

THEME : WE ARE ONE IN MISSION FOR CHRIST

Welcome to the Children's Ministries Campmeeting 2017 lessons. The lessons are again exciting, friendly and easy to understand. At the end of the camp meeting all the children should know that we are one family, as God's children we love each other, we respect one another and we worship our God together, and that **we are one in mission to do and to finish His work.**

Note To The Teacher :

- Our camp lessons are meant to discuss the topics,
- Ask and answer questions,
- Do some quizzes and have funny as we enjoy the various lessons.

Instructions :

- Children should have their own lesson books
- The teacher should keep the children alert by : reading verses, discussing questions and doing lesson activities.
- Children should read the lessons before they come to the lesson so that you will have more time to discuss.

LESSON OUTLINE

Objective	:	Explains the purpose of the lesson
Praying Hands	:	Prayer focus on each day
Treasured Verse	:	Key Bible text for the kids to memorise
Introduction	:	Introductory thought
Explore The Bible	:	SECTION A
	:	SECTION B
Activity	:	SECTION C
I Chose To Believe	:	Help children make a commitment to what they have learnt

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DAY 1 : A HAPPY FAMILY, THE CHURCH

Objective : At the end of this lesson will be able to define a church, know God's church and know the work of the church on earth.

Praying Hands : Lets pray to belong, love and work for God's true church.

Treasured Verse : Mt.16: 18. "And I say also unto thee, That thou art Peter, and upon this rock I will build My church; and the gates of hell shall not prevail against it."

INTRODUCTORY THOUGHT :

There are over a 1000 churches now in the world. All claim to be God's church, but since all worship God in a different way from the other its important to know which one is God's church. The Bible is the only book which can point to the correct one.

*** the word church is found in many verses in the Bible.
Look up these texts. Mt.16: 18 18:17 Acts 2: 47 5: 11
8:1 14: 23 15: 22 Rom. 16:5 Col.1: 18.

EXPLORING THE BIBLE

SECTION A

What does the word church mean?

Definition : a group of people called from or out of the world to come and worship God in the way He wants, keep His commandments and do His errands.

Kinds of churches.

1. Mt.7:21-23 here we see people worshipping God (saying Lord Lord) but there are two groups here.
 - i. Those who worship God and do what He commands them to do these will enter His Kingdom in heaven. This is God's church.
 - ii. Those who worship God and even pray for the sick, the demon possessed who get healed but they don't do what God commands them to do these will not enter God's kingdom. They think that because they prayed for people for their diseases and heal they can enter God's kingdom. To enter His kingdom its not the good works we did but to keep His commandments. This is a church but people's church, not God's church.
2. Rev.2:9-10 the synagogue of Satan. These are people who know they are not doing the will of God, but of Satan, they are Satan's church.
3. God's church began in the garden of Eden with only two members, and grew to three members then four, five, seven, ten, twenty, fifty, hundred, to thousands and millions by today. We had the Old Testament and the New Testament churches. Acts 7: 38 Mt.16: 18.

How To Know God's Church

Discussion Lesson

Let the students give the names of churches they know that are in the world today. Eg Lutheran church. Let them discuss the differences and similarities in these churches. The teacher must lead. **OR** you may put them into discussion groups, each group should have its secretary who come back to the whole class and present their findings.

Let the students read and say what the true church does or is done to it.

1. It the commandments of Jn.14:15
2. Is given the to comfort and teach its members Jn.14:16-17,26
3. It believes in as its Saviour Jn.3:16
4. It those who believes in Jesus through the preaching of the gospel Mk.16:16
5. It reads both the and New Testaments of the Lk.24:27 Acts.17:2
6. It believes in the prophecy of the and Eph.2:19-20
7. It prepares all people for the Coming of Titus 2:11-13

SECTION B.

THE REMNANT CHURCH.

15. What are these
“three great
points?”

Revelation 14:6-11 (1815)

Revelation 18:2, 4 (1819)



The Remnant church is that church which has certain qualities explained in the Bible.

The word remnant means something original. Something that was there at the beginning and has remained the same to the end. Look up these verses for the word remnant. Is.1: 9 4: 3 Joel 2:32 Micah 2:12. The remnant church is that church which was there at the beginning, has remained teaching and believing the same things until today.

The Remnant Church Rev.14:6-12

1. The remnant church preaches the three (3) angels messages.

2. The first angel announces that the hour (time) for God to begin the Judgment in heaven has begun. This angel tells the remnant church to fear God, to give Him glory and to worship Him as creator so as to be saved.
3. The second angel tells that Babylon is now fallen.
Babylon means a kingdom which mixes all forms of false worship and religions. To be fallen means to be out of truth, to be away from that which is right, to be exposed of its errors, to be separated from the correct church and the truth that saves people.
4. The third angel warns men and women against receiving the mark of the beast.
 - * The mark of God is the Sabbath.
 - * It is a mark that shows the true God who created the heavens and the earth. Gen.2: 1-3 Ex.31:12-13.
 - * The mark of the beast is also a day of the week and that day is Sunday the first day of the week, while Sabbath is the last day of the week. Ex. 20 : 8-11.
 - * The beast is a kingdom which is a union of all false worship and kings who force people to worship it.
5. The third angel shows that the remnant church has the faith that Jesus had and keep God's commandments.
6. So the remnant church was there from the beginning and preaching God's word and prepares people to meet God when He comes.

SECTION C :

ACTIVITY 1

God's church keeps His commandments. Which commandments did these people keep?

1. Adam and Eve. Gen.2:1-3
2. Moses Ex.20:7
3. Shadreck, Misheck and Abednigo Dan.3:1-12 Ex.20:4-6
4. Jesus Lk.2:51-52

ACTIVITY 2

The Following people belonged to the remnant church from creation to the present day. Match the verse to the people **and say what is common to all these churches.**

Rev.1:9-10 Isaiah and the Prophets; Lk.4:16 Moses and the Israelites; Is.58:12-13 Jesus; Gen.2:1-3 Peter and Paul; Acts 17:2 Adam and Eve ; Deut.5: 1, 12-14 John.

