

Acknowledgments

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Your Friend In Christ,

Camp Northwest Staff

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What is Biblical Counseling

Biblical Counseling is said to be a creative, spiritual process involving a person who needs help and another person who will come alongside as God's channel of mercy and truth to guide and help."

He/she should have a servant's heart and manifest a Christ-like spirit in all areas of conduct while living with campers, so that they will be drawn to Christ for salvation or edified in the faith.

The counselor is not a "policeman" or a "baby sitter". He is chosen for the express purpose of living with the camper and sharing his joys and problems so as to guide his activities and thinking in a biblical manner.

Each team will have a male and female team leader who will be available to assist. Please avail yourself to them!

What is a Team Leader?

There are eight team leaders at each session of camp - two for each team. They are most always experienced counselors who have been to Camp Northwest at least two years as a counselor. They will each lead a cabin of campers as well as be available to their team to answer questions, give encouragement and to help solve problems.

Team Leaders are responsible for the following:

- To help answer questions on procedures.
- To make sure the team is involved in games at the right area and time.
- To help organize team activities.
- To assist in counselor/camper problems.
- To fill out evaluation forms on the counselors in your team.

The Chain of Command and Communication is as follows:

Camper > Counselor > Team Leader > Directors > Head Director

Notes, Comments, and Questions

Knowing Your Campers

One of the challenges to staff members is to know each camper as an individual—to know each one's hopes, joys, problems, and successes. Some will have come from homes so sad that it will be hard to imagine. *Some will be lovable and others will be very difficult to love. Your job is to show no partiality.* There will be those who immediately stand out in a crowd. They will have outgoing personalities and because of this, it will be difficult to see any of the others. There will be that one shy, quiet individual that is so easily lost in the group that he/she can be with you for a whole week and never be seen unless you seek him/her out. He/she is probably the one with a greater need than any of the rest.

While they vary physically, emotionally, and socially, they are all alike in one way: **Each has an immortal soul that needs to be won to Christ.** This should be the challenge to each one of us as team members—to understand as an individual, establishing rapport so that the Holy Spirit might work through us and accomplish his purposes in the camper.

To know and understand the camper, you will need to find out some particular information about them.

1. **Background** ... the camper's home, school achievements, social level of immediate family, patterns at home, etc.
2. **Personal traits** ... the camper's past experiences, present interests and abilities, future plans and goals, etc.
Reasons for coming to camp ... the campers desires and expectations, parents desires, etc.
4. **Physical and emotional needs** ... it is a privilege for staff members to serve as mentors for the time the camper is at camp; as a staff, we must attempt to recognize and satisfy the camper's need for love, attention, security and approval.
5. **Spiritual condition** ... each person will come to camp with an individual perspective about God. It is important to establish a knowledge about their belief system so that you can pray more effectively for them and communicate Christ in a way that is specific for their life.

Campers will know you before you know them. The first hour together will go far toward establishing your relationships with them. In their eyes you will be friendly, approachable and fun loving; or you will be stiff, authoritarian and aloof. First impressions are difficult to alter. If you sincerely love your campers, they will probably love you in return. Your usefulness in camp depends upon a proper relationship between you and the camper.

Resist the human trait to classify campers into two groups: those you like and those you dislike. **You should love each person not only because Christ calls us to, but because you can accomplish little for any whom you do not love.** The “unlovely” are not to be dismissed, but should rather gain your attention. Jesus modeled this in His ministry. (Matthew 9:9-13)

PRACTICAL ADVICE AND TIDBITS

- As much as we all want to see campers come to Christ, do NOT coerce or force a camper to pray and accept Jesus Christ, if they are not truly ready. (Ask the Holy Spirit to guide you)
- Please do not be critical of the Camp Director or other staff, especially in front of campers. We all make mistakes and are far from perfect – You are not either!
- Remember that this is not a vacation for you. The campers will need your full attention and love, if you are going to make a difference in their lives.
- Do not be alone with any camper or counselor of the opposite Sex, unless you are married to them.
- Don't believe everything the campers tell you. If you are new to Camp Northwest, they may try to trick you or lie to you. When you don't know, ask your Team Leader or other staff.
- Don't be intimidated by the campers. You are the their leader and authority for the week. Let them know right up front what you expect and answer any questions.
- Do not leave your campers alone unless you have asked another counselor to watch them and do not be gone too long.
- No camper should be left alone in your cabin or cabin areas, especially during game times. If they are sick or hurt they may stay in the medical aid station.
- On Thursday night the counselors usually get together for fellowship after lights are out. Make sure that you have someone watching over your cabin (that is not asleep!).
- Although we do not allow campers to “date” at camp, we do not mind if they fellowship with the opposite sex and sit with them during the evening service, if they do not disrupt or cause a scene. (Some campers have met at camp and later were married)
- Ask God to do a work in your heart during the week as well as the campers He has given you to minister to.

What Is Expected Of A Counselor

- We expect excellence, but not perfection.
- We expect hard work, but not to the point of illness or accident.
- We expect obedience to authority, but not blind allegiance.
- We expect that you will be challenged, but not terrified by new opportunities.
- We expect you to give up personal freedom, but not your personality.
- We expect mistakes, but not laziness or rebellion.
- We expect a growing commitment to God, His Word, and His people.
- We expect a willingness to lay aside any habit, any sin, any prejudice and any relationship that would keep you from serving campers wholeheartedly.
- We expect to expect a lot from our staff, It is what makes Camp Northwest so effective.

“No single ministry impacts kids for Christ better than camps do.”

- Howard Hendricks-

Understanding The Basic Needs Of Your Campers

As a counselor, you will be a teacher, a coach, an older brother or sister, a friend, and sometimes a referee. You will be better able to help your campers have a positive experience if you understand the following list of basic needs to prepare you for your leadership role.

1. The Need For Belonging:

No one likes to be left out. We all desire to be part of one group or another. Today more kids are coming from broken or fragmented families where genuine love and fellowship are sadly lacking. An increasing number have an inability to form healthy relationships with their peers or adults. An attitude of Christ-centered love and acceptance on your part is essential for your campers. Make every effort to include all of your campers in the various cabin activities and discussions. Strive not to show favoritism to any one camper. Be careful to show personal interest in each individual person. It is surprisingly easy to have a group “herd” mentality; however, your campers deserve your best attention and participation with them.

