

SPIRITUAL ENRICHMENT PROGRAM



SEP 2005

# *Extreme Makeover*

*Standard Curriculum Guidebook*

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# Introduction to Camp Teaching Curriculum

## *Extreme Makeover*

The 2005 SEP camp standard curriculum bears the title, “Extreme Makeover” and consists of five chapel messages and outlines for two workshops. Skit 1 and the FIX Workshop are from a series authored by Doug Fields (Youth Pastor at Saddleback Church). His material was purchased to be used as presented in this curriculum. The balance of the curriculum and skits were authored by Greg Williams with assistance from Jim Valekis and Ted Johnston. Resources for this series include the enclosed DVD disk that has various PowerPoint slides with video and audio clips to accompany the chapel messages.

The goal of this standard curriculum is to present the gospel in an engaging and relevant manner that will resonate with the typical teen who attends the various SEP camps across the United States. An attempt was made to combine sound theological teaching, entertaining skit presentations, media support, and interactive activities that result in a dynamic presentation that will grab the attention of the camper (we expect that each camp will prioritize the need for assembling an outstanding worship team, praise band, and drama team).

The curriculum systematically presents the gospel in five chapel messages. Lesson 1 gives the picture of the fallen world that we are all a part of; Lesson 2 shows the problem of being a fallen person in a fallen world; Lesson 3 demonstrates the possibility of a life filled with the fruit of the Spirit; Lesson 4 unveils Jesus – the provision that makes new life a reality; and Lesson 5 is a send off message that exhorts campers to embrace the promise that God desires and provides for their continued spiritual growth.

Note that the chapel series starts by addressing the issue of personal sin. It does so by addressing first the issue of universal sin, thus helping campers to come to grips with the universal pain (emptiness, shame, lack of purpose, etc.) that sin creates in a fallen world. It is in this universal context that the chapel series then addresses the issue of sin in the individual’s own life. We thus frame personal sin in the bigger picture of a fallen world in order to demonstrate the universal scope of sin as an overwhelming force that confronts us all. It is felt that this approach to sin tracks with the post-modern mindset of most teens.

Because the chapel messages build on each other, speakers are urged to stay on track with the outlines as presented. It certainly is understandable, however, that each speaker will use his or her own stories and illustrations to bring life and personal conviction to the messages.

May God bless the efforts of each of camp as we endeavor to win young people to and multiply young disciplemaking followers for Jesus!

## **Tying to Corporate Worship**

It is recommended that camp worship teams use the theme noted for each chapel service to guide in the presentation of all worship elements including music, drama, prayer, scripture readings, dance, and testimonies. The goal is to make the overall message evident, clear and thus memorable—powerfully impacting the hearts and minds of our campers and staff. Note that there is a theme scripture for each chapel service—it would be helpful for this scripture to be read in a scripture reading just before the chapel sermon or perhaps in the midst of the praise and worship section.

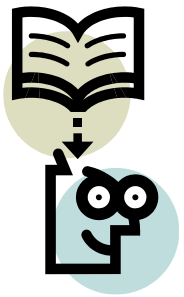
Regarding music, please note that one of the goals of camp is to help young people acquire an appetite for the ancient hymns of the church. This is to help them feel connected to the historical church and to the older members of their congregation ‘back home’. Though the music in camp should be youth oriented in general, we should also strive to model and thus encourage intergenerational worship. This ancient-future blending, rightly handled, is an approach that tracks well with a post-modern audience.

## **Chapel Debriefs**

While there may not be opportunity for a chapel debrief after each chapel, counselors are encouraged to remember the primary points of chapel messages and use time prior to bed to discuss camper feedback about what they learned and how the chapel message has impacted them. Taking some time each day to review the content of the chapel will enhance the likelihood that it will remain in the memories of campers.

## THE PICTURE

*I Gotta Be...Someone Else!*



Scripture Reading:

Jeremiah 17:9

The heart is deceitful above all things and beyond cure. Who can understand it?

**S**ummary: The teaching part of this chapel opens with a skit which will serve as a humorous look at how we sometimes try to be somebody we are not...

Cast: Two male leads, and a minimum of four ladies.

Set: A church social. Two large tables.

Props/Costumes: The main character's costume is key. The costume should be very outdated, open collar to chest, gold chains, attempt to be a ladies man, slicked back hair, etc. (the more extreme Matt looks throughout the skits, the greater the effect).

### Skit

Joe is sitting at table looking impatient. He is continually looking around and checking his watch. Matt enters, pauses as if to survey the room, crosses to Joe. Matt is wearing a horrible suit with the shirt open, gold chains, etc.

Joe: What are you doin'? (*Referencing the way Matt is dressed*)

Matt: It's the new me, I've been reading this good book on how to get dates.

Joe: I think you're reading the wrong "Good Book".

Matt: I'm telling you, this is gonna work. I've got the moves, the lines, and the clothes.

Joe: Where did you get that outfit?

Matt: Vic's Shop for the Cool.

Joe: Did you say cool or fool?

Matt: Go ahead, make jokes; we'll see who is laughing when I find the woman of my dreams.

Joe: You look like the man of most women's nightmares.

Matt: Laugh it up funnyman, watch this. *(Matt crosses to table of women. Addresses Ann.)* Hello, I'm Magic Matt, but you can call me anytime.

Ann: Uhhh?

Matt: If I had all the power in the world, I would change the alphabet and put "I" next to "u."

Ann: Is it going to spoil this moment for you if I throw up?

Matt: *(Quick turn to Doris)* So, what brings you here tonight?

Doris: Uh, I came to hear Pastor Carl.

Matt: Oh yeah, good old Pastor Carl, The Carl man, the Carlster, The Carlmaster, Carl alarm, Carlton the Doorman . . . ya know, I write most of his stuff.

Doris: Really???

Matt: Oh yeah, PC&M

Doris: PC&M???

Matt: Pastor Carl & Matt, we're like this. *(Crosses fingers)* I could introduce you to him afterwards.

Doris: NO NO! That's OK!

Matt: No really, it's no trouble.

Doris: Look, I don't want to be rude, but I don't want you to introduce me to Pastor Carl.

Matt: Hey, relax, no worries, it's all good, why don't you want me to introduce you?

Doris: If you must know, I don't want to be seen with you.