ACTIVITY 3

The Remnant church believes in the Bible and teaches what the Bible says. There are 28 Bible teachings called

.....

The remnant church from the book of Genesis to Revelation must keep the 10 commandments. Now look up the following verses showing a group of people representing the church in some time of Bible history. Multiply the number of

people in the verses with ten commandments. The answer you get has a code which is a letter of the alphabet. Now you rearrange these letters to get the name of the Bible teachings above. Some letters repeat.

Gen.3:20 Lk.2:4-5 Gen.20:7-8 Lk.3:37 Gen.27:1,6
Dan.1:17 Lk.10:38-39 Ruth.1:2,4 Mt.17:1-3 1kings 1:38
Job.1:1-2 Mt.10:2-4 Ex.1:5 Gen.24:66-67 and 25:1-2
Gen.7:13 Gen.11:10-24 Acts 1:15

U = 1200 T = 100 S = 80 N = 110 M = 700 L = 120 I = 70 F =
60 E = 60 D = 50 B = 30 A = 20

MY CHOICE

I choose today to belong to the true church of God and wait for Christ second coming with His people.

Name

Signature.....

DAY 2 : MARRIAGE AND THE FAMILY

Objective: To know the gift of the family, the importance and the role (or the part) everyone in the family is to take so as to bring joy, peace and unity to it.

Praying Hands: Pray for the peace, joy and salvation of our family members.

Treasured Verse: Ps 133:1 Behold how good and how pleasant it is for brothers to dwell together in unity!

INTRODUCTORY THOUGHT

All people in the world belong to a family. Others may have been born in very painful situations, but they still belong to some family. There are cases where children may be rejected by relatives sometimes their own mothers and fathers. It is a very painful thing to lack a family.

EXPLORING THE BIBLE:

SECTION A

Why did God create a family?

1. God loves joy, happiness and peace. Heaven is a happy and peaceful place, so God wanted this world to be a little heaven too. Mt.6:9-10. So God wanted the family to be a place of joy and peace.
2. A family is a place for belongingness and identity. We all belong to our Father in heaven hence we are given a parent here on earth.

3. Children need a place where to grow. A home where we live. A home with parents brothers or and sisters, grannies, uncles, cousins etc. A home where we are taught what is right and what is wrong.
4. All people want love and care. The family is a place for love. We have parents and relatives who love us and who we are to love. The family is supposed to teach love and the law of God.

Types Of Families

Every creature can point back to its own origin, where it came from. We are from a family and we live in families. Hence today we want to learn about the blessing of a family.

1. Mother and father only.
2. Mother and father and children
3. Mother and children
4. Father and children
5. Children alone
6. Grandmother or grandfather and children

Discuss These Families

- a. Lk.1: 5-7
- b. Gen.7:7
- c. Jn.11:1-2
- d. 2Kings 4:1-4
- e. Discuss in which family are you.

SECTION B.

Members Of The Family And Their Work

1. Father ;
 - a. The father is the priest of the home, he teaches the whole family to know, fear and worship God. Eg Gen 18:19
 - b. Provider and protector1Tim.5:8 Gen.33:13-14
 - c. Lover and friend to love his wife and children Gen.24:67
2. Mother : wife and mother; homemaker; a partner; she sees the welfare, happiness and care of the family, to have good cooked food, cleanliness of house and all family members. She receives and cares for visitors.
3. Children : they are junior partners ; helpers ; like Jesus with Joseph.
4. Various relatives : they take different parts of the family, sometimes as custodians to children, some as uncles, aunties, grannies, cousins we live with, they give us care, love and help in providing for the family.
5. In Zimbabwe every relative is very important to the whole family and we are to love each other

The Church As a Family

- We are all members of the church, so the church is a family.
- At church we learn to love, help, provide, obey and respect.

- We learn to live, play and worship together.
- We learn to share things with others
- We learn to work for God together
- Elders, deacons, youth leaders, pathfinder directors are all as our parents.

Daily Family Activities

1. Worship together every day the family must meet in the morning before we go to school or to work, we must have a prayer time. All those who are pathfinders should be given days during the week where they lead in prayer.
2. School if there are children of age in the family they must go to school and listen to teachers whatever they are taught there.
3. Work..... every member of the family should do something at home, in the house in the garden, field or at workplace. Only little babies should be left to play.
4. Evangelize..... the family must tell its neighbourhood about Christ. Have a small group and study the Bible or pray with other families of their neighbours.

Things That Bring Sadness In The Family

1. Quarrels are not good, when members of the family speak unkind words to each other.
2. Laziness ; when other members of the family do not work being lazy, they will cause hunger or poverty in the family
3. Divorce of mum and dad
4. Sickness

5. Stinginess and greedy
6. Death
7. Abuse and hurt
8. Lack of caring and love for each other

SECTION C:

Activity

All the activities of the family add up to one word. In the following puzzle, there are ten words that the members of every family should do. The word has 4 words beginning with an S. 3 words beginning with a T. One word beginning with a P and one word beginning with a W. Find them and the biggest word is the main activity of the family. The letters of the word are found in every line across or down. Find the word and how many times it appears in the puzzle.

The teacher will assist explain that word using the story of Cain and Abel. Gen.4:1-12.

S	a	c	R	E	d	A	i	s	y	P	
A	t	a	L	E	n	T	s	i	i	R	
L	i	e	U	T	a	C	o	h	e	A	
V	m	a	W	K	i	S	s	i	b	Y	
A	e	r	O	A	i	D	o	g	g	E	
T	e	a	R	N	r	I	c	h	e	D	
I	h	a	K	A	a	D	o	a	g	Y	
O	t	i	W	O	r	K	s	a	h	A	
N	i	e	A	G	e	R	a	h	m	C	
A	t	o	N	E	m	E	n	t	i	A	
S	a	c	R	I	f	I	c	e	r	P	

I Chose To : be a good, faithful, helpful and obedient member
of our family at home, work, church and school.