2. The Need For Security

Remember your first time at camp? You were separated from family, friends, and all that was familiar to you for an entire week. Many of your campers will at some point experience feelings of insecurity. As their counselor, it is your responsibility to help them adjust and appreciate camp life as much as possible by helping them to meet new friends, and by involving them in camp activities throughout the week. If you ignore this insecurity, this can potentially impede the camper’s receptivity to your message.

3. The Need For Achievement

Kids need and want a sense of achievement to build their confidence. At Camp Northwest, we provide campers with a wide variety of activities designed to help them build new skills and experience a positive level of personal and team achievement. As you enjoy participating with them at their own interest level, search for words and ways to validate their effort and success. As a leader, your job is to help them focus on their areas of strength.

4. The Need For Structure

The need for order and structure at camp is important to most campers. Without definite boundaries campers begin to feel insecure about their environment. It is important for them that they be aware of the physical and behavioral boundaries while at Camp Northwest. It is also important that they understand the value of keeping the program schedule and being on time for activities. Your job is to maintain order and structure with your cabin for everyone's benefit.

E. I will control my body language.

1. I will walk, stand, and sit properly at all times in the presence of others.
2. I will keep a clean mouth. (Prov. 21:23; Ps. 19:14)
 - a. I will not use "gutter language."
 - b. I will use words that build others up rather than tear them down. (Isa. 50:4; Prov. 3:27)
3. I will keep my eyes pure. (Ps. 101:3)
 - a. Purity in the things I watch.
 - b. Purity in the things I read.
4. I will keep my hearing pure. (Mark 4:24)
 - a. I will make sure that my music is God-honoring. (Eph. 5:19; Co. 3:16)
5. I will keep my heart pure. (Prov. 16:2 and 23)
 - a. I will keep my motives pure. (I Cor. 10:31)
 - b. I will keep my desires pure.
 - c. I will keep a heart that has concern for others.

IV. CONCLUSION:

Have parents check your standards; get on your knees beside your parents; promise God that you will live by these standards.

Ideas For Dating / Courtship Standards (For Senior Week)

I. MARRIAGE GOALS: (Add your own ideas to the list below.)

- A. I will not marry an unsaved person. (II Cor. 6:14)
- B. I promise God to keep my home together and not let my marriage end in divorce.

II. DATING / COURTSHIP GOALS:

- A. I will not date / court an unsaved person. (II Cor. 6:14)
- B. I will date / court only a growing Christian.
- C. I will care enough for my friend to desire and want God's best for him or her.

III. MY DATING / COURTSHIP REGULATIONS:

- A. I will not engage in premarital sex. (I Cor. 3:16; I Cor. 6:18)
 1. I will not be alone with a boy or girl for long periods of time.
 2. I will not be at home alone with a person of the opposite sex without my parents being there.
 3. I will double date in high school.
 4. I will not neck and pet. (I Cor. 6:19-20) My body belongs to God and any person other than the person that God will give me on my wedding
- B. I will not engage in homosexuality. (Rom. 1:26-27)
- C. I will flee youthful lusts. (II Tim. 2:22)
- D. I will apply God's "Dress For Success" formula to my wardrobe.
 1. I will dress modestly. I will not wear garments that will stimulate emotions in my date that cannot be satisfied outside of marriage. (I Tim. 2:9)
 2. I will wear clothes that cover my body so that people of the opposite sex will be comfortable in my presence. (Gen. 3:21)
 3. I will wear clothes that clearly communicate my gender. (Gen. 1:27)

GOD'S METHOD OF CHANGE

II TIMOTHY 3:16-17

All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness."

The Holy Spirit produced the Bible in order to bring about the very sort of change that we seek in counseling. **When properly used, it will accomplish FOUR THINGS in the lives of those we counsel.**

1. TEACH (DOCTRINE)

"Here's what is right!"

- The Bible teaches what God says is right.
- The Bible tells us what a Christian must do to please God.
- Trouble always comes when a goal other than pleasing God becomes the most important goal--the goal I consider right for me.

2. CONVICT (REPROOF)

"Here's what is wrong!"

- Reproof = "to convict, to bring to light or expose"
- The Bible teaches us what is wrong according to our God.
- The Bible will convince us where we are involved in wrong and have come up short of glorifying Him.
- God's Word will convince us that we are guilty before Him. Guilt is not just a feeling; it is an objective fact from the Word whether we "feel guilty" or not!
- The Word of God will convict us, and we must agree with what it says.
- Where there is no conviction (being convinced by God's Word), there is no biblically acceptable change. If glorifying God through obedience is not the reason a person is changing, what good reason is there?

3. **CORRECT (CORRECTION)**

“Here’s how to get what’s wrong, right!”

- Correction = “standing something up” or “making something to stand again”
- “I will confess, seek His forgiveness and forsake the wrong I have done.
- “I won’t continue to displease God; I want His forgiveness.”
- This is repentance or a change of mind which leads to a change of behavior.
- Measure repentance not by outward sorrow, but by change. (Luke 3:8,10-14)
- “I want to ‘put off’ any thought, action or habit that holds me short of glorifying God.”

4. **TRAIN (INSTRUCTION IN RIGHTEOUSNESS)**

“How to keep what’s right, right!”

- Instruction in righteousness = “training which aims at increasing virtue”
- “I desire to be different so I won’t have this problem an more.”
- Avoiding that sin and staying out of it in the future requires training in righteousness.
- This step uses God’s proven principle of “putting off the old ways” and “putting on new ones.”

E. Be Careful--What you allow to enter into your mind

1. Replace fantasy with reality
2. Replace leisure with activities
3. Replace bad friends with good friends
4. Replace bad reading with good reading
5. Replace bad thoughts with good thoughts
6. Replace idleness with outreach

- ii. The examples of godly men Titus 2:11
-13
- b. Faith Hebrews 11:6
 - i. Believe God can forgive sin. I Corinthians 6:11
 - ii. Trust Him to give victory I Corinthians 10:13
- c. Love - as seen in I Corinthians 13:4-8
 - i. Winning the lost
 - ii. Discipling new converts
- d. Peace - having freedom from guilt. Acts 24:16
- e. Godliness - determine to think God's thoughts. Colossians 3:1-4
- f. Patience - endurance that does not quit. II Timothy 3:14
- g. Meekness - a gentle spirit, a servant's heart. Philippians 2:3-11

III. The Practical--Giving proper instructions

- A. Be Wise
 - 1. Are you ready to date?
 - a. Know the dangers and benefits of dating
 - b. Write your dating standards
 - c. Promise God you will live by these standards (with accountability)
 - 2. Are you interested in spiritual growth?
- B. Be Consistent
 - 1. With no double standards
 - 2. With associations
 - 3. With industriousness
- C. Be Communicative
 - 1. With parents
 - 2. By nonverbal as well as verbal communication
- D. Be Organized
 - 1. Have specific activities planned
 - 2. Stay with the group--never be along for long periods of time
 - 3. Do not take each other for granted

TEACHING (DOCTRINE)

“Here’s what is right!”