Matt: (*Trying not to look wounded, starts to return to table where Joe is still sitting.*)  
(*To women*) Sorry, can't this weekend, but I'll call you. Catch you on the flipside!

Joe: So, how did it go?

Matt: Oh, they want me, they really want me.

Joe: Come on Matt, how did it go?

Matt: Well, I don't think she is my type.

Joe: Perhaps the new Matt isn't her type.

Matt: So what should I do?

Joe: (to the audience)-- This is the dilemma we will deal with this week.

- How to be a person others can enjoy being around and are attracted to for the right reasons
- Being the real person that you are created to be (not a phony like Matt with the "lines" and the "look")
- And discovering the new person God wants you to become

## Sermon Introduction

The reality show craze with Extreme Makeover/ The Biggest Loser/ The Swan/ etc. reflects our dissatisfaction with our self-image. Allow me to demonstrate...

Everybody close your eyes – I want anyone and everyone who would like to change something about his or her body to raise their hand (to be taller, skinnier, have different colored hair or eyes, to have a smaller nose, bigger lips, broader shoulders, etc.). Have everybody open their eyes to see the hands raised. We are all a little bit like Matt.

People in general sense a need to be "better" or "different" from what they naturally are. We all desire to be made over. Truthfully, we all do need to be made over, but probably not exactly in the way you may be thinking.

Before we address any personal makeovers related to you and me we have to give context to our subject. Let's go all the way back to the beginning where the very first real makeover of man took place. It is described in Genesis where we get a realistic picture of how to start unraveling the "Extreme Makeover" craze.



## Sermon Body

Genesis 2:7, 21-25

*<sup>7</sup> the LORD God formed the man from the dust of the ground and breathed into his nostrils the breath of life, and the man became a living being.*

*<sup>21</sup> So the LORD God caused the man to fall into a deep sleep; and while he was sleeping, he took one of the man's ribs and closed up the place with flesh. <sup>22</sup> Then the LORD God made a woman from the rib<sup>1</sup> he had taken out of the man, and he brought her to the man. <sup>23</sup> The man said, "This is now bone of my bones and flesh of my flesh; she shall be called 'woman' for she was taken out of man.*

*<sup>24</sup> For this reason a man will leave his father and mother and be united to his wife, and they will become one flesh.*

*<sup>25</sup> The man and his wife were both naked, and they felt no shame.*

God declared his creation to be very good!

What do you think this first man looked like? (“most handsome men” slide—note that these slides are included on the enclosed DVD disk)

What do you think the original woman looked like? (“most beautiful women” slide)

(Contrast these shots with artwork depicting Adam and Eve various slides)

The look of the man and woman isn't the core issue (obviously outward beauty is in the eye of the beholder, and through the ages there are a lot of contrasting views). The state Adam and Eve were created in and living in is the central issue. What do we know so far about the state of original man?

- They were in a **state of innocence** (not ashamed of their bodies or nakedness, untainted by anything vulgar). Notice:

Genesis 2:15-16:

*<sup>15</sup> The LORD God took the man and put him in the Garden of Eden to work it and take care of it. <sup>16</sup> And the LORD God commanded the man, "You are free to eat from any tree in the garden;*

## TEACHING GUIDEBOOK

- God placed Adam and Eve in a **perfect environment** (imagine a garden with perfect temperature, grass plush enough to use for a bed, unblemished fruits and vegetables of all kinds, brilliant flowers, and every living animal like a family pet).
- God gave man **purpose**; to work the garden and enjoy its benefits, to rule over all creatures, and to have children and start the family of man.
- God gave man **access** to the tree of life and a warning to stay away from the tree of knowledge of good and evil (**access** to the dangerous tree was still available).
- God gave man **relational connection** to himself; he communed with Adam and Eve in Eden.
- God also made man in his image. To be like him. To eventually share in his glory.

But things changed. The deceptive *spiritual plastic surgeon* enters the picture and the ugly makeover begins with subtlety and lies. The deceiver who had once been a beautiful creature of God himself enters the perfect garden to destroy man's image and sabotage his relationship with God.

Genesis 3:1-7, 16-19

*<sup>1</sup> Now the serpent was more crafty than any of the wild animals the LORD God had made. He said to the woman, "Did God really say, 'You must not eat from any tree in the garden?'" The woman said to the serpent, "We may eat fruit from the trees in the garden, <sup>3</sup> but God did say, 'You must not eat fruit from the tree that is in the middle of the garden, and you must not touch it, or you will die.' "*

*<sup>4</sup> "You will not surely die," the serpent said to the woman. <sup>5</sup> "For God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil."*

*<sup>6</sup> When the woman saw that the fruit of the tree was good for food and pleasing to the eye, and also desirable for gaining wisdom, she took some and ate it. She also gave some to her husband, who was with her, and he ate it. <sup>7</sup> Then the eyes of both of them were opened, and they realized they were naked; so they sewed fig leaves together and made coverings for themselves.*

*<sup>16</sup> To the woman he said, "I will greatly increase your pains in childbearing; with pain you will give birth to children. Your desire will be for your husband, and he will rule over you."*

*<sup>17</sup> To Adam he said, "Because you listened to your wife and ate from the tree about which I commanded you, 'You must not eat of it,' "Cursed is the ground because of you; through painful toil you will eat of it all the days of your life. <sup>18</sup> It will produce thorns and thistles for you, and you will eat the plants of the field. <sup>19</sup> By the sweat of your brow you will eat your food until you return to the ground, since from it you were taken; for dust you are and to dust you will return."*

What all changes as a direct consequence of disobedience?

- Innocence is lost, **guilt and shame** is experienced because of sin. The man and woman feel like they now have to hide from God. They also have to hide from each other as well (cover their nakedness). There's more to this than just new-found modesty. They no longer were able to be as vulnerable, as free and open and relaxed with each other as they once were. They had to hide their true selves---and cover it up with some other kind of covering.
- The physical environment is **cursed** with thorns and thistles
- Man's original **purpose is greatly frustrated**; farming is more laborious, the docile animals take on a wild, untamed nature, and the hope for a harmonious family is hindered because of the competitive spirit between the wife and husband
- Man is **cut off** from the tree of life
- Man's sin has **broken the relationship** with a Holy God who will not have sin in his presence
- Man's image is marred. The fall did much more than distort the outward appearance; it distorted our hearts and emotions; and it distorted our minds and our thinking.