My name Signature.....

DAY 3 : UNITY IN CHRIST

Objective : at the end of this lesson you will know that as God's children we are all one people, who should do things together and love each other.

Praying Hands : lets pray for the Spirit of oneness and love.

Treasured verse : Eph.4:4 : There is one body, and one Spirit, even as you are called in one hope of your calling.

INTRODUCTORY THOUGHT

Peter's father had a cow that was fat and looked good. But he got sick and called all his three sons, Peter, Farai and Richard. He then said to them when i die Peter you will use the cow to plough the field and earn your living from there. Farai you will milk the cow, sell the milk and get your living from there and Richard you will slay the cow and sell its meat and earn your living from there. All the boys were happy and finally their father died. But what do you think happened to these boys, who got his share? Our lesson today is about unity in the body.

EXPLORING THE BIBLE

SECTION A

We have studied four things that can only happen when we are one, united and in harmony. Now we want to learn about unity in the body of Christ.

Let the class describe all body parts and organs that they know. 1Cor.12 : 12-26

The eye, very important but will not fight the ear or do the ear's work. So is the mouth and the hands. The legs and the head etc.

Unity In Godhead. (Trinity)

God the Father and God the Son and God the Holy Spirit were together in :

1. Creation : look up these verses Gen.1:1-2, 26
2. Christ's baptism. Mt.3: 16-17
3. Death and resurrection. 1Pet.3: 18

Unity Of The Bible

The WHOLE Bible speaks the same thing. It has the same subjects and topics from Genesis to Revelation. Let us have a look at this.

One Body in 1Cor.12:27-31

1. Both the Old Testament prophets and the New Testament apostles prophesied and preached Christ. Their subject was one.
2. Christ is the body, we are the members of that body.
3. While the body has many different members so the church has many departments all working for the salvation of everyone.
4. As the body takes orders from the head, so we take orders from Christ who works in us.
5. The body shows order and discipline so we are to show order and be disciplined.

6. The body does things at the same time, so we are to do things together and at the same time.
7. There is time for everything, so no-one should be absent from what is being done or be doing his own thing.
8. When one member of the body is sick eg the leg, the whole body will not do anything until that member is healed.

The Work Of Talents And Gifts In Unity: 1Cor 12:1, 8; 14:32, 40

Talents and gifts may divide people or churches if we do not know their work in God's church.

- They are to be used in their different ways to bring many souls to Christ.
- Let us read the different gifts and talents and match them to the following explanations to see how they should be used in the same body which is the church in bringing unity to the whole body of the church.
 - i. Ability to interpret deep things from the Bible
 - ii. Attending the sick and demon possessed
 - iii. Needed when ever we pray
 - iv. Have a knowledge of the scriptures and how to apply them
 - v. Gift of seeing and showing the true and false people.
 - vi. Gift of talking in many languages
 - vii. Power to take God's people from difficult challenges
 - viii. Leading the church

SECTION B.

Things That Make Unity

1. Love one for another, no-one will go to heaven unless we love each other.
2. Care, we should care for one another.
3. Peace we will not fight each other, but play and live together.
4. Sharing what we have
5. Angels love unity, love and peace while Satan love divisions, hate and war.
6. working together
7. It was Satan who brought disunity in heaven and also in the garden of Eden.
8. Unity in the church is the greatest evidence that God called us to be one in Him.

The People Who Cause Unity At Home

1. Father : to love, teach, guide and lead the whole family to be one and do the same things together.
2. Mother : to show equal love and give care to the whole family, making the whole family to be the same.
3. Children ; to respect and obey parents and each other in the home.
4. Relatives when ever they are in the home should show love, respect and harmony to the whole family

5. Friends should always consider the oneness of the family and not cause division by asking their friends to do things contrary to what the family expects and wants.

The People Who Cause Unity At Church

Read Eph.4: 11-15 can you now write the people who cause unity from this passage.

MATCH these activities to the people you have written above.

- a. Preaching the gospel in new areas.
- b. Leading the church.
- c. Shepherding and caring for church members
- d. Teaching a Sabbath school class
- e. Studying and explaining deep things of Bible.

The Church Services That Cause Unity Eph. 5:19-20 Acts 1:14 1Chr. 29:6-9

1. Sabbath school praise and singing together
2. Sabbath school classes : studying the Bible together
3. Giving tithes and offering to the work of GOD
4. Divine service ... all hear God's word
5. Afternoon lessons all have time to study and do programmes together as one.
6. So no one should miss all these because they bring us together and make us to do the same things.

Adventurers And Pathfinders

1. We do Fairs, Bible Quizes and Health contests, should we hate each other or laugh at those who fail?

2. We should help each other in everything we do even if our clubs are different.
3. We are all one church coming from different places.
4. The programs we do are to teach us to grow,,,, and Lk.2:52

The Seventh-Day Adventist Church Is One

1. The Head Quarters of the church in the whole world is in United States of America called the General Conference of the SDA Church.
2. The General Conference has 13 Divisions and our Division is called the SID in South Africa.
3. The Division has many Union Conferences and our Union is in Zimbabwe in Bulawayo.
4. The Union Conference has many Conferences and our Conference is called East Zimbabwe Conference and is in Harare at Waterfalls.
5. The Conference has many districts, now write the name of your district and the name of your church.
6. Every church all over in the world has a Sabbath school, lesson time, music time, Divine service and afternoon lessons.
7. So we are one church. And we worship one God, as we keep one Sabbath.

SECTION C.

Activity 1

What Happened To These People And Why?

1. Gen.7: 7-23
2. Gen.11:1-3
3. 1Kings 12 ; 1-12, 16
4. Acts1: 12-15 2:1-4

Church Departments

Name all the church departments you know and write down what they do, the class teacher will help you.

	Department	Function (What they do)
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		
16		
17		

Activity 2

There are many things that cause angels to join us as long as we are one and united. USE THIS CODE TO FIND OUT.