- The Bible is the One Standard for what is right and pleasing to God.
- The Bible is the Standard by which our love for God and others is measured.
- I understand what God says, and He is right!”
- When God is finished with us, we will look like His Son, Jesus Christ. God’s Word is the complete record of Him. The Ten Commandments? He did them perfectly. I Corinthians 13? That’s the way He always is.
- When thinking about God’s standard, the Bible, here are three things to keep in mind:
 1. I have been ordered by God to accept His standard.
 2. His standards are unaffected by my sin and my reasoning.
 3. I would never have accepted these standards on my own, but because I have been transformed by His Holy Spirit, I am willing.
- We need the willingness and the ability to say, “I will do whatever God says.” God will provide the grace to do both!
- To start off counseling rightly, both the counselor and camper must be saying, “The Bible is the standard, and I will do what it says.”
- No other priority can come close to the one of “pleasing God by obeying His standard.”
- Even a good priority becomes a bad priority when it becomes more important than the best priority!
- Pleasing God by doing what He says is the best priority.
- Counseling without the Scriptures is not Christian counseling.
- Does your camper understand what God says? Does he believe He is right?

CONVICT (REPROOF)

“Here’s what is wrong!”

- Conviction is the second step in the process of change because conviction follows an awareness of God’s requirements.
- There is a need to bring the camper to the acknowledgment of his failure to meet the standards (teachings) of God’s Word.
- The Bible convicts me when I am wrong. “According to what God says, I am wrong.”
- God shows concern enough to convict, to go to the trouble of arguing the case and convincing us of our wrong.
- We should never attempt to change a camper’s behavior without first seeking change in his relationship with God.
- The English word conviction is commonly used in three ways:
 1. “a personal belief” i.e. “He has a strong conviction that this is right.”
 2. “an uncomfortable sense of guilt before God or others” i.e. “He is under deep conviction about his sin.”
 3. “proving that charges made against someone are true” i.e. The counselor uses God’s Word to convict a camper about his sin.
- An objective judgment usually leads to a subjective judgment. (Definition #3 usually leads to Definition #2.) See Mark 2:17.
- Conviction means bringing facts to bear upon a case so as to prove someone guilty of a sin.
- Any label or terminology that denies or minimizes that sin is the breaking of God’s law will also fail to bring conviction to the camper (i.e. emotional problems, rejection, bad self image, dysfunctional family or “I’m-just-a-victim” themes).
- If there is no “sin,” there can be no “forgiveness.”
- Deal with the fact of guilt, not just the feeling of guilt.
- There is a modern tendency to shift blame onto others or circumstances. This is the “victim theme.” People simply don’t repent over being wronged by God and others.
- God does not ask us to tally the emotional responses that accompany conviction; He tells us to look for the fruit of repentance in a changed lifestyle. Emotion is good as long as it is a genuine expression of sorrow, but never give the idea that emotionalism is the objective.

holiness. He therefore that despiseth, despiseth not man, but God, who bath also given unto us his Holy Spirit.”

1. What is God’s will about our sexual purity?
 2. What does it mean to defraud a person?
 - a. “To cheat him out of what is rightfully his.”
 - b. Sexual defrauding is arousing sexual desires that cannot be righteously satisfied, thus, cheating a person of his virginity and purity.
- I. Romans 13:13,14 - “Let us walk honestly, as in the day; not in rioting and drunkenness, not in chambering and wantonness, not in strife and envying. But put ye on the Lord Jesus Christ, and make not provision for the flesh, to fulfill the lusts thereof.”
- II Timothy 2:22 - “Flee also youthful lusts, but follow righteousness, faith, love, peace, with them that call on the Lord out of a pure heart.”
- I Timothy 6:11 - “But thou, O man of God, flee these things; and follow after righteousness, godliness, faith, love, patience, meekness.”
- 1. What must I put off (flee)?**
 - a. Wicked literature - Psalms 101:3
 - b. Suggestive TV programs, movies, and videos
Psalms 101:3
 - i. You waste your life.
 - ii. You defile your mind. Matt. 15:18-2
 - c. Obvious temptations
 - i. Sensual dress I Thessalonians 5:22
 - ii. Parties, dances, smoking, drugs, drinking I Corinthians 6:19,20;
Ephesians 5:18
 - d. Flesh-oriented music II Cor. 6:14; Eph. 5:19
 - e. Going steady
 - i. Limits your social contacts. I Thes 5:15
 - ii. Allows you to take each other for granted which tends to produce an “I own you” attitude.
 - 2. What must I put on (follow)?**
 - a. Righteousness I Thessalonians 5:15
 - i. The Word of God II Timothy 3:16

- ii. Conclusion: It only remains good when it is used in the framework and limitations of God's physical and moral laws.

G. Hebrews 13:4 - "Marriage is honorable in all, and the bed undefiled: but whoremongers and adulterers God will judge."

1. How does one honor marriage?
 - a. He saves himself for the person he marries.
 - b. He views marriage as a sacred and special place of privilege.
 - c. He keeps the line between the married and unmarried state distinct.
 - i. Unmarried:
 - He looks forward to the relationship.
 - Sexual involvement is forbidden.
 - One + one = two.
 - He wonders about it.
 - ii. Married:
 - Sexual privileges are yours.
 - You can participate.
 - One + one = one.
 - You know about it.

2. How will God act toward sexual impurity?

- a. Hebrews 13:4b - "God will judge.
- b. You cannot "play now without paying later."

H. I Thessalonians 4:3-8 - (KJV) - "For this is the will of God, even your sanctification, that ye should abstain from fornication: that every one of you should know how to possess his vessel in sanctification and honour; not in the lust of concupiscence, even as the Gentiles which know not God: that no man go beyond and defraud his brother in any matter: because that the Lord is the avenger of all such, as we also know forewarned you and testified. For God hath not called us unto uncleanness, but unto

CORRECT (CORRECTION)

"Here's how to get what's wrong, right!"

