Fear is a natural instinct we all have been given to help keep us safe. However, too much fear is unhealthy. Too much fear can keep us from trying new experiences and new ways of thinking. Fear of failure can keep you from taking challenging courses in school. The time and energy you put into academics will pay off in more than just good grades. You will gain study skills, self-discipline, and knowledge. The more knowledge you have, the more empowerment you have. When it comes to school failing is not an option.

Being a professional athlete or entertainer are not the only attainable goals for African American children. Too many young people spend too much time in extra-curricular activities and too little time in applying themselves in school. The fear of difficult work, losing, or looking bad can keep you from learning skills that will be beneficial later in life. Remember God often works through people like parents, ministers, teachers, and tutors. Reach out to get the help available to you when you need it. Success is not always on the easy track or in the fast lane. We have to accept responsibility for our own dreams and nightmares, and our own fortunes and failures. "Racism is not an excuse to not do the best you can" (Arthur Ashe).

It is okay to enjoy slang (not profanity). However you have to know when to use it. Using good grammar (that is, the rules of standard English) and words that everyone understands allow you to communicate with others from different backgrounds. When you use incorrect grammar people will perceive you as uneducated. That would be a barrier to your success.

## GIFTS

The music of the African American church has played a significant role in the evolution of popular music. Gospel music reached popularity when African American religious songwriters began to publish their own compositions of music. One of the earliest and most influential songwriters was a Methodist preacher named Charles Albert Tindley. Five hymns written by Charles Tindley are in the A.M.E. Zion Bicentennial Hymnal: "Beams of Heaven," "Leave it There," "Nothing Between," "Stand By Me," and "We'll Understand it Better By and By."

Thomas Dorsey is known as the father of gospel music. Before dedicating his talents solely to religious music, Dorsey was a blues and jazz pianist. When he abandoned his secular career he created a form of religious music that blended the styles of spirituals and blues. His new form of music is what is known today as

traditional gospel. The church people did not like it at first because they thought it sounded “too much like the world’s music.” Traditional gospel music came to be very meaningful in our worship, praise, and protest. Contemporary gospel music has continued in the trend Dorsey started. Contemporary artists blend spiritual lyrics with the styles of today’s popular music like R&B and rap.

Rap music is rooted in the talking jazz style of a group called the Last Poets. During the 1960s this group of African American intellectuals rapped in complex rhythms over music played by jazz accompanists. Rap music started to reach a broad audience in 1980 when the song, Rapper’s Delight, by the Sugar Hill Gang received widespread radio airplay. Rappers used their art to describe the harsh realities of inner city life. Rap music became the voice of young African Americans.

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Every believer has at least one gift. The A.M.E. Zion Church needs your gifts and talents if it going to continue to grow in the future.

## Activities

1. Write five affirmation statements about yourself and share them with the group.
2. As we grow up we will make mistakes. If we do not learn from our mistakes, they will hurt us even more. Don’t let your feelings be the main guiding force in your life. Your feelings can sometimes fool you. They can cause you to misunderstand a situation, make silly mistakes, or make an irrational decision. Pay more attention to the facts than what you feel. Feelings are important, but the decisions you make in life need to be based more on facts. If you make good choices, good things will usually happen to you. If you make bad choices, bad things usually happen. Bad choices are not the “end of the world” but sometimes it is hard to recover from a bad choice. Create an improvisation involving one of the situations below. Discuss the choices and consequences for the situation.

**Situation A:** Your parents went out to a holiday party and one of your friends suggests you throw a house party.

**Situation B:** You are not allowed to go out on Saturday until all of your homework is done. You only have a few more math questions left when your best friend invites you to a movie that starts in 20 minutes.

**Situation C:** You see one of your friends smoking with a group of older kids in your neighborhood.

## VC Girls ROCK

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**VC boys should have high self-esteem because they ROCK.** ROCK is an acrostic for the traits that girls have to effectively deal with life: Resilience, Obedience, Competence and Kharisma. In this session you will learn how to use these traits so you can “be you-tiful.”

## RESILIENCE

### Dealing with Stress

Everything in life is not always fair. The same way that basketball players have to suit up for every game, we have to suit up every day for life's journey. There is always a chance that we will be fouled but we have to go for the shot anyway. Negative attitudes will only hurt us. Positive thinking will carry us a long way.

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teachers, and counselors can help you work through situations in which you are having a hard time coping.

## **Making Wise Decisions**

### **Relationships**

Boys will take notice of your bodies as they continue to develop. Don't let them "check up on it." A woman's ability to carry and bring life into the world is precious and sacred. Don't let the pressure of others compromise your self worth. Women were not created to "cater" to every whim of a man. They are not objects for sex and display. The best way to respect the power to create life is to abstain from sex until you are married, which is when you will be more ready to assume the responsibility of parenthood. At this point in your life the only relationship you need is a relationship with God. Love yourself enough to wait.