A-Adventurer B- Music C-Clerk D- Deacons E-Education
F-Family ministries G-Ambassadors H-Health
I-Interest Coordinator J-Publishing K-Communication
L-Personal Ministries M-AMO N-Children's
ministries O-Elders P-Pathfinders Q-Public Affairs
and Religious Liberty R-Sabbath school S-Stewardship
T-Treasurer U-VBS V-VOP W-W/Ministries
X-Disability Y-Young Adults Z-ZAAM

Now combine certain departments and take the letters they represent to form the activity that angels will join.

1. Pathfinders; Sabbath school; Adventurer; Young adults
2. Stewardship; interest coordinator; children's ministries and ambassadors.
3. Personal ministries; elders; vop; education
4. Stewardship; health; adventurers; Sabbath school; education.
5. Women's ministries; interest coordinator; treasurer; children's ministries; education; stewardship
6. Elders; music; education; young adults
7. Women's ministries; elders; Sabbath school; communication

MY CHOICE

I want to be part of God's one body and one family

Name Signature.....

DAY 4 : EVANGELISM THROUGH WITNESSING

Objective of the lesson: at the end of this lesson you will know the importance of witnessing, and how to do it.

Praying Hands : lets pray for all of us to be involved in witnessing.

Our Treasured verse. Acts 1:8 “And you shall receive power after the Holy Spirit has come upon you, and you shall be my witnesses in Jerusalem, in Judea, in Samaria and unto the ends of the earth”

INTRODUCTORY THOUGHT

One day Apostle John saw many angels from heaven and they were in a meeting. One who looked powerful and full of glory was addressing them. After the meeting he saw the three angels send to planet earth. The angels flew to Africa, Asia, Europe, N. America, S. America then Australia and to all the sea islands. They were preaching the Good news of the Kingdom. Then they called all people young and old to join them.

EXPLORING THE BIBLE:

SECTION A

Evangelism:

Is preaching the gospel or good news of salvation and the Kingdom of God. There are many ways of doing evangelism.

What is witnessing?

It is telling others what you have seen, heard or know. It is the work of telling people about what you have seen, heard or know of the love of God in Christ. After witnessing you call them to receive Him into their lives as their Lord and personal Saviour.

Some Methods of Evangelism

- a) Giving people books or papers about Christ.
- b) Visiting the sick and praying with them.
- c) Inviting people to a tent or hall and have someone preach to them.
- d) We can use the Voice of Prophecy lessons.
- e) Music groups can gather together at some place and people are invited to hear songs about their salvation.
- f) We can use small groups to discuss the Gospel.
- g) Witnessing.

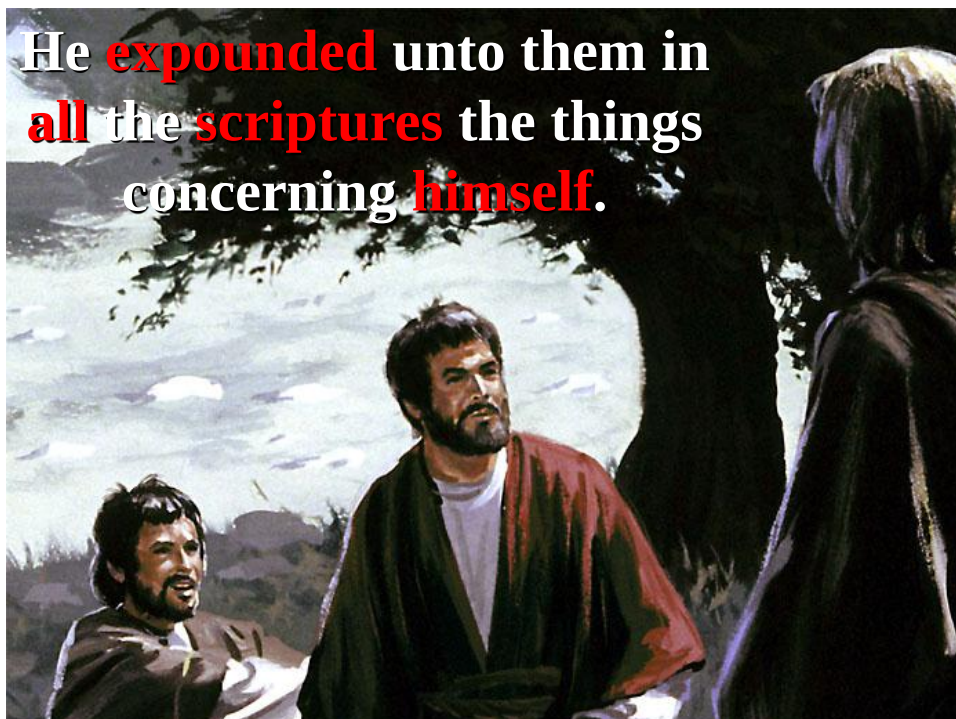
Today we want to learn Evangelism through Witnessing.

Why do we have to witness?

1. Christ commanded us to do that. Mt.28:19-20
2. It gives us joy to see many people receiving Jesus as their Saviour.
3. It is a blessing to work for God.
4. It is very interesting to work with the Holy angels
5. It keeps the church together in God's work.

Witnessing in the Bible.

1. The disciples sent two by two. Mk.6:7
2. Legion the once possessed man witnesses to ten cities. Mk.5:18-20.
3. Jesus, men and women went house to house. Lk.8:1-3.
4. The other believers send two by two. Lk.10:1.
5. Jesus in the home of Mary, Martha and Lazarus. Lk.10:38-42.
6. Jesus goes with Zacchaeus to his house. Lk.19: 1-6.
7. Jesus witnesses to two men in the road. Lk.24: 13-27.
8. Jesus witnesses to Nichodemus. Jn.3:1-3.
9. Philip witnesses to the Ethiopian Eunuch. Acts 8: 26-30, 35.