The makeover of Satan is drastic and complete. This makeover is more like a hostile "takeover." When we refer back to this during future messages we will call this event the "Extreme Takeover." This is the condition we were all born into and contend with every day.

## Sermon Conclusion

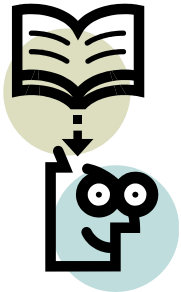
The picture that we begin our camp week with is this:

1. What was started and intended by God which was beautiful and declared to be “good.”
2. The real “Extreme Makeover/Takeover” through the deception of Satan and the weakness of man, and
3. And a lingering and vital question: Where do we go from here?

Stay tuned. The answer will amaze you and change you forever!

## THE PROBLEM

### *Fallen Men in a Fallen World*



Scripture Reading:

Romans 3:21-24:

But now a righteousness from God, apart from law, has been made known, to which the Law and Prophets testify. This righteousness from God comes through faith in Jesus Christ to all who believe. There is no difference for all have sinned and fall short of the glory of God.

**C**hapel Two begins its teaching section with a skit as did Chapel One. The title of this skit is “You Can Clean Up Matt, But You Can’t Take Him Out.” Summary: Matt’s new approach toward getting girls (outward appearances) cannot mask the heart. Characters: Matt/Joe/ Suzie-server/ Ella/ Stella.

### **Skit**

(Setting: Conclusion of Mid-Week Church Service/ Coffee House - Table, 4 chairs)

Joe: Wow Matt, you have a totally new look.

Matt: (dressed in shirt & tie) What can I say Joe? This church is full of babes and I am the only guy without one. Look at you and Ella – you are a starched-pressed preppy and Ella is a hottie. I figured my old style wasn’t working and you know the saying, “If you can’t beat em, join em.” I got an idea, how about you fix me up with her sister Stella?

Joe: Matt, get real. Ella and Stella are two of the most straight up girls in this church. Stella’s going to see right through you.

Matt: Come on Joe. Aren’t you guys stopping for coffee on the way home? Just get me and Stella together so I can work my magic.

Joe: (reluctantly) Oh, okay. It’s just coffee, how bad could that go?

(Joe and Matt meet up with the sisters...who are mingling with others and make their way to the coffee shop)

**TEACHING GUIDEBOOK**

Suzie: Welcome to Muck-Luks Coffee, home of the original caffeine experience. What can I get for you?

Matt: Ladies first!

Stella: Thank you Matt. I'll have a hot chocolate.

Ella: A grande' de-caf for me.

Joe: I'll have a tall black.

Matt: Give me a sumatra de-caf mocha low-fat double macadamia latte frapaccino.

Suzie: Oh, that would be a #2.

Matt: Yeah. (Matt makes an obvious display of placing his large Bible on the table)

Stella: Wow Matt that is a magnificent NIV Student Application Study Bible.

Matt: Yep, it was the biggest one they had at the bookstore. It has both Old and New Testament in it, and my name is engraved right there.

Ella: What is your favorite scripture Matt?

Matt: Ah...I like that part that says "What goes around comes around."

Joe: Sorry Matt that was the great prophet Yogi Berra.

Stella: Matt why don't you turn to Zechariah 7 and read that passage the pastor was talking about tonight where it said "They made their hearts hard as flint and would not listen to the words of the Almighty."

Matt: Let me see... the "Z's" have to be in the back. Whoa, this Bible must be defective. It is out of order.

Stella: You don't have a clue do you Matt? You are such a poser. I think your heart might still be a little rocky too.

Ella: Hey Suzie, make mine and Stella's a take out. Come on Stella let's get out of here.

Joe: Matt I told you that she would see right through you. Putting on a tie and carrying a Bible to be a Christian is like wearing a wrapper at McDonalds and calling yourself a hamburger. It doesn't work.

Matt: I just want to fit in and I want to have somebody who will love me for who I am.

Joe: Matt the change you need has to start on the inside. It isn't the clothes you wear or even the people you mix with. And the love you are looking for can't be supplied by a hot looking babe. I got a suggestion for you.

Matt: Yeah, go on.

Joe: Take that big new Bible home and start reading the gospel of John. It's right here (Joe shows Matt and leaves Matt reading at the table)

Joe: (to the audience)

- Matt is going to have to drop the outfits and start looking inwardly—deep within himself
- He has already identified that he is lonely and wants to be loved (this can be a doorway where God makes a breakthrough)
- Let's pray that Matt discovers the special someone he needs - Jesus

## Sermon Introduction

Video Clip from the Fox Show "The Swan"

Purpose: "Before and After" shots are incredible concerning outward change

Challenge: What internal changes happened with these ladies?

- *Greater self-confidence*
- *Pride and Vanity*
- *Other?*

Are they better people because of the surgery, weight loss, veneered teeth, and stunning evening gowns?

What are the real changes you and I need? I would suggest that they are much deeper than the surface changes we just discussed.

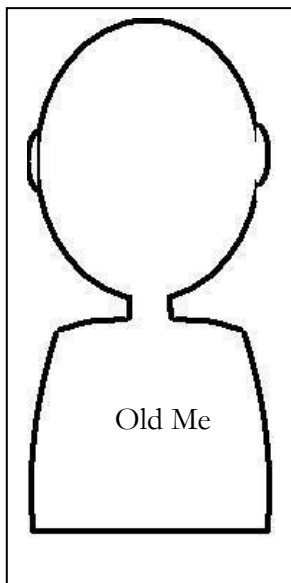
## Sermon Body

According to the Apostle Paul, the motivations, attitudes and actions of people living in accordance with the extreme takeover are easy to identify—it’s all around us. Let’s read his list in Galatians 5:19-21 out of The Message –

*“It is obvious what kind of life develops out of trying to get your own way all the time: repetitive, loveless, cheap sex; a stinking accumulation of mental and emotional garbage; frenzied and joyless grabs for happiness; trinket gods; magic-show religion; selfishness; cutthroat competition; all-consuming yet never satisfied wants; a brutal temper; an impotence to love or be loved; divided homes and divided lives; small-minded and lopsided pursuits; the vicious habit of depersonalizing everyone into a rival; uncontrolled and uncontrollable addictions; ugly parodies of community. I could go on.”*

(The speaker should spend personal study time becoming familiar with the works of the flesh, then expound on the traits and demonstrate that this is the fallen state of Satan’s Extreme Takeover and lead to the consensus that we ALL struggle with many of these issues.)