- "I want all of this wrong corrected for good!"
- Correction = "standing something up" or "making something to stand again"
- Conviction is not a pleasant task for a counselor. However, the Word of God also has the power to correct that which has gone wrong. It can set back up what has been knocked down.
- Unlike people who are frank and honest only when speaking about someone behind his back, a Christian counselor must lovingly speak the truth to his camper's face in order to bring correction.
- The camper who has sinned needs to repent. Repentance is a change of mind about one's beliefs, attitudes and behavior that involves regret about sin and issues in a change of lifestyle as outward evidence of a desire to be different. It encompasses the following:
 1. Confessing sin to God and to others (the outward expression of godly regret).
 - Confession = "to say the same thing"
 - Confession is acknowledging my guilt by telling another (God first) that I have committed the wrong for which I have been accused.
 - Confession is not a ploy to "get a sense of guilt off my chest." It is specific, and the idea is to seek God's forgiveness and get reconciliation.
 2. Seeking forgiveness (the first step taken to remedy the situation).
 - When we confess, we are seeking God's forgiveness.
 - Giving forgiveness for sin is God's business on the basis of Christ having paid the debt for our sin on the cross.
 - The world substitutes "apology" for forgiveness. A mere apology doesn't accomplish reconciliation because it does not request forgiveness that can close the matter.

- A request for forgiveness elicits a promise from the offended party to remember the offense no more and thus not raise it to him, to others or to himself. The matter is closed.

3. Forsaking the sinful way (the next step to remedy the situation).

- To forsake sin means “to let go of.”
- To forsake is the same idea in the New Testament as the term “putting off.”
- Putting off sin is abandoning, quitting, forsaking, or letting go of it.
- Putting off sin includes:
 1. a willingness to say “no” to selfish desires.
 2. an actual breaking with the past practice, situation or persons involved with a sin--possibly radical amputation.
 3. setting up a structure that will make it hard to fall into the same sin again.
- A repentant camper will not want to just abandon sinful practices but will want to adopt godly practices into his life. (Luke 3:7-8, 10-14)
- In correction, God is picking us up, brushing us off, turning us around, and giving us a shove in the right direction by the Scriptures ministered in the power of the Spirit.

1. What is God’s attitude toward homosexuality (sodomy)?

- a. God destroyed two cities in the Old Testament, and His attitude has not since changed.
- b. “God gave them over to reprobate minds.” - Romans 1:27,28

- F. Galatians 6:7,8 - “Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap. For he that soweth to his flesh shall of the flesh reap corruption; but he that soweth to the Spirit shall of the Spirit reap life everlasting.” -

The Law of Sowing and Reaping

1. What are the consequences of sexual impurity?
 - a. **To man:** guilt, shame, loss of self-esteem (see Proverbs 6:32,33), psychological and emotional problems, unhappiness and scars (VD, pregnancies, etc.)
 - b. **To our relationships:**
 - i. The Holy Spirit is grieved. Ephesians 4:30
 - ii. Fellowship with God and His Son is broken Isaiah 59:1,2
 - iii. Trusting loved ones are cheated. I Thessalonians 4:6
 - iv. Companions in sin are hurt. I Corinthians 15:33
 - v. The body is made an instrument of unrighteousness. -Romans 6:12,13
 - vi. The spirit is defiled.
 - c. “If you don’t like the consequences, avoid the action.”
 - d. How can a good gift like sex reap harm?
 - i. Consider:
 - Is food a good gift? What about gluttony?
 - Is water a good gift? What about floods?
 - Is fire a good gift? What about burns?

HOW TO TEACH BIBLICAL STANDARDS OF PURITY (For Senior Week)

I. The Premise--Finding the point of agreement

- A. The Bible is the final authority for doctrine and practice.
- B. God is holy and cannot violate His holiness.
- C. Man is sinful and will violate God's holiness.
- D. God ordained marriage and sex.

II. The Program--Confronting with questions

- A. Timothy 5:22 - "Keep thyself pure."
 1. What should my goal be for my body?
 2. How do I keep pure?
 - a. Philippians 1:8 - "Whatsoever things are.....pure.....think on these things."
 - b. Proverbs 23:7 - "As a man thinketh in his heart, so is he."
 - c. Impure thoughts lead to impure actions.
 - d. Suggestions:
 - i. Keep yourself active.
 - ii. On dates, stay with others.
- B. Exodus 20:14 - "Thou shalt not commit adultery."
- C. Matthew 5:28 - "Whosoever looketh upon a woman to lust after her hath committed adultery already with her in his heart."
 1. What is God's command about sexual purity?
 2. God forbids all forms of sexual impurity including "looking for the purpose of lusting."
- D. I Corinthians 6:18 - "Flee fornication."
 1. What should my attitude be about sexual temptation?
 2. Example - Joseph in Genesis 39:2-12
- E. I Corinthians 6:9,10 - "Know ye not that the unrighteous shall not inherit the kingdom of God? Be not deceived: neither fornicators, nor idolaters, nor adulterers, nor effeminate, nor abusers of themselves with mankind, nor thieves, nor covetous, nor drunkards, nor revilers, nor extortioners, shall inherit the kingdom of God."

TRAIN (INSTRUCTION IN RIGHTEOUSNESS) "How to keep what is right, right!"

- Instruction in Righteousness means "training which aims at increasing virtue."
- This step is used to avert one of the most disheartening burdens a Christian can bear--the burden of continual, discouraging failure.
- Change is not completed until this fourth step is completed or at least well on the way.
- Instruction in righteousness means we are not just putting off the old ways, but there is an equal and opposite, positive effort to put on new godly ways in the place of the old ones which are discarded. (Ephesians 4:14-24, Colossians 3:5-14)
- Putting off old thoughts, habits and actions can hardly be separated from putting on new ones. Nature abhors a vacuum. When you put off some action or habit, you can't wait around before putting a new one on. We've got to abandon the old and adopt the new!
- In this step we need a practical, working knowledge of the Word, plus creativity.
- The Word of God is like a "survival guide." It has found me trapped in Satan's territory in a certain area of my life. I am in a strange country (sin) where I ought not be, and I am imprisoned there. My guide must show me how to get out of my bonds, how to decide which things I am carrying are just extra baggage and will get me recaptured, how to choose the path leading in the right direction, how to avoid the pitfalls and dangers while I am trying to leave, how to make it back to freedom, and how to stay away from the border of sin again.
- Perhaps you have seen pictures with the caption "What's wrong with this picture?" There will be objects or people in the picture, which shouldn't be there but are. On the other hand, several objects or people are not in the picture, but should be. When we are involved in helping campers "put off" or "put on," we are doing something similar. What people and things are appearing in our camper's lives that do not glorify God? Those things must be "put off"! What people and things are missing from the picture that will glorify God? These should be "put on."