CHILDREN IN WITNESSING

1. Lk.2: 41-47. Little Jesus witnesses to the leaders at the church temple.
2. 2Kings 5: 1-3 Little girl tells her Mistress that there was someone in Samaria who can save Master Naaman.
3. Dan.2: 24-25, 31-36. The four boys explain a secret dream to the troubled king.

SECTION B

How To Witness

First Know each other.

Eg. "My name is Joel may I know your name." "Yes my name is Tendai" Tendai answers. "By the way Tendai, you doing Grade what?" *(only if you do not know Tendai, but if you know him, you don't have to ask that.*

Introducing your topic.



**3. 2 Timothy
2:15 (1748)**

**Acts 17:11
(1623)**

**I must study
the Bible and
test all beliefs
by its teachings.**

By asking questions of how they understand some Bible topics.

- For example:

i. Some say Jesus is coming again; others say He is not coming; others say He is coming but shall be seen by Christians only; what do you think? And what does the Bible say?

ii. Some say Jesus was a spirit medium of the Jews; others say He was the Son of God; what do you think? What does the Bible say?

iii. Some say the dead know what is happening to us; others say they are in Hades waiting for judgment day while others say they are in heaven; what do you think? What does the Bible say?

****Three (3) questions are enough.**

-After your questions, ask him which question he likes to discuss.

- usually he points the one he likes, sometimes he want to hear all questions being answered.

- if he has a Bible, allow him to take it and begin by one group member praying

-your study must last about 15 minutes and make a call, so he decides

SECTION C :

ACTIVITY 1

Now look at the following stories. Let some children play these stories before the class and then let the class match the story to the witnessing stories above.

- a) Elder Joseph takes his three other elders and their wives and went to Mr Heaven's place and then to Mr Paradise's home to tell them of the Kingdom of God.
- b) Mr Desire decided to see Pastor Michael at church at evening and ask some questions.
- c) Deacon Tatenda was asleep when he dreamt hearing a voice say to him go to the road that goes to Masvingo and preach to the man driving his car home there.
- d) Brother Ackim visited Spiwe, Laiza, Eva and their brother Farai. They had Bible study together and they enjoyed a lot.
- e) Enock walks into the road where he hears two friends arguing that there is no resurrection of dead people while the other friend is saying there is. He joins them.

ACTIVITY 2

Some of the Topics you can do in witnessing. Read the following verses and rearrange the words given to find the topic.

1. 1Cor. 6:9-10 Dan.1:7-8 Dt.14:1-8 odog dofo
2. Jn.3:16 ovel fro oG'sd ndhrelc
3. Dan.7:9-10 ngujmetd
4. Mt. 19:16-20 dencamtommenns
5. Jn. 3:16 bampist
6. 2Tim.3: 1-5 Mt.24 :3-9 syad tals

MY CHOICE IS TO START WITNESSING NOW yes / no

My name Signature.....

DAY 5 : SMALL GROUPS

Objective : At the end of this lesson, the student will understand and like the idea, the value and the use of small groups in the Bible, in prayer and evangelism

Praying Hands : we want to pray for each student to be in a very exciting small group.

Treasured Verse : Luke 9 : 14 For they were about five thousand men. And He said to His disciples, Make them sit down by fifties in a company.

INTRODUCTORY THOUGHT

Farai, Tatenda, Nyasha and Philip are friends living in Eastlea in Harare. All of them are in Grade 6 at the school nearby. They usually come back from school and are at home by 4:30 pm every day but on Friday they will be home by 1:30 pm. One day they decided to meet at Tatenda's place at 2.00 pm to do their Pathfinder homework. As they walked they saw a school mate by the name Bernard whom they invited and he agreed. But Tatenda's mother decided they phone Bernard's mother and tell her that Bernard was with his friends.

They were there for only one hour. The home work was sorting all the animals written in the book of Genesis into their groups. This was very interesting to Bernard who decided to even come to church on Sunday for Pathfinders.

EXPLORING THE BIBLE

SECTION A

Definition Of A Small Group:

* a small group is a group of people, few in number who live together, play together and worship together.

* it is a group of people who do things together without being forced. Mk.6:7

Forming A Small Group

1. A small group can be formed by members of the family.
Job.1:1-2
2. A small group can be formed by close friends who play together always. 1Sam.20:16-17
3. A small group can be formed by people geographically staying together eg in zones, streets or villages.
Gen.40:1-5
4. A small group can be formed by people of the same age eg pathfinders, ambassadors, fathers and mothers and or grandmothers. Dan.2:17-18

Special Small Groups.

God made many things in groups and they live in those groups. Read Mt.3: 7. Match them.

- | | |
|--------------------|-----------|
| • A swarm of | *flowers |
| • A fleet of | *oxen |
| • A cloud of | *stars |
| • A bunch | *students |

- | | |
|---------------------|------------|
| • A ranch | *bees |
| • A herd of | *angels |
| • A flock of | *vipers |
| • A class of | *cattle |
| • A yoke of | *buses |
| • A brood of | *sheep |
| • A galaxy of | *bananas |
| • A garden of | *mountains |

SECTION B

Small Groups And What They Do

Match the following texts to the small groups. The teacher will lead in discussing what the small group did.

Noah, wife, sons. ; used a rod to open a road on the sea.
 Elijah and Elisha. ; Their singing shook the jail at midnight.;
 Two angels. ; Moses and Aaron.; Walked on fire. ; Daniel and friends. ; Healed a crippled man.; God the Father, God the son, God the Holy Spirit.; Ate the forbidden tree and brought sin.
 ; At Jesus' resurrection.; Paul and Silas. ; Used a jacket to open a very big river. ; Peter and John. ; Raised Jairus' son. ; Jesus and disciples. ; Built the ark to hide in during the flood.
 ; Created the trees, the hills, the animals and the people.

BIBLE VERSE	MEMBERS OF THE SMALL GROUP	WHAT THE SMALL GROUP DID
Gen.1:1-2,26		
Gen.3:4-7		
Gen. 7: 14, 17-18		
Exodus 14: 15-16, 21		
2Kings 2 : 8		
Dan.3 : 8-12		
Matt.17 : 1-3		
Acts 3 : 1-7		
Acts 16: 25-28		
Mt.28:1-6 John 20:11-12		

Which Small Group Of Those Above Would You Like To Join?