Today we are going to have you draw a “Before Camp” picture of yourself. This is an honest look at yourself and the reality of your struggles. It is not going to be easy or pleasant, but it will help you to see your internal self a bit more clearly and make better sense of the struggles you face. Be serious and honest with this exercise. If it gets too tough and painful, take a break and finish it later.



**Draw in the top 1-2 areas where you struggle:**

- selfishness: self-centered, self-absorbed
- overly competitive spirit
- unable to receive love and unable to show healthy expressions of love to others
- addictions (food, drugs, sex, gambling, tv, etc.)
- materialistic and greedy
- anger or rage
- entertainment-driven
- trivial pursuits
- aimless future
- jealousy
- lustful
- prefer God to be a Genie (available when you need him and provide what you want)
- don’t know how to be in a healthy relationship



**Break this session off early leaving 30 minutes for the following exercise:**

(Speaker please share the following ground rules for this exercise):

- Nobody will be pressured to share, but please be sensitive to those who do
- This is not a time to un-package your entire life story, but a time to isolate a couple of areas that you continually contend with and hurdles that you can seemingly never get over
- This is not a time to share specific details about your own sins or the sins of others—rather it is a time to discuss general areas in which you struggle with sin in your own life
- There will be an opportunity for a more private exercise when your dorm does the prayer journey in the next day or so (an opportunity to tack their old self portrait to the cross on the prayer journey would be an appropriate station)

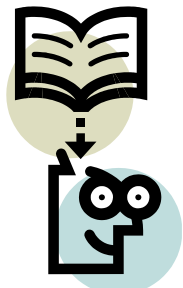
#### **EXERCISE INSTRUCTIONS:**

Break from this session by having each dorm break into two small groups. All counselors or Assistant Counselors will act as small group facilitator and allow the campers to talk about their struggles (if the counselor will go first it will set the tone for campers to be more comfortable about sharing). This is a time for sensitive listening and not a time to try and fix the problems. After everybody has had an opportunity to share, close the session with meaningful prayer. (Extend this session to dorm time if needed).

Rejoin the larger camp group for a final praise song and the assurance that good news is on the way!

## THE POSSIBILITY

*What if we try Living God's Way?*



Scripture Reading:

John 10: 7-10:

Therefore Jesus said again, "I tell you the truth, I am the gate for the sheep. All who ever came before me were thieves and robbers, but the sheep did not listen to them. I am the gate; whoever enters through me will be saved. He will come in and go out, and find pasture. The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.

**Y**et again, we begin the teaching portion of this chapel with a skit. It is entitled "Matt Needs A Coach." Summary: Matt's misguided reading of John takes him down a hairy path. Characters: Matt/Joe/ Small Group/ Two female passer-bys.

### Skit

(Setting: Mingling before church/ small group of people)

Matt: (shows up in John the Baptist costume with sandals/ comes up behind Joe). Hey Joe, what's up?

Joe: Matt, I am speechless. Two weeks ago you showed up as a pimped out ladies man, last week it was the straight laced guy, and now you look like the king of the jungle.

Matt: No Joe. I'm going for the John the Baptist look.

Joe: For heaven's sake, why?

Matt: You were the one who told me to read the gospel of John. That first chapter talks about my new hero, John the Baptist. I looked into his life a little more and the Bible says that all of Jerusalem came out to see John. I figured in that "all" there had to be some hot babes. Look it's working...

Female Passer-by's: Hey dude the Planet of the Apes called and they wanted to know when to expect you back?

Joe: Not what you had hoped for, huh?

Matt: What's a guy got to do?

Joe: Like I told you before, the love you're really looking for is more than just having a good looking girl by your side. I also think you need a little more direction on that Bible study thing, actually a lot. Let's do a little more reading together. I want you to meet the God/Man John the Baptist was sent to introduce.

Joe & Matt walk off the stage together (Joe looks back to the audience and says "Keep praying!").

## Sermon Introduction

In "The Biggest Loser" television show, they use a whole bunch of ways to lose weight (use clips to illustrate).

All contestants are given a trainer. Let's analyze what the trainer does:

- The trainer helps the contestants replace unhealthy, high calorie foods with healthy, lower calorie foods.
- The trainer helps them become active and begin exercising. Do they all go out and run a marathon in the first day? No. They learn how to push themselves on a specific individual level so as to burn calories and replace fat with muscle, with the safeguard of not sustaining injury.
- Ultimately the trainer helps them develop a new mindset and new positive attitude.

What are the desired outcomes in The Biggest Loser?

- *Weight loss*
- *New attitude*
- *To be attractive*
- *To be loveable*
- *To have a better self image.*

Do these people go on the show believing they can achieve these outcomes? Absolutely!

Today I am going to ask you to believe in some outcomes that are far greater than anything the Biggest Loser offers--outcomes that are not short-lived and diminish over time, but are long lasting and add tremendous quality to your life, and extend over into the life to come. Anybody interested? Before we consider the possibilities let's review some of what we did yesterday.

REVIEW:

The picture that you drew yesterday is what the Bible calls “works of the flesh” (Galatians 5:19). What comes out of our flesh comes naturally out of the distorted nature we have all inherited. It comes out more aggressively and openly in some. Environment, upbringing and other factors have a part to play in how some of these characteristics get expressed in our lives. But nevertheless, these attributes describe the personal affects of the Extreme Takeover Satan worked on us all from the very beginning in the Garden of Eden.

Your “Before Camp” portrait in essence was a portrait “Without Jesus”--and for those who have already entered the process of the Christian Makeover it is a portrait of a person who “Needs More Jesus.”

Yesterday’s lesson and exercise was difficult. When each of us looked in the mirror to examine our nature and struggles we saw a considerable amount of ugliness – correct?