THREE KEY COUNSELING QUESTIONS

1. What is the truth?

- Do I know the truth? (John 17:17)
- Does he know the real truth?

2. What do I value?

- What do I really treasure? (Luke 6:45-46)
- Am I willing to please God whatever it takes?
- Do I treasure the world'? (1 John 2:15-17)

Lust of the flesh

Pleasure = gratification of senses/to get delight

Passion = intense emotional drive

Lust of the eyes

Possessions = to own or control a thing

Pride of life

Position = where I am placed in relation to others

Power = the ability to control others; to get my way with others

Prestige = the power (ability) to impress or influence

Popularity = liked by very many or most

Praise of men = to receive the high opinion of

Note: People will change what they know in order to get what they want.

3. How should I live?

- What should my *actions* be?
- I will act in accords with what I treasure.

When possible, have other team members present when supervising showers, changing into swimming suits or other circumstances in which the child may be dressing or undressing. Respect the privacy of the child. Do not become intrusive or curious more than is necessary to monitor the health and safety of the child.

When on a one-on-one, only take the child to an area where others can see you. Take caution in your physical contact with your campers. Each child has the right to reject displays of affection if he or she feels uncomfortable about them. Not every child comes from a background in which affection is openly displayed. Follow the set procedure for discipline to avoid actions that could be considered abuse.

Note: *Sexual exploitation should not be confused with the physical contacts that are true expressions of affection. A warm and healthy relationship can and is encouraged to exist between the camper and ministry team members if team members respect the child and place reasonable limits on their physical interaction.*

Our Response — Counseling Abused Campers

~Excerpts from "Camping Guideposts" By Lloyd Mattson, Moody Press)

Abused campers have a difficult time unburdening. Their trust has been betrayed and damaged in all people, even those who have no involvement in their past or current abuse situations. It is absolutely crucial for you to not violate trust with your camper. **Below are a few obstacles that a camper may have to conquer before they are willing to open up to you.**

- Fear of loss of status in the counselors eyes
- A dread of others finding out
- A belief that their situation is peculiar to themselves (abnormal)
- Guilt - a feeling that they are the cause of the situation, that they are the problem
- A sense of "hopeless weakness" - having tried to solve their situation before and failed, leading to feelings of weakness, failure, inadequacy and guilt

- **Do not** betray their trust in you. You can not promise to not tell anyone. **You are required to report any information of abuse to the Medical Director or camp nurse.** Instead of promising, say that you will only share with appropriate adults about what has happened, and that you will do all you can to protect and support them.
- **Do** encourage the camper to tell the Medical Director or camp nurse personally. Take caution that this information goes **ONLY** to the Medical Director or camp nurse.
- **Do** respect the child's privacy. It is vital that you maintain confidentiality and discuss the situation only with the Medical Director and camp nurse. It should not be the topic of conversation with the ministry team. All team members will be informed of the appropriate details only when or if it is necessary. Camp is a hard place to keep information confidential. Your campers should never have to pay the price of your indiscretion.
- **Do** avoid repeated interviews about the incident. This can be very stressful for the child, and will confuse them and their emotions.

There are several situations that require immediate attention and action:

1. A camper who indicates, through behaviors or statements that he/she was abused or sexually molested prior to coming to camp.
2. A camper who claims that he or she was physically abused or sexually molested while at camp
3. A volunteer ministry team member who may have been sexually abused at home or at camp.

Precautions to Take

As a camp counselor with the responsibility of caring for children, you may be placed in sensitive situations, making you vulnerable to charge of child molestation. Child abuse is a serious criminal offense, not to mention devastating to your ministry. If you take these simple precautions, however, you need not be afraid of groundless accusations.

THE COUNSELOR AND HIS QUESTIONS

Why should a counselor question?

- Because it builds relationships and gives common ground
- Because it is a main source of information gathering
- Because we are not able to read thoughts and motives
- Because Christ, the Wonderful Counselor, used them consistently
- Because understanding a person's actions and motivation is key to exposing sin and moving into correction and training

What is a counselor looking to discover?

- thoughts
- feelings (emotions)
- behavior
- attitudes
- the ruling motives (who or what is valued)
- actions/ words

What is a counselor not looking for?

- Every problem in the person's life
- Other people's faults played over and over

What kind of questions are useful?

1. "Get-Acquainted" Questions

Visiting, relationship builders, "common ground" finders, looking for spirit and outlook on life, helps determine how they wish to have fun, shows various attitudes

- What's your name?
- How was the trip?
- How many hours?
- What do you enjoy most?
- How many are in your youth group?
- How many come to youth meetings?
- Got any brothers or sisters?
- How did you get the money to come to camp?
- What church did you come with?

- How long have you gone to this church?
- What are your hobbies?
- What do you most look forward to?
- Have you been to Camp Northwest before?
- Who was your counselor?

2. X-Ray Questions (to find out “What do I treasure?”)

Searching, “Why?” questions, framed concretely as “What questions, seeks “Who or what is your god?” Timing is critical, not always questions that you ask directly. Different ways of formulating these motivational questions will ring the bell of different people.

- What do you want, desire and wish for?
- What would make you happy, right now?
- What do you feel like doing? Do you want what you want, or do you want what God wants in your life?
- If one thing would happen that would take away a lot of your frustration, what would it be?
- When and where do you feel most pressured and tense?
- When and where do you feel most relaxed and free?
- In the morning, what is the first thing your mind goes to normally? What is the thing you can’t wait to do?
- During the day, what do you think about or dream about?
- When you think about your rights, which one always gets trampled and shoved aside?
- In this situation, did God give you orders or permission to say or do that? Or, did the permission come from somewhere else?
- In your opinion, which one of your friends or acquaintances “has it made?” How?
- Who must you please? Whose opinion of you counts most?
- From whom do you most love to get approval? From whom do you most fear rejection?
- How do you define success in this situation?
- What would make you feel rich, secure, and prosperous?
- What or whom do you trust?

Dealing with Abuse

The following information is provided for the protection of both our campers and our ministry team members. Guidelines have been established to help avoid situations which could lead to allegations of abuse and to help personnel detect possible problems. A background check will be done on all staff attending Camp. All potential counselors for Camp Northwest MUST be approved by the current Pastor of their church. A private interview must take place first with the Pastor. The counselor will be asked a few questions about their lifestyle and conduct toward children and/or teenagers. If the questions are answered to the pastor’s satisfaction, then he may sign the Staff Application form for the counselor.