Advantages Of Small Groups

1. Every one in the church will have someone who love him/her and can talk to.
2. All members will do God's work

3. Many souls will be saved.
4. Everyone will love the church because it will be caring for the need.
5. Small groups keep all people in the church because they are looked after.

SECTION C.

Try It Out:

Lets see activities that can be done in a small group. Arrange the class into, or let them put themselves into small groups and in their groups let them look for 5 main things that must be done in every small group. Use the tips given below.

1. Dan.2: 16-19 what did Daniel and friends do in these verses. Look up these names pick the first or second letter from them and arrange them to know what Daniel and friends did. Cyrus; Persia; Rome; Ariock.
2. Acts 17:11 what did this group do at Berea. Look up these words which mean Christ, re-arrange them by taking the first letter and find the small group activity. Intercessor; Begotten; Bread; Lamp; Emmanuel; Saviour; Truth; Undeified; Deliverer; You.
3. Lk.16:2 this man was a what. We also are like him. Look up these words
4. which refer to Christ, re-arrange them into the activity of the small group by taking the 1st letter of that word. Star; word; temple; end; alpha; ruler; Desire; Son; holy; image; prince.

5. Mt.25: 31-36 those on the right did something that pleased the Lord. What is it? Re-arrange this word to find out. depheL.
6. 1Cor.1:9 people are called to what . re-arrange the following word to find out what other activity the small group can do. pfewhollis.

Now write the words and see what you can do here at camp.

Summary of Things that can be Done in a Small Group.

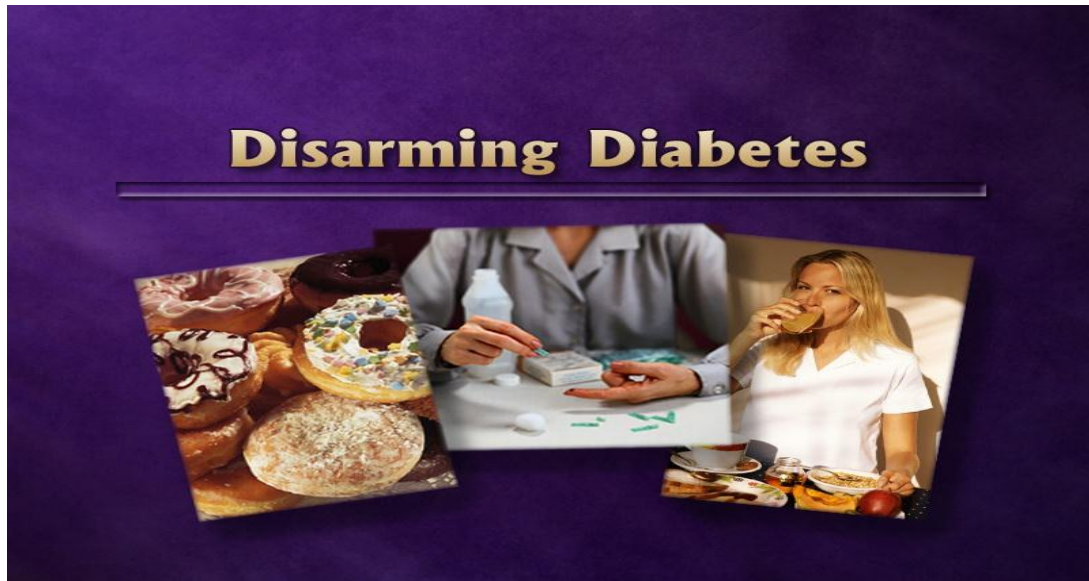
- Pray and Study the Word of God
- Witness to its neighbours telling them of God's love.
- Collect and give food and clothes to those who need.
- Help an old woman in her garden.
- Clean in the church and its yard.

I chose to have a small group so I can do God's work.

Name signature.....

(written by Ps. G. Chiriga)

HEALTH TALK



DAY 1

Introduction

- Sugar diabetes has been classified by World Health Organization (WHO) as one of the top ten major killers in the world. The 2016 Global Report on Diabetes noted that diabetes prevalence has been rising more rapidly in middle to low income countries. This is driven by an increase in behaviors such as reduced physical activity, a shift to higher calorie diets, and the associated increases in obesity.
- According to John Mangwiro, Zimbabwe Diabetes Association (ZDA) president, Zimbabwe is having a dramatic increase in the number of people diagnosed with diabetes. He cited that diabetes was multiplying among Zimbabwe's poor communities, and there was need to heavily subsidize diagnosis and treatment. The disease is estimated to be affecting one in every 10 people in

Zimbabwe, including infants. These among other reasons justify our study of **sugar diabetes** this week.

- Proverbs 27:12 “The prudent sees danger and hides himself, but the simple go on and suffer for it.” As we see danger, we do well by hiding ourselves. Don’t be simple!

- **What is sugar diabetes**

Diabetes can best be understood by the role of insulin in the body. When food is consumed/ eaten, the body turns that food into sugars, or glucose. At that point, your pancreas is supposed to release insulin. Insulin serves as a “key” to open cells, to allow the glucose to enter -- and allow the use of glucose for energy, or there can be too much glucose in the body because insulin production is inadequate. When sugars or glucose level is high in the blood, that is referred to as **diabetes**

Sugar diabetes types

- **Type 1 Diabetes-** It happens when your immune system mistakenly attacks and destroys the cells in your pancreas that produce insulin. The damage is permanent. Type 1 diabetes belongs to a group of conditions known as autoimmune diseases. Autoimmune diseases are when the body incorrectly identifies its own useful cells as an attacking organism. In type 1 diabetes, it is the beta cells in the pancreas which produce insulin that are wrongfully targeted and killed off by specific antibodies created by the body’s immune system.