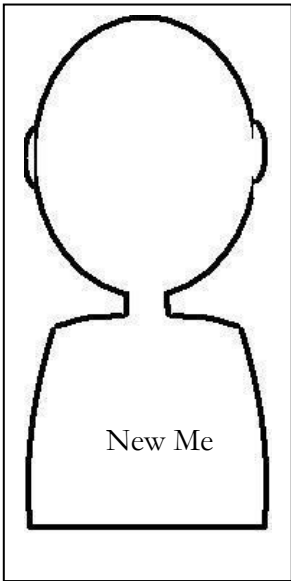
Did anybody experience an internal need or desire to change? How many of us want real, lasting change in our lives? You are in the right place, continue to hang with us.

## Sermon Body

Let’s read a second list that Paul wrote about in Galatians 5:22-25 out of The Message –

*“But what happens when we live God’s way? He brings gifts into our lives, much the same way that fruit appears in an orchard – things like affection for others, exuberance about life, serenity. We develop a willingness to stick with things, a sense of compassion in the heart, and a conviction that a basic holiness permeates things and people. We find ourselves involved in loyal commitments, not needing to force our way in life, able to marshal and direct our energies wisely. ”*

(The speaker should spend personal study time becoming well acquainted with the fruit of the Spirit, then expound on this fruit and explain it as the traits that the Holy Spirit produces in a believer’s life. This is the true Extreme Makeover all believers are led by the Spirit to deeply desire.)



**Draw in the top areas where you desire and need a makeover:**

- to show healthy expressions of love and receive love from others
- joy in spite of circumstances
- peace and contentment
- ability to stick with things
- compassion and concern for others
- to see good in others and God at work in the world
- loyalty and commitment in relationships
- not having to have our way constantly
- channeling our energy and desires in positive ways
- freedom from addictions
- living for a purpose higher than our own
- seeing God as the source for good in my life
- seeing God as deserving of my worship

## **Sermon Conclusion**

God the Holy Spirit does a work in our lives that is like what the personal trainer does in Biggest Loser:

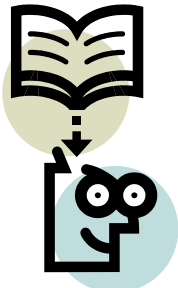
- The Holy Spirit has us feeding on attitudes and virtues that flow from the very nature of God.
- The Holy Spirit works with us convicting us about sin and righteousness and keeping us on pace to grow up unto the fullness of Jesus (accentuating the guilt when we do wrong and urging us to go forward when there is opportunity to do good--John 16:7-11).
- The new life in Christ comes through the regenerative work of the Holy Spirit; being born of the Spirit totally transforms the heart and mind.

A person by his or her own power can change their diet, engage in exercise, groom and dress better to improve the outward appearance. However the fruit of the Spirit can only be produced under the leadership and guidance of the Holy Spirit. Using the power of positive thinking or sheer human will power can only bring temporary results that are short-lived.

Who in their right mind wouldn't want the good things that flow from God? If we are honest, we are all striving for these things (even the people who are steeped in the works of the flesh). And the truth is that it is God's desire and good pleasure to produce these wonderful virtues in your life. Continue to think and pray on these things through today and tonight, and tomorrow we are going to show you how to sign up for God's Extreme Makeover.

## THE PROVISION

*Jesus makes the possibility real*



Scripture Reading:

John 3: 1-9:

Now there was a man of the Pharisees named Nicodemus, a member of the Jewish ruling council. He came to Jesus at night and said, “Rabbi, we know you are a teacher who has come from God. For no one could perform the miraculous signs you are doing if God were not with him.” In reply Jesus declared, “I tell you the truth, no one can see the kingdom of God unless he is born again.” “How can a man be born when he is old?” Nicodemus asked.

*(Continued next pg.)*

This chapel’s teaching section begins with a skit titled “Matt Meets God.”

### Skit

**Summary:** In this skit, Matt opens his Bible and heart. The characters are Matt, Joe and Suzie Server.

(Setting – Matt’s bedroom with a phone)

Matt: (Thinking out loud with Bible opened to John/ dressed way more normal than before). “This book of John sure has a lot in it. The part about Jesus being God and having become a man blows me away. The concept of light overcoming darkness is cool too. It is obvious that God is serious about wanting to save the world. Still, I feel a bit like this character Nicodemus. What in the world does Jesus mean when he says I have to be born again?”

(picks up the phone and calls Joe)

“Hey Joe, can you meet at Muk-Luks Coffee shop? I’ve been reading John like you suggested and I keep getting hung up in chapter 3. I need some answers.”

Joe: Give me 20 minutes and I’ll be right there.

(Setting--Muk-Luks Coffee Shop)

Suzie Server: You guys again. Where are the girls?

Matt: We got issues more important than girls. Just grab us a couple of bottled waters and we’ll sit over there in the back.

**TEACHING GUIDEBOOK**

Scripture Reading,  
continued:

John 3: 1-9:

“Surely he cannot enter a second time into his mother’s womb.” Jesus answered, “I tell you the truth, no one can enter the kingdom of God unless he is born of water and the Spirit. Flesh gives birth to flesh, but the Spirit gives birth to spirit. You should not be surprised at my saying, ‘You must be born again.’ The wind blows wherever it pleases. You hear its sound, but you cannot tell where it comes from or where it is going. So it is with everyone born of the Spirit.”

“How can this be?” Nicodemus asked.

Joe: Something must be up – “issues more important than girls?”

Matt: Yeah. Not that I have lost interest in girls, its just that I can’t keep from thinking about these things I’ve been reading.

Joe: Oh yeah? Tell me more.

Matt: For all my life I have noticed those John 3:16 signs at ball games. I always thought that was the room number for the third floor restroom.

Joe: Strange, I’d never thought of that.

Matt: Well anyways, I read John 3:16 for the first time in the last few weeks. “God so loved the world” – I am part of the world so that means he loves me, right?

Joe: Absolutely

Matt: It goes on to say he gave his only Son so that the world wouldn’t have to perish, but be offered eternal life. The way I keep crashing and burning with the girls I feel like I am perishing, and worse than my public blunders that you’ve seen, I feel horribly empty on the inside.

Joe: What do you think you should do about this emptiness?

Matt: That’s my question. I read where Jesus told Nicodemus that he had to be born again. I’m stumped just like Nick. There is no way I will fit this 5’ 10” frame back into mom’s belly.

Joe: Didn’t Jesus say “born of the Spirit?” It wasn’t a physical birth he was speaking about.