Child abuse is a complex health and social problem. It is non-accidental, and may take several forms such as physical abuse, sexual abuse or exploitation, or neglect. These situations may be the result of either commission (something that is DONE to the child) or omission (something that is NOT done to the child). Abuse may be perpetrated upon a child by almost anyone but is commonly by the parent, guardian, or anyone who comes in contact with the child. There is no “typical” child abuser. We cannot deny the possible presence of abuse, nor can we deny our responsibility to report suspected abuse to the proper authorities.

What To Do In The Case of Abuse

At some point, your camper may tell you that someone has abused or molested them. This may have occurred at home or at camp. Or possibly you suspect that your camper has been abused due to suspicious behavior or physical evidence. If this happens, we want you to be prepared to help the child.

Follow the guidelines below if a child indicates that he or she may have been the victim of abuse or exploitation.

- Don’t force or coerce a camper to share about suspected abuse. It is vital that the camper is the one volunteering the information without coaching, no matter how strong your suspicion is.
- Don’t panic or overreact to the information disclosed by the child.
- Don’t ever criticize the child or claim that the child misunderstood what happened.
- Do give a reaction of acceptance. Let your camper know that you are glad they told.

Homesickness Policy

If you should have a camper that does get homesick, below is our policy to help all involved have the best time at camp.

1. When the camper gets homesick, try to keep them *involved* and follow the other suggestions above. Give them lots of attention. Don't ever promise that they can call home. There is no "trick" to curing homesickness.
2. If your camper continues to be homesick longer than one day and night, talk to your Team Leader.
3. Your Head Counselor will contact the parents by phone and inform them of the situation. It is then the decision of the parent as to what course of action to be taken. Only if a parent asks to speak on the phone with their camper will they be allowed the use of the phone.
4. The Team Leader will then speak with the camper and let them know what the parents have decided. Most campers will then be fine for the rest of the week.

Occasionally, we do have a camper go home early due to homesickness. It is our aim to make the most of our week at camp the most profitable and impacting for all who attend. A persistent homesick camper can ruin that experience for the rest of the cabin group. Make sure that the rest of your cabin gets enough attention despite the needs of a homesick camper.

- Was there a period of time when it seemed God forgot about you? When was it?
- What seems particularly hard or unfair about your not being able to do (or continue to do) this thing any longer?
- Why is this temptation so hard for you to overcome?
- What is the hardest thing that will happen when you go back home and do what God says is right?

3. Specific Questions - Specific Areas

Helps gain a clearer picture in a specific part of life, gives information to plan Put off/Put on projects, may uncover further problem areas that God wants to change.

Area #1: Salvation, assurance of salvation

- What does a person need to do to be saved?
- Do you know what the term "born again" means?
- Tell me about the time you were saved.
- What are the Bible reasons why you believe you are saved?
- Have you ever doubted your salvation? Very seriously? Very often?
- When did the doubts begin? Did something happen around that time'?
- Are you willing to face eternity in the next few moments with the hope you have now?
- Tell me how you know you are saved.
- What are some things you know a Christian chooses to do? Chooses not to do?

Area #2: Family, authority

- Who are you closest to - your mom or your dad? Why do you think that is?
- Are your parents saved?
- Is everyone treated fairly at home? Who isn't? Is anyone favored? Who?
- How would you describe your parents? (strict, easy-going, in between)
- Does your family do things together?
- What do you like most about your dad/mom? least?
- What one thing would you change that would make your home happier?
- Has anyone ever said, "You're just like your mother/father"? Does that make you sad or happy? Why?
- What do you do (or not do) that "bugs" your mom the most? your dad the most?
- Does anybody "get away" with things in your home? Who? What do they do? What's the one thing in your home that makes you happiest? saddest? most angry?

Area #3: Friends

- Who are your three closest friends? What's neat about them?
- Would you say they have a definite positive influence on you in your Christian life? What do they do that brings you closer to Christ?
- What do they do that leads you farther away from Christ?
- Do your friends get along with their parents?
- Do you discuss spiritual things with your friends? How often?
- Which friend would you like to be like? Why?
- What is the hardest thing you face with your friends?
- To whom do you go when you are in real trouble?
- To whom do you go when you are really hurting?

Area #4: Bitterness/Forgiveness

- Have you ever been hurt very deeply? What happened? What is your relation with this person right now?
- Who would you least like to be like? Why?
- Do you find it easy or hard to forgive someone who does you wrong?
- Has anyone ever asked your forgiveness? How did you respond?
- Did you ever lose something or someone very dear to you?
- When? How have you responded to that?
- What have you wanted more than anything that you have never gotten?
- Have you ever considered suicide? When? What had just happened?
- How do you ask someone's forgiveness when you've done him/ her wrong?
- When was the last time you asked someone's forgiveness? What had happened?'
- If you wrong someone and you ask God's forgiveness, do you believe you need to ask their forgiveness, too?

Area #6: Bible/Church/School

- What is your favorite book in the Bible? Why?
- Do you understand the Bible when you read it?
- Do you read your Bible regularly? What does it do for you?
- What have you gotten from your devotions lately?
- What Bible character would you most like to be like?
- When was the last time you had a problem and the Bible showed you what to do about it?

Homesick Campers

Homesickness. The dread of all counselors is a homesick camper. What to do? Nothing will solve the situation of a homesick camper short of a miracle. The following is a few suggestions to help keep homesickness away.

- Pay strict attention to the basic needs of a camper. If a camper feels that his/her needs for belonging are being met, the tendency to get homesick will lessen.
- Offer comfort and concern for the things important to him/her. Your camper needs to feel that they have worth in your eyes.
- Don't discourage thoughts of home. Validate the things that are of importance in his/her life. Listen and ask questions about home, pets, family, and friends.
- Keep that camper busy. Keep them involved in the activities. Keep an eye out for campers that sit out of activities..., feeling sorry for oneself is the quickest way to get to a bad batch of homesickness.
- At night time, it helps to let each camper know that you care for them. Whether that be simply saying "good night" to each camper by name, or walking around the cabin to "tuck in" or pray with each one, let them feel that you are there for them.

- K. The discipline should follow the offense as soon as possible.
- L. Determine whether action is willful or carelessness (maybe just a word of caution needed).
- M. Always pray with camper and get involved with him after disciplinary action. (The discipline should be the result of his action, not the, anger or frustration of the counselor.)