- **Type 2 Diabetes** –happens when the body can't use insulin efficiently. People with type 2 diabetes produce insulin; however, the insulin their pancreas secretes is either not enough or the body is unable to recognize the insulin and use it properly (**insulin resistance**). When there isn't enough insulin or the insulin is not used as it should be, glucose (sugar) can't get into the body's cells and builds up in the bloodstream instead. When glucose builds up in the blood instead of going into cells, it causes damage in multiple areas of the body. Also, since cells aren't getting the glucose they need, they can't function properly
- **Gestational Diabetes**- occurs in pregnant women. Risk factors for gestational diabetes include obesity, a history of gestational diabetes in a previous pregnancy, a family history of type 2 diabetes, and having pre-diabetes, that is high sugar level though not high to be diagnosed as type 2 diabetes.

This type of diabetes can cause the fetus to be large than normal. Delivery of the baby may be more complicated as a result. The baby is also at risk for developing low blood glucose (hypoglycemia) immediately after birth.

Day 2

Diabetes Symptoms

Early symptoms of diabetes, especially type 2 diabetes, can be subtle or seemingly harmless — that is, if you even have symptoms at all. Over time, however, you may develop

diabetes complications, even if you haven't had diabetes symptoms

- Going to the toilet a lot, especially at night – as the body tries to reduce blood glucose levels by flushing the excess glucose out of the body in the urine.
- Being really thirsty - When you have diabetes, excess sugar (glucose) builds up in your blood. Your kidneys are forced to work overtime to filter and absorb the excess sugar. If your kidneys can't keep up, the excess sugar is excreted into your urine, dragging along fluids from your tissues. This triggers more frequent urination, which may leave you dehydrated. As you drink more fluids to quench your thirst, you'll urinate even more.
- Feeling more tired than usual -You may feel fatigued. Many factors can contribute to this. They include dehydration from increased urination and your body's inability to function properly, since it's less able to use sugar for energy needs.
- Losing weight without trying to - When you lose sugar through frequent urination, you also lose calories. At the same time, diabetes may keep the sugar from your food from reaching your cells — leading to constant hunger. The combined effect is potentially rapid weight loss, especially if you have type 1 diabetes.
- Genital itching or thrush - High levels of glucose being passed in the urine are a perfect breeding ground for the fungal infection which cause thrush.
- Cuts and wounds take longer to heal - people with diabetes have observed that infections seem more common if you have

diabetes. It may be that high levels of blood sugar impair your body's natural healing process and your ability to fight infections.

- Blurred vision - High levels of blood sugar pull fluid from your tissues, including the lenses of your eyes. This affects your ability to focus. Left untreated, diabetes can cause new blood vessels to form in your retina — the back part of your eye — and damage established vessels. For most people, these early changes do not cause vision problems. However, if these changes progress undetected, they can lead to vision loss and blindness
- Tingling hands and feet - Excess sugar in your blood can lead to nerve damage. You may notice tingling [prickling or stinging sensation] and loss of sensation in your hands and feet, as well as burning pain in your arms, hands, legs and feet.
- Red, swollen, tender gums - Diabetes weaken your ability to fight germs, which increases the risk of infection in your gums and in the bones that hold your teeth in place. Your gums may pull away from your teeth, your teeth may become loose, or you may develop sores or pockets of pus in your gums — especially if you have a gum infection before diabetes develops.

Day 3

Risk Factors and Complications

Diabetes Risk Factors include:

- Failure to breastfeed and exposing babies to solid foods at an early age increase their diabetic risk
- Genetics – having a close relative with diabetes increases diabetes risk for both type 1 and type 2
- Weight gain – leads to too much fat tissue, leading your body cells to become resistant to insulin.
- Lack of physical activity – a sedentary lifestyle leads to weight gain which is a risk factor for diabetes. By exercising, fat is burnt, making way for the efficient function of insulin.
- High blood Pressure – high blood pressure of over 140/90 is linked to an increased risk of type 2 diabetes.
- High blood fat – saturated and trans fat raise cholesterol level, risking heart diseases, heart attack, stroke as well as diabetes.
- High fat and carbohydrate diet- junk foods are high in calories and fats but low in nutritional value. These foods include processed and prepacked snack foods with long, often unpronounceable ingredient lists. Consuming excess sugars and fats found in these foods can contribute to weight gain, which is associated with diabetes.
- Age 40+ - the older one gets, the higher the risk, however, more and more children and adolescents are being diagnosed with type 2 diabetes

Complications

- Heart and blood vessels – diabetes dramatically increase the risk of various cardiovascular (relating to the heart and blood vessels) problems such as heart attack, stroke, or narrowing of arteries.
- Eyes damage (**retinopathy**) – diabetes can cause vision loss or vision problems. When blood vessels of the retina are damaged, blindness can occur. Diabetes also increase risk of cataracts or glaucoma
- Kidneys damage (**nephropathy**) – diabetes damages the tiny blood vessels that filter waste from your blood. Severe damage can lead to kidney failure.
- Nerve damage (**neuropathy**) – excess sugar can injure the walls of blood vessels that nourish your nerves, especially in your legs. This causes tingling, numbness, burning or pain that usually begins at the tips of the toes or fingers and gradually spreads upward.
- Gastrointestinal tract – diabetes can lead to bloating, diarrhea, abdominal pain, nausea, vomiting, ulcers and mouth thrush to name a few.
- Gums and teeth – increase risk of infection in your gums
- Foot damage – nerve damage in the feet risk complications such as blisters which often heal poorly. These leads to toe, foot or leg amputation.
- Skin conditions – diabetes can increase risk of bacterial and fungal infections



Diabetic Feet Care

Feet care is very important to diabetic patients. Feet should be washed everyday and dried especially between the toes because infections tend to develop in moist areas. Moisturize dry skin with lotion or oil. Due to neuropathy, it is wise to avoid the use of hot water bottle, electric blanket, or warming on fire because these injure your feet without you knowing it. Do not walk barefoot or walk on hot pavements as this can cause sores or injuries that can get infected. Choose comfortable shoes, well-fitting with plenty of room. Avoid tight plastic shoes or other materials that do not breathe. Always inspect your feet for blisters, skin color change, or skin breaking so you avoid serious complications that come as a result of diabetic neuropathy.