Matt: Okay, what do you know about this thing called a spiritual birth?

Joe: As a born again believer I can tell you my story. I experienced emptiness like you were saying, but in a different way. The hole in my heart was this endless search for real meaning in life. You may recall a few years back that my grandpa died and in the same month my mom miscarried. It hit me hard, and it also made me do some serious searching. I came to find that all of the world religions teach that you have to work, sacrifice, and keep long lists of rules to please their gods and maybe squeak into some form of an after life; all the religions but one – Christianity. Christianity is the only religion where God loves man so much that he came to earth and paid man’s penalty for him (it’s called grace). My search brought me to John 3:16... the same place you’re at.

Matt: Okay, that's pretty cool, but how did you become born again?

Joe: Let's turn in your big Bible to John 1:12

Matt: *“Yet to all who received him, to those who believed in his name, he gave the right to become children of God.”*

Joe: To “believe on his name” means to believe that Jesus is who he says he is—the Son of God who came to earth—took on human flesh, lived a perfect life on our behalf then died on the cross to pay for our sins, then rose from the dead to be our helper and guide forever.

To “receive him” means to go beyond believing he is who he says he is and to give him your life—to admit that you need his forgiveness and his leadership in your life and then to surrender to him and let him take over control of your life. It means to have a deep and personal relationship with him.

I started that relationship with Jesus when I accepted him as my Savior and Lord 2 months to the day after Grandpa's funeral – that was the day I let go of my hurts and anger; that was the day I put my trust in Jesus and accepted that he is big enough to take care of me, Grandpa, my unborn baby brother, and the whole world.

Matt: Wow Joe. How do I do to start a relationship with Jesus like that?

Joe: It involves two things Matt—simple things, but powerful and profound things. It involves repentance and faith. To ‘repent’ means simply to turn to him—to turn from ruling your own life and trusting in yourself, turning to him as your ruler, friend and guide. And ‘faith’ means ‘trust’—trusting him to take care of you forever. So it involves turning away from self-reliance to Jesus-reliance.

Matt: But how do you do that?

Joe: There is no one way to do it Matt. It's a matter of your heart, but Jesus asks that we share our heart with him and with other people. You can share your heart with him by simply talking to him – the Bible calls that ‘prayer’ and you can share it with another person by simply telling me what you tell God if you want to.

Would you like to do that now? I can help you pray to God about this if you want me to.



Matt: Yes, would you do that for me?

Joe: Of course. Why don't I lead us in prayer – and you can simply repeat back to God what I say—feel free to put it in your own words.

Matt: Sounds good to me.

(Joe prays the following, and Matt echoes the prayer):

- Jesus I need you
- I realize that I have sinned and my sins stand in the way of our relationship
- I'm sorry and I don't want to continue to be cut off from you
- I want your blood to cover my sins
- I want to spend everyday with you, from now and forever
- Thank you for loving me, dying in my place, and making me a new creation
- I believe in you and trust you with my life
- By the power of your name I pray, Amen.

Joe: (To the audience) Praise God for Matt's salvation. Our prayers were answered as the Holy Spirit moved in Matt's life. The gospel can be explained using a variety of scriptures. A classic method is "The Roman Road" where key scriptures in the book of Romans are summarized. Another way is to use the analogy of the cross as a bridge that reconnects fallen man to the Holy Creator God.

The point is that it is important for a believer to be able to use scripture to explain the saving grace of Jesus to an interested friend.

And ALWAYS remember this: God the Father does the calling of lost people/ The Holy Spirit pricks their heart/ and only the spilled blood of Jesus can save a sinner. I didn't call Matt, convict his heart, or save him – that was ALL God. Our place is to be God's representatives on earth – we need to be able to effectively tell His story and our personal story of what he has done in our life, and know how to be a friend to sinners.

## Sermon Introduction

In "The Swan" who is Jesus like? – The plastic surgeon/ the personal athletic trainer/ the dentist/ the therapist (pictures of the Swan Team). He can be all these things, but he is more like a heart surgeon. He is most interested in the change from the inside out.

## Sermon Body: Altar Call

In fact, Jesus desires a complete and total transformation. He wants us to become a totally new creation in him (not just a tummy tuck here or a nip off the nose there – but an entirely new creation from the inside out). 2 Corinthians 5:17:

*Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come!*

This is a major truth of the New Testament---that we are being conformed to the image of His Son, who became the second Adam, the true man, the image and fulfillment of what God had intended for humans in the first place! Consider the picture we drew yesterday, the “Possible New Me.” What if all of the characteristics were alive and vibrant in one single person? What would that person look like? JESUS.

The perfect Jesus has saved us from our sins/ has made us new creations in him (through the new spiritual birth)/ and by the power of the Holy Spirit Jesus continues to grow and perfect his nature in us – WHAT A MAKEOVER WE ARE OFFERED!

(Review of the Skit) Jesus wants us to be born again (John 3:3). He came to save the world (John 3:16—verse 17 adds that it was not his intent to condemn) and John goes on to say that the only way back to the Father is through Jesus (John 14:6).

JESUS IS THE WAY—GOD’S PROVISION FOR OUR EXTREME MAKEOVER

### How do we come to Jesus for his makeover?

There are various doorways:

- Matt grew sick and tired of the old life and began looking for love and acceptance. The pain of rejection was also a part of his experience
- Joe desired to know the meaning of life and relief from the loss of loved ones

You may have another door, consider the following list:

- Having a huge desire for the good things of God--wanting the abundant life in Jesus (Portrait of the “Possible New Me”)

- Wanting a fresh start; the need for forgiveness; plagued by shame and guilt
- The desire for family or community
- The fear of torture in hell
- The hope of heaven
- The need for purpose
- The need for significance and identity

There can be other doorways, but in all likelihood, you saw yourself somewhere on that list. Begin to personalize this lesson; consider whether or not the Holy Spirit has truly been pricking your heart this week.

How do you receive Jesus?