V. Situations requiring discipline

- A. Talking after lights out.
- B. Lacks participation.
- C. Rebellion to authority such as counselors or other staff.
- D. "Cutting up" in services, God and I Time, etc.
- E. Always being late.
- F. Suspected of stealing or destroying property.
- G. Being a bully.
- H. Being off camp property.

All campers should be willing to submit to rules. However, this is not always the case. Unruly or disobedient behavior will not be tolerated. **The following are some suggestions for methods of discipline:**

- Push-ups/Sit-ups
- Swim Time Rescinded
- Snack Time Privileges Rescinded
- Bathroom Cleaning Duty
- Kitchen Cleaning Duty

Please use discernment and if you cannot bring a camper in line with the rules, check with your Team Leader first. Then, if it can not be resolved, go to a director.

- What church do you attend? for how long?
- How often do you go? Do your parents go?
- Where do you normally sit? With whom?
- If you could change one thing about your church, what would it be?
- What do you think of your pastor? Youth pastor?
- What do you like most about your church?
- What is the best part of going to church?
- What school do you attend? for how long?
- If public school, would you like to attend a Christian school? Why?
- If Christian school, would you like to attend a public school? Why?
- What is your opinion of the rules of your school?
- Would you change them? How?
- Is everyone treated fairly within the rules?
- What teacher or administrator do you most admire?
- What do you like most about your school?
- What do you like least about your school?
- What is the hardest thing you face at school?

Area #7: View of God

- If the Lord were to come in here today and invite you to ask any question on your mind about what has happened in the past or what might happen in the future, what would you ask'?
- Do you believe God loves you? Have you ever doubted it?
- When? What happened'?
- Tell me some of the things you know about God.
- Imagine the face of God. What would be the expression on His face most of the time when He watches you? (pleasure, anger, concern, sadness, love)
- What do you know about God that gives you the most help when you think about it?
- Can you trust God? Why or why not?
- When someone says God is your heavenly Father, what does that bring to your mind'?

Area #8: Temporal Values/Goals

- If you could meet one person in the world, who would it be? Why?
- Who is your favorite artist--the one you would really rather listen to or watch?
- What are your favorite TV shows? How much TV do you watch per week?
- Are you on some type of cable? Do you have a VCR? Do you have satellite?
- What is your life's ambition?
- How do you classify the way you like to dress?
- Whom would you like to trade places with?
- When are you the happiest? the saddest?
- What one thing could you do or change that would make you more accepted by more people?
- What would you like to do when you get out of high school and/or college?

IV. Principles of Discipline

- A. Appeal to the spiritual aspect first - What would God want?
- B. Appeal to the social aspect - Why do you suppose that is wrong?
OR, If you were me, what would you do?
- C. Give proper instruction
 1. Set limits - it gives security. They will try them.
 2. Show no insecurity
 3. Make sure camper knows you are on his side
 4. Settle matter of who is in control
 - a. "Meekness is strength under control."
 - b. Campers think it is fun to get you upset.
 - c. Firmness is not measured by loudness.
- D. When you lose control, don't let your anger or frustration control the situation; make a referral.
- E. Learn and use their names from the start. Show you care by special attention to each one.
- F. Use praise and a positive attitude ("You can do it.")
- G. Ask them to do, not "boss" them into it.
- H. Do not use ridicule, sarcasm, or negative jesting.
- I. Ask questions when they do wrong.
 1. Question
 - a. What did you do? (or not do?)
 - b. Was it right?
 - c. What should you have done?
 - d. What will you do next time?
 2. Purpose
 - a. They take responsibility
 - b. They admit guilt
 - c. They ask God's forgiveness
 - d. They make it right with others
- J. Ignore actions that are simply to attract attention and are not detrimental.

- B. Natural Consequence - UNACCEPTABLE WHEN PHYSICAL SAFETY IS INVOLVED
1. Many times peers can handle this by showing rejection or disdain
 2. A good counselor tool when a choice has to be made (not on time to meal, no food)
 3. Show camper in a one-to-one counseling situation the result of his choices and actions

C. Isolation

1. From friends, primarily, or activities if necessary
2. Must consider the person - not good for the "loner" -he'd like that.

Why do campers misbehave?

- a. Trying to satisfy needs
- b. Trying to demonstrate their power
- c. Trying to get even (real or imagined)
- d. Trying to demonstrate their inadequacy (crying for help)
3. Keep them on the scene; do not send to cabin
4. Place with counselor for a period of time - then reevaluate

D. Disapproval

1. Of action, not the person
2. Can be nonverbal - Ex.: stern looks or hurt look
3. Get the leader on your side

E. Deprivation - last resort

1. Only when it is meaningful to camper
2. Involves only the offender, not all the innocent campers

HELPFUL HINTS FOR COUNSELING

- **DO use your Bible** (Rom 10:17) ... Don't present your own ideas.
- **DO use the Bible as a sword** (Eph 6:17) ... Don't use it as a club.
- **DO encourage response** ... Don't force a decision.
- **DO ask questions** ... Don't take anything for granted.
- **DO be a good listener** ... Don't do all the talking. (Pray 18:13)
- **DO be polite** ... Don't argue (II Tim 2:24)
- **DO be positive** and show what they gain through Christ ... Don't overemphasize the negative.
- **DO be interested in them** ... Don't pry into their affairs.
- **DO be friendly** ... Don't be familiar.
- **DO be considerate** ... Don't take too much time.
- **DO speak as an equal** and identify with the camper ... Don't preach.
- **DO be kind** ... Don't run down another's faith or Denomination.
- **DO be brief and simple** ... Don't try to give them a full Bible course.
- **DO keep faith with the camper** ... Don't betray his/her confidence.
- **DO speak the truth** ... Don't just tell them what they want to hear.
- **DO share with them yourself**...He has been equipping you for this (2 Cor. 1:3-4)
- **DO LOVE THEM**...with all of yourself (1 Thess. 2:8)

Biblical Answers for statements made by those with whom you are sharing the Gospel.

