

Forest Glen Day Camp Summer 2012 MOVE  
Weekly Themes and Daily Messages

Session 1- SUPERHEROES

- 1/1: Find Your Super Hero Gift- Know how God has gifted you
- 1/2: Know Your Origin Story- God has a big story- know your part
- 1/3: Join the Right Side- Follow God, Join with other God-Followers
- 1/4: Learn the Super Hero Code- Stand for Goodness, Love and Truth
- 1/5: Take Action- Superheroes move- So Move!

Session 2- ACTIONS

- 2/1: Follow Someone- Find a leader, follow and listen
- 2/2: Encourage Each Other- Speak kind things to others.
- 2/3: Help Everyone- Show the kind love of Jesus
- 2/4: Tell the World- Tell others the Good News of Jesus
- 2/5: Move Together- Work as one body to move the world

Session 3- DIRECTIONS

- 3/1: Move Forward- God has a plan for you—Pursue His call
- 3/2: Move Downwards- Bend down and serve others like Jesus
- 3/3: Move Back- Turn around from sin, Follow God alone
- 3/4: Move With Others- Go with good friends as you follow God.
- 3/5: Move Up- God has a great home in Heaven- Invite others!

Session 4- OLYMPICS

- 4/1: Find Your Sport- Know how God made you, how you move
- 4/2: Train Your Hardest- Give it your all in everything you do
- 4/3: Compete Properly- Know the rules of life, Follow God's rule
- 4/4: Nourish Your Body- Feed yourself with Bible, prayer, family
- 4/5: Support Your Team- Encourage others to go the distance

Session 5- EXERCISE

- 5/1: Stretch and Prep- Read the Bible, Pray, Grow in God
- 5/2: Lift Up Others- Motivate others to do great things.
- 5/3: Play and Jump- Enjoy the life that God has given- Rejoice!
- 5/4: Run the Race- We're in a race—We must run with focus
- 5/5: Move Mountains- We can change the world—with God, for God

Session 6- BODY

- 6/1: Move Your Body- Get outta the way- Let God take control
- 6/2: Move Your Mind- See things differently- Know the truth
- 6/3: Move Your Mouth- Encourage others- Tell the Good News
- 6/4: Move Your Arms- Show God's love in all you do
- 6/5: Move Your Feet- Go wherever God tells you to go

Session 7- MOVEMENTS

- 7/1: Music- God has a big, big story he is telling...
- 7/2: Clock- God made us and knows us...
- 7/3: Body- God wants to heal us and give us a new life...
- 7/4: Troops- God has a mission for us...
- 7/5: People- God moves the world through His people...

(Matching topics in matching colors)