- Believing in your heart of hearts that Jesus is the God-Man whose spilled blood covers your sins.
- Being willing to surrender to God – acknowledging that his will for you is better than your will for yourself.
- Receiving him based on what he has already done for you—not on what you will do—we call this “grace”. It’s about Jesus’ work of salvation on your behalf—it’s not about what you have done for yourself. You can’t save yourself, only Jesus can do that.
- Confess with your mouth that you truly want to have him enter your life

(Recommend a prayerful closing of the eyes at this point)

This past week we have learned in detail about the Extreme Takeover of Satan and the universal nature of sin—we are all sinners. We have also seen that there is a better way with spiritual virtues that all people would desire to possess—God’s way—the fruit of the Spirit. The only way to bridge the gap from Extreme Takeover to Extreme Makeover is by and through the Son of God – Jesus Christ. Who is ready to be made over? Who wants to be a new creation in Christ? Who wants to pray the prayer that we heard Matt pray in the skit? (Acknowledge the show of hands).

## Sermon Conclusion

### Confirmation of the New Life

**Galatians 4:4-7**

*<sup>4</sup>But when the time had fully come, God sent his Son, born of a woman, born under law, <sup>5</sup>to redeem those under law, that we might receive the full rights of sons. <sup>6</sup>Because you are sons, God sent the Spirit of his Son into our hearts, the Spirit who calls out, "Abba, Father."*

Catch that description of what happened? The first step was taken out of love by God---He sent His Son, to live for us, to model what a true human being was supposed to be like, to die for us, and to reconnect us to our Father---to give us full rights as sons. And since we're sons, since we've been made holy by Christ, he also sends us the "Spirit of his Son" into our hearts, who enables us to call out "Abba, Father"—to know God personally as the God who made us, saved us and loves us--who enables us to be made over from within! His Spirit combines with our spirit, and sends new attitudes and motives and desires in us. They're the attitudes listed in Galatians 5:22-25, and that give us new powers and new motives within that can overwhelm the wrong desires that dominate a life apart from Christ. That's his promise to those who receive him and we'll learn more about that promise tomorrow.

## THE PROMISE

### *God Will Help You Grow*

There is no skit to introduce the teaching section of this final chapel. A reading of the theme Scripture would be a good beginning point.

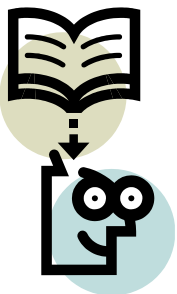
### Sermon Introduction

Where are the Swan contestants now? Do they still have makeup people fussing over their hair and the right selection of lipstick? Have some gained weight? Have some become depressed? Do you think they have pretty much gone back to their old lives? (Follow up stories)

What about you? If you have placed your trust in Jesus and been born again by the Spirit of God you are a new ‘baby’ in Christ. Once born, a child doesn’t stay a baby all his or her life. Rather, he begins to grow—one step at a time. Sometimes the steps are big and come rapidly, other times they are small and almost imperceptible. But God’s promise to those who trust in Jesus is to help them grow up in Jesus—to become more and more like him. It’s his work—not ours—but we are called to cooperate with what he is doing in us. And so today in this last chapel message we look at how God will bring to fullness and completion his Extreme Makeover of our lives.

### Sermon Body

**Who’s your daddy?** If you have placed your trust in Jesus, God is now your spiritual Father. And in the scripture reading this morning we learned our Heavenly Father’s will for us—that we would be ‘transformed’ by the renewing of our minds. That transformation is his work—his miracle—by his power. We can’t do that. But our Father gives us the choice and the power to choose to cooperate with what he is doing or not cooperate.



Scripture Reading:

Romans 12:1-2:

Therefore I urge you, brothers, in view of God’s mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual act of worship. Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.

We choose to cooperate when we ‘offer our bodies as a living sacrifice’—which means to submit ourselves to what God is doing and in doing that choosing not to be “conformed to the pattern of this world.”

What do you think it means to be ‘conformed to the pattern of this world’?

**[audience feed back]** Will the world tell us how to dress, act and think? Will the world establish our values and priorities?

Let me give you some basic, random statements and you answer true or false.

- A steady diet of sex-saturated television, music and movies might encourage teens to start sex earlier. True or false?
- The endless parade of creative, well-designed, and hilariously funny beer advertisements that are aired during football games send the message that alcohol consumption will improve your quality of life and put you in the right crowd.
- By the time a typical child enters *first grade* he will have spent more hours watching television than he will spend talking to his father in a *lifetime*.
- Laboratory studies have shown conclusively that there is a definite link between viewing violence on television and subsequent aggressive behavior.
- Repetitive viewing of music videos which combine the attraction of music, erotic dancing, and violence not by villains, but by music artists that are considered teen idols has an especially strong educative power.
- The world has your best interest in mind and wants you to be happy, healthy and balanced.

All of these statements are true, except for the last one. The “patterns of this world” are coming at you at 100 MPH. Don’t be ignorant of their influence and intent. The world is constantly tapping into your lusts, your dissatisfaction, and challenging your values and Ephesians 2:1-2 tells us that Satan is the driving force behind these destructive patterns.

If you really have trusted in Jesus, you are beginning to experience the “Extreme Makeover” which is God’s work in the life of a born-again believer. God is now your Father--the world no longer owns you – you are in Christ and belong to him, hallelujah! However, the world and the ruler of this world will seek to distract you and keep you from presenting yourself as a living sacrifice to God—and that will slow your growth.

**The scripture reading also tells us we are to have a “renewed mind.”** This is the makeover we get through Jesus. Not a temporary fix like the swans – they are still going to age, gain weight, and lose their good looks.

Paul expands this thought in II Corinthians 4:16.

*Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day.*

We live in a world that places huge value on youth and beauty, but Paul says the outward person is temporary and wasting away (hard to fully comprehend when you are a teen). The contrast is that day by day God is making new life inside the believer with his ever unfolding grace.

**Romans 12:1-2 tells us that is reasonable that we live our lives for God;** that we identify his good, pleasing and perfect will for us. It makes sense that we would live a new life with new motivations, with higher thoughts and values, and that we tap into the daily direction and leadership of God.

**We have had a taste of the fruit of the Spirit – of love, joy, patience, etc. during this week—this fruit is the gift of the Spirit and it is not temporary—it is your gift forever.** This fruit of the Spirit involves the virtues, attitudes, and divine gifts that reside in us no matter where we are or what we are going through. This fruit germinated and started to bud in you the moment you put your trust in Jesus and it will continue to grow and to ripen as you continue to yield yourself to what God is doing in transforming you.