- I DON'T BELIEVE THE BIBLE
II Tim. 3:16; II Pet. 1:21 - If a person will not believe the Bible, he or she will not be saved. Lk. 16:31 Keep on using the Word of God and give them a Holy Scripture tract. Heb. 4:12; Rom. 10:17
- I DON'T THINK JESUS IS GOD
This is a Key doctrine that a person must believe to be saved. John 1:1-3; 10:31; 20:28; Heb. 1:3, 8
- I THINK THERE ARE OTHER WAYS TO HEAVEN
John 14:6; Acts 4:12; Eph. 2:8,9
- I CAN'T UNDERSTAND THE BIBLE
Salvation first and then the Holy Spirit will illuminate. I Cor. 2:14; II Cor. 5:7; Col. 3:16
- I THINK IT SOUNDS TOO EASY
Faith and trust in God's Way is the answer. Isa. 55:8,9; I Cor. 1:18; Acts 16:31
- IM NOT AS BAD AS OTHER PEOPLE
The sinner must see himself as God sees him. One sin sends the sinner to hell! Each person is born with a sin nature. Rom. 3:10,23; Jer. 17:9; Isa. 64:6
- I DON'T THINK GOD WILL CONDEMN ME
God must judge sin and a payment must be made. John 3:18,36; Heb. 9:27
- IM KEEPING THE LAWS OF GOD SO THAT IS GOOD ENOUGH
The Law reveals our sinfulness and brings us to Christ. Rom. 3:20; James 2:10
- I'M DOING THE BEST THAT I CAN
A sinner can DO nothing to save himself. Eph. 2:8,9; Isa. 64:6

DISCIPLINE

I. Definition of Discipline

- A. Webster's Dictionary
 1. root word - teaching, learning
 2. training that corrects, molds, or perfects the mental faculties or moral character
- B. The efforts of a counselor to teach, control, and remedy the actions of campers toward their best all-around development
 1. teach - clarify boundaries
 2. control - clarify results of breaking boundaries
 3. remedy - clarify actions to be taken when boundaries broken

II. Goals of Discipline

- A. To insure physical safety - Ex.: We will stay together on hike so that no one gets lost.
- B. To develop social graces - Ex.: Learn how to sacrifice personal desires for common cause.
- C. To provide mental stimulation - Ex.: What will be the results of your action if allowed to carry out your plan?
- D. To teach spiritual truths - Ex.: What would Jesus do?

III. Five Types of Discipline

- A. Corporal Punishment - **NOT ACCEPTABLE AT ANY TIME**
 1. "big stick" method (lording it over camper)
 2. idle threats
 - a. Need to always carry out a threat
 - b. Never threaten beyond your power to enforce
 3. Usually comes from frustration, anger, immaturity, and plain carnality
 4. To "put the fear in them" - never involve physical fear or harmful activity

Things not to Do!

- Speaking or using words that are meaningless to non-Christians. Terms like “salvation”, “saved”, “born again”, and “conversion” need to be defined, if being used.
- Speaking as though you are better than or above a lost person. It is only by God’s grace and mercy that any of us are saved.

Evaluating Your Testimony

- How does my testimony express my experience of God’s faithfulness to me?
- How does time my testimony express assurance that I have eternal life?
- Does my testimony have too much content, dealing with non-essentials?
- What positive benefits have I emphasized in my testimony?

God’s love

God’s forgiveness

Fulfillment

Peace of mind

Membership in God’s family

New perspective on life

Freedom from fear of death

Assurance of eternal life

Purpose of living

Freedom from fear of others

God’s counsel from His Word

Inner strength

Friendliness of other believers

Witnessing

Sense of belonging

Understanding for others

Fruit of the Spirit

Freedom from self

- Have I avoided or explained religious terms that would not be understood by non-Christians.
- Is my testimony so simple and clear that a non-Christian would be able to receive Christ as a result of hearing it?
- Have I been honest, or does my testimony since receiving Christ sound so problem free that it appears to be unreal.

- **IM TOO BAD**
God can and will save anyone who believes and receives. Jesus died for ALL sin. I Tim. 1:15,16; Heb. 7:25; Isa. 1:18
- **IM NOT SURE THE LORD WILL ACCEPT ME**
The Lord loves and cares about every sinner. John 6:37; Matt. 11:28; II Pet. 3:9
- **I’LL HAVE TO GIVE UP TOO MUCH**
God only wants the best for His children. Matt. 6:19-21,33; 16:26; Lk. 8:29,30
- **I CAN’T GIVE UP MY OLD WAYS**
God changes the sinner from the inside - out. Heart first - Actions will follow. Matt. 11:28-30; II Cor. 5:17
- **I’M AFRAID I CAN’T LIVE FOR CHRIST**
God’s Holy Spirit will empower. Phil. 1:6; 4:13
- **I’LL TAKE MY CHANCES AND GET SAVED LATER**
Persuade, but do not force them to pray. Heb. 9:27; 10:31; Rev. 20:11-15
- **I’M NOT READY**
OK, pray with and for them before you leave the altar. James 4:14; II Cor. 6:2; Prov. 27:1

Cool Down

The cool down should take place every night after chapel. Counselors should encourage campers to participate in a short devotional period before lights out. Bibles should be open and campers should turn their attention to their counselors. This time should be **at least 5 minutes long and should not exceed 15 minutes.**

It might include:

- telling about salvation experience / personal testimony
- discussion of thoughts from an earlier Bible reading
- discussion of daily events and sermons
- explanation of day's memory verses
- special prayer requests may be made, and so forth.

At least one devotional should be salvation oriented.

Preparing A Personal Testimony

Any subject matter can be presented more effectively by careful organization. A carefully prepared testimony, given in the power and direction of the Holy Spirit, can be of immediate and effective use in nearly every witnessing situation. **A carefully and intelligently worded three-minute testimony will communicate far more than a prolonged one that contains a lot of extraneous material which will distract from, rather than emphasize, the point of personal commitment to Christ, and what this can mean in a person's life.**

Things TO Do

1. Ask the Lord to give you wisdom and guidance as you write. (James 1:5,6)
2. Follow a three-point outline: "My life with Christ"
 - a. Life before knowing Christ.
 - b. How you came to know Christ (be specific).
 - c. Life after you received Christ (changes He has made, what He means to you now).
3. Emphasize point "c" above, if you became a Christian as a small child.
4. Write in such a way that others will feel associated with you in past and present experiences and give enough detail to arouse interest.
5. Use at least one, but at the most two, Scripture verses.
6. Choose something characteristic of your experience that is of general interest to non-Christians. Build your testimony around a theme, for example, success, dreams of the future, God's personal plan for me, desire to help others, etc.
7. Emphasize the fact that the thing that made the difference in your life was accepting Christ as Savior and making Him Lord and Master of your life. Keep in mind that someone else should be able to trust the Lord through your testimony. Tell how He entered your life.
8. Remember the same Christ lives in you, whether you trusted Him early or later in life. Do not be concerned that your testimony be exciting, just that it be interesting.
9. Be realistic. Christ does not eliminate all the problems of life, but enables you to live them out with peace and confidence. "I am with you always".