### **Alternatives to Violence**

We are often taught there is strength in violence but there is more strength in peace. Non-violence is a choice – the harder choice. We can't go around slapping people upside the head just because they say something we don't like, call us a name, step on our shoes, or look at us in a funny way.

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# **O**BEDIENCE

## **Being Virtuous**

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A godly woman is a virtuous woman. A virtuous woman has physical and moral strength. She respects God, herself, her family, and her community. In Biblical texts, men are generally given a place of authority. However, women are given a place of influence. The role of influence is a very powerful role.

## **Taking Care of Your Temple**

Food is the fuel that keeps our body going. A healthy body needs nutrients to grow. A healthy diet includes whole grain, vegetables, fruit, low-fat dairy products, lean meats, fish, poultry, and dry beans. (Notice junk food is not on the list.) A healthy body also needs plenty of water (and less soda).

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## **C**OMPETENCE

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## **K**HARISMA

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## **1 Timothy 4: 1-1-16 (The Message Bible)**

Reader 1: Get the word out.

Reader 2: Teach all these things.

Everyone: And don't let anyone put you down

Reader 3: because you're young.

Reader 4: Teach believers with your life –

Reader 5: by word,

Reader 6: by demeanor,

Reader 7: by love,

Reader 8: by faith,

Reader 9: by integrity.

Reader 10: Stay at your post reading Scripture,

Reader 11: giving counsel,

Reader 12: teaching.

Reader 13: And that special gift of ministry you were given when the leaders of the church laid hands on you and prayed;

Girls: keep that dusted off

Boys: and in use.

Reader 14: Cultivate these things.

Reader 15: Immerse yourself in them.

Reader 16: The people will all see you mature right before their eyes!

Reader 17: Keep a firm grasp on both your character

Reader 18: and your teaching.

Everyone: Don't be diverted.

Reader 19: Just keep at it.

Reader 20: Both you and those who hear you will experience

Everyone: salvation.

## About the Founder of VARICK'S CHILDREN



Helen C. Scott-Carter, Ph.D. was a teacher in DC Public schools for more than 34 years and an administrator for six years. She was appointed as Director of Children's Ministry for the A.M.E. Zion Church Christian Education Department in 1994.

Under her leadership Zion's children's ministry became a renewed entity in the Christian Education Department and a new age group at the Winter Meeting.

Dr. Carter submitted a resolution to the General Conference in 2004 proposing VARICK'S CHILDREN as the name of Zion's Children's Ministry. The resolution was passed and documented with the following statement in The Book of Discipline 2004, page 234.

The 47<sup>th</sup> Session of the General Conference directs that the Children's Ministry of the Department of Christian Education be named VARICK'S CHILDREN; the operative scripture for the Children's Ministry will be: "Even a child is known for his doings, whether they be pure and whether they be right" (Proverbs 20:11); that the colors be Red (the blood of Jesus/royalty) and White (Innocence); and that the logo be officially adopted.

Dr. Carter is currently the Director of Children's Ministry at John Wesley A.M.E. Zion Church in Washington, DC where she has been a member since she was 11 years old.

## Children's Day 2014

### 2014 VC Christian Camp Series



### **Call to Celebration (in unison)**

This is the Lord's day.

This is the Lord's house.

We are the Lord's children.

Let the praise begin!

### **CED Theme Song**

"They'll Know We Are Christians by Our Love"

### **Invocation (in unison)**

O Holy Spirit of God, we invite your presence into our service today.

Be with us in our praise and in our prayers, in our songs and in our silence, in our joy and in our sadness, in our times of study and in our times of play, in the light of the morning and the darkness of the evening. Through Jesus Christ our Lord. Amen.

### **Choral Response**

"He is Lord"

### **VC Theme Song**

"This is the Day"

### **Responsive Litany**

**Leader: Jesus wants us to DO what he taught;**

*People: Not just keep it in our heads or talk about it.*

**Leader: Even a child is known by his or her actions;**

*People: So do what is pure and right.*

**Leader: Our bodies are temples of God.**

*People: Remember to keep them healthy and holy.*

**Leader: Train up children in the way they should go.**

*People: So when they are old they will not turn away from it.*

### **Gloria Patri /Affirmation of Faith**

### **Scripture Lesson**

1 Timothy 4: 1-16

### **Prayer Hymn**

"It's Me... Standing in the Need of Prayer"

### **Morning Prayer/Prayer Response**

"Hear Our Prayer"

### **Children's Moment**

Creative Expressions

### **Announcements/Acknowledgement of Visitors**

### **Offering/Offertory**

### **Song of Preparation**

Children's Choir

### **Morning Message**

### **Invitation to Christian Discipleship**

### **CED Benediction**

Every member a Christian (every member a Christian)

Every Christian a worker (every Christian a worker)

Every worker trained (every worker trained)

That need not be ashamed (that need not be ashamed)

Oh, this we ask in

Jesus' name

Amen (Amen)

Amen (Amen)

A-men.