The analogy of an apple will help us understand how God works to transform us. (*Possibly pass out apples to the campers for the object lesson*):

A Basic Science Lesson: An **ovule** exists inside the apple tree blossom. It is fertilized in a process known as pollination, the ovary begins to expand. The petals of the flower fall off and the ovule develops into a seed. The ovary eventually comes to form, along with other parts of the flower in many cases, a structure surrounding the seed or seeds that is the fruit. Fruit development continues until the seeds have matured.

- Until we have accepted Christ and been regenerated by the Holy Spirit (Born Again), we are like a blossom that has not been pollinated.
- Once we are pollinated the old person begins to die and fade away like the apple blossom. A new life is created and the process of the growth and development of that new life begins.

- As the seed grows, the flesh of the fruit grows around it (a newly formed apple is smaller than a marble and takes 3-4 months to grow into a mature fruit normally about the size of a baseball). Spiritual growth for the Christian is a process over time that continues throughout this life.
- Lack of rain and nutrients in the soil can retard the growth of an apple. If the new Christian is to grow and mature he must be deeply rooted in Christ to be nurtured (set a goal to pray daily and spend time in God's Word. Don't allow solo time to be just a camp thing).

## Sermon Conclusion

The departing challenge is for you to allow God to fulfill his promise in your life—to allow him to continue filling in your portrait with the increase and expansion of his love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. God the Father wants you to look more and more like Jesus and the Holy Spirit is the power and the director for this journey of growth—it's a marvelous adventure.

In this journey, the church is your "Spiritual Mother" whose role is to nurture and train you. In church you will find spiritual fathers, mothers, brothers and sisters who are traveling with you and can help you along the way.

Camp is not the end of the journey—it is not the completion of your Extreme Makeover, it is the starting line. So continue to cooperate with God as he continues to shape you and mold you into the person he desires—a person who is fully like Jesus!



## FIX the Struggles

Note: this workshop should take place after chapel 2

**T**he set-up for this workshop is as follows: All campers should have their “Before Camp” self portrait and a Bible. The purpose of this time together is to help each camper develop a strategy for approaching their unique struggles and circumstances.

Before we begin this exercise let’s turn to John 15:1-8 and establish some very important spiritual foundational points:

- Who is the Vine? *Jesus*
- Who are the Branches? *Us*
- Where do the Branches get life? *Through the Vine*
- What happens to a Branch that is cut off? *It withers and dies*
- How does the Branch bear Fruit? *By remaining in the Vine*
- What can the Branch do apart from the Vine? *Nothing*
- Who is the one and only source for our power to grow and produce?  
*Jesus*

### The Plan – A Spiritual F.I.X. for a Restless, Troubled Spirit

**F**ilter the NOISE -- What are the wrong messages you are getting from people around you? What are the wrong thoughts in your own head?

Peers at school and teachers are telling me I “have” to be involved in clubs, band and to take all honors courses if I want to get into the right college. They mean well, but I am overwhelmed.

I have to always be on the go. It seems that I cannot finish one activity until I am thinking about what I am going to do next. When I am home, I always have on the TV or radio, and I either have to be talking to my friends on the cell phone or IM (instant messaging).

I am not sure what I want to do with my life and staying busy keeps me from thinking too much about it. When all the people are gone and it gets quiet I find myself almost in a state of panic.

**I**nvestigate the **TRUTH** – What does God’s Word say about this topic? And related topics?

*Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. If you do this, you will experience God's peace, which is far more wonderful than the human mind can understand. His peace will guard your hearts and minds as you live in Christ Jesus. And now, dear brothers and sisters, let me say one more thing as I close this letter. Fix your thoughts on what is true and honorable and right. Think about things that are pure and lovely and admirable. Think about things that are excellent and worthy of praise. Keep putting into practice all you learned from me and heard from me and saw me doing, and the God of peace will be with you.*

Philippians 4:6-9 (NLT)

*Therefore, since we have been made right in God's sight by faith, we have peace with God because of what Jesus Christ our Lord has done for us.*

Romans 5:1 (NLT)

*[Jesus said] "Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."*

Matthew 11:28-30 (Msg)

**X**-out the **ENEMIES** – Be mindful of the activities, situations, and even people that bring you down. Seek God’s power and wisdom to stand strong.

Busy-ness and fear of the future are my biggest enemies. I have to slow down and learn to enjoy the quiet by talking to God and letting him know my needs. I will listen to the advice of my teachers and friends, but let those be opinions and not obligations. Seeking spiritual rest means having more physical rest too.

**EXERCISE:**

Everybody identify one particular struggle you are dealing with and begin the process of working through FIX. Use the concordance in the back of your Bible to find some related scriptures to your particular topic (counselors can also help to guide you through the scriptures). If time permits, you may choose to tackle more than one area that is a challenge for you. The goal is to be intentional in cooperating with God in the growth process God is orchestrating in our lives.

## Portrait to Your Friends

Note: this workshop could take place at any point during the camp week.

**B**egin this workshop by showing the “Real Christians of Genius” video. Let this serve as a lead-in to the following discussion.

### Discussion

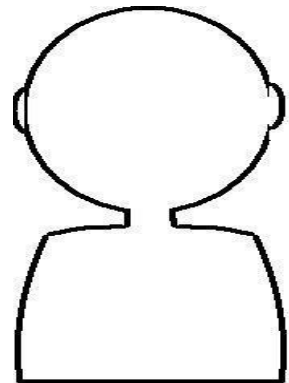
1. What did you think of the video?
2. Do you know any Christian students who act this strange?
3. Are the Christians at your school effective or ineffective at representing Jesus? Give examples.
4. If we accept the Extreme Makeover Jesus is offering, how will our friends view us?

### EXERCISE:

Draw a portrait of how you would like to be viewed by your school friends.

For a basic guide let's look at I Peter 3:15-16

*But in your hearts set apart Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope you have. But do this with gentleness and respect, keeping a clear conscience, so that those who speak maliciously against your good behavior in Christ may be ashamed of their slander.*



## Qualities of an Attractive Christian

Consider the following as concepts to expand upon

- Christ as Lord of all aspects of your life
- knowledge of what you believe and why
- specific qualities that would intrigue others to ask you about your beliefs
- gentle spirit
- respect for others
- a guilt-free conscience/ living by grace
- good works that are Holy Spirit driven and glorifying of Jesus