Day 4

Treatment and Management of diabetes

- The major goal in treating type 1 and type 2 diabetes is to control blood sugar (glucose) levels within the normal range
- Basic principles of good health like eating right, exercising regularly, and maintaining a healthy weight can be as effective as medicine in diabetes management.
- Some people with type 2 diabetes can manage blood sugar level target with diet and exercise alone but many

need medication or insulin therapy. Medication is prescribed by healthy professionals depending on many factors such as blood sugar level and other health challenges

- It is advised to check for blood sugar regularly and watch for signs and symptoms of low blood sugar (hypoglycemia) such as sweating, shaking, weakness, hunger, dizziness, headache, blurred vision, heart palpitations, slurred speech, drowsiness, confusion and seizure
- When you experience low blood sugar, drink or eat something that will quickly raise your blood sugar level such as a sweet, fruit juices (pineapple, apple), honey, syrups, dissolve a tablespoon of sugar in water, or eat fruits ½ a banana, ½ small apple, grapes etc

Diabetes Diet

Adherence to a healthy diet is a critical aspect of controlling blood sugar in people with diabetes. When considering an ideal diabetic diet, a number of factors must be taken into consideration, including the amount and type of carbohydrates consumed as well as the amount of fiber, fat, and protein contained in foods. Glycemic index and glycemic load [food's effect on a person's blood glucose level] are further considerations. Foods with low glycemic index and load raise blood sugar more slowly than high glycemic index/load foods. Glycemic index refers to a standardized measurement, while glycemic load takes a typical portion size into account.

Meal timing and amount of insulin administration are considerations when planning a diet for people with type 1 diabetes. The meals should be small and eaten more frequently as well as:

- balanced,
- nutritious, and
- low in fat, cholesterol, and simple sugars.

It's important to center your diet on these high-fiber, low-fat foods:

- Fruits
- Vegetables
- Whole grains – zviyo, mhunga, brown rice

Meals are best when they are prepared by baking, boiling, grill, sauté, roast than frying.

Weight reduction and exercise

Weight reduction and exercise are important treatments for type 2 diabetes. Weight reduction and exercise increase the body's sensitivity to insulin, thus helping to control blood sugar elevations. People with diabetes must remember the importance of diet and exercise. Control of diabetes begins with a healthy lifestyle, regardless of prescribed medications

Day 5

Facts and Myths of Diabetes

- **People with diabetes should not exercise - NOT TRUE!!**
Exercise is important for people with diabetes, as it is for everybody else. Exercise helps manage body weight, improves cardiovascular health, improves mood, helps blood sugar control, and relieves stress. Patients should discuss exercise with their doctor first.
- **Fat people always develop type 2 diabetes eventually -**
this is not true. Being overweight or obese raises the risk of becoming diabetic, they are risk factors, but do not mean that an obese person will definitely become diabetic. Many people with type 2 diabetes were never overweight. The majority of overweight people do not develop type 2 diabetes.
- **Diabetes is a nuisance, but not serious -** two thirds of diabetes patients die prematurely from stroke or heart disease. The life expectancy of a person with diabetes is from five to ten years shorter than other people's. Diabetes is a serious disease.
- **I know when my blood sugar levels are high or low -** very high or low blood sugar levels may cause some symptoms, such as weakness, fatigue and extreme thirst. However, levels need to be fluctuating a lot for symptoms to be felt. The only way to be sure about your blood sugar levels is to test them regularly. Researchers from the University of Copenhagen,

Denmark showed that even very slight rises in blood-glucose levels significantly raise the risk of ischemic heart disease.

- **Diabetes diets are different from other people's** - the diet doctors and specialized nutritionists recommend for diabetes patients are healthy ones; healthy for everybody, including people without the disease. Meals should contain plenty of vegetables, fruit, whole grains, and they should be low in salt and sugar, and saturated or trans-fat. Experts say that there is no need to buy special diabetic foods because they offer no special benefit, compared to the healthy things we can buy in most shops.
- **High blood sugar levels are fine for some, while for others they are a sign of diabetes** - high blood-sugar levels are never normal for anybody. Some illnesses, mental stress and steroids can cause temporary hikes in blood sugar levels in people without diabetes. Anybody with higher-than-normal blood sugar levels or sugar in their urine should be checked for diabetes by a health care professional
- **Diabetics cannot eat bread, potatoes or pasta** - people with diabetes can eat starchy foods. However, they must keep an eye on the size of the portions. Whole grain starchy foods are better, as is the case for people without diabetes.
- **One person can transmit diabetes to another person** - NOT TRUE. Just like a broken leg is not infectious or contagious. A parent may pass on, through their genes to their offspring, a higher susceptibility to developing the disease
- **Only older people develop type 2 diabetes** - things are changing. A growing number of children and teenagers are developing type 2 diabetes. Experts say that this is linked to

the explosion in childhood obesity rates, poor diet, and physical inactivity.

- **I have to go on insulin, this must mean my diabetes is severe** - people take insulin when diet alone or diet with oral or non-insulin injectable diabetes drugs do not provide good-enough diabetes control, that's all. Insulin helps diabetes control. It does not usually have anything to do with the severity of the disease.
- **Diabetes patients are more susceptible to colds and illnesses in general** - a person with diabetes with good diabetes control is no more likely to become ill with a cold or something else than other people. However, when a diabetic catches a cold, their diabetes becomes harder to control, so they have a higher risk of complications.



Proverbs 27:12 “The prudent sees danger and hides himself, but the simple go on and suffer for it.”

May we enjoy good health now and forever.

N.B It is best to invite health professionals in our camps to help us deliver the health talk. Where possible, set a day when kids can be tested for blood sugar by professionals. Thank you.

Compiled by: Mrs K. Katswairo

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