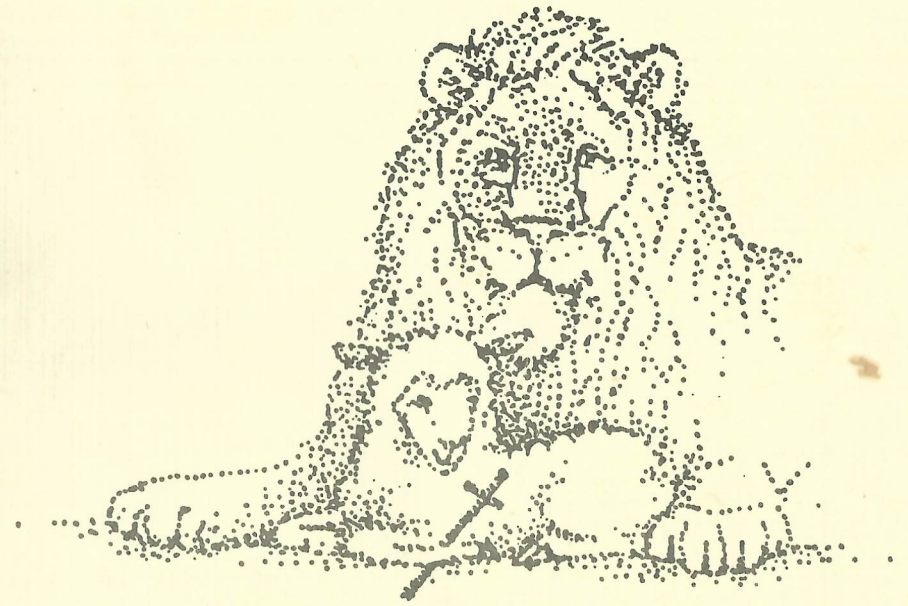


Cynthia Coates



MAKE
ME
NEW!

by
RICK BINGHAM



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INTRODUCTION AND INSTRUCTIONS

Our prayer is this journal will be useful to you. We hope by using it as a part of your Trek experience your memories will be longer lasting and your walk with Jesus will be even more of a blessing.

Below is a suggested schedule for journal use. Please note the schedule corresponds with events, Devotionals, and the different days during a week of Trek.

Rick Bingham



JOURNAL TOPIC

SCHEDULED TIME

Time Out #1	During Bus/Van Ride
Time Out #2	After or during packing pack at Twin Lakes
Lesson Journal #1	Sat. P.M. Devo
Time Out #3	Lord's Supper Time
Lesson Journal #2	Sun. A.M.
Time Out #4	After Rappelling and/or Rock Climbing
Lesson Journal #3	Sun. P.M. Devo
Memory Verses	Mon. A.M. (Work Individually or as a Crew)
Time Out #5	Mon. Lunch
Lesson Journal #4	Mon. P.M. Devo
Memory Verses	Tues. A.M.
Time Out #6	Tues. Lunch
Time Out #7	Tues. Anytime
Lesson Journal #5	Tues. P.M. Devo
Time Out #8	Wed. P.M. (After Summit attempt)
Lesson Journal #6	Wed. P.M. Devo
Time Out #9	Thurs. A.M. (Before breaking camp or on trail down)
Time Out #10	Thurs. P.M.
Any Ole Time Out	Any Ole Time
Letter to Folks	Any time
"What Trek Has Meant to Me"	Thurs. or Friday Anytime (to be sent to home elders)

Wilderness Trek Christian Camp Crew Covenant

1. I agree to follow the schedule as closely as possible at all times without additional prompting by crew counselors or adult leaders.
2. Realizing that this is a group event, I agree to participate in all group activities. This includes devotionals, Bible studies, mealtimes, group discussions, recreational activities, etc.
3. I recognize that no alcohol, fireworks, firearms, tobacco products, or illegal drugs are to be taken on the trip.
4. I will report all accidents, regardless of nature, immediately.
5. I realize that I represent Jesus, my church, and my family while on this trip and I will be courteous and polite to those with whom we associate during the trip.
6. I understand that all property owned by others will be respected and I will be financially responsible for any damages that are caused by myself.
7. Most important, I realize that this trip is for the advancement of spiritual growth. I promise to conduct myself in a Christ-like manner. I will co-operate with those in charge and do my part to insure that no one is hindered from drawing closer to God.
8. I will accept the responsibility for any violations of which I am guilty.

Camper's Signature



2 CORINTHIANS 5 (NIV)

5 Now we know that if the earthly tent we live in is destroyed, we have a building from God, an eternal house in heaven, not built by human hands. ²Meanwhile we groan, longing to be clothed with our heavenly dwelling, ³because when we are clothed, we will not be found naked. ⁴For while we are in this tent, we groan and are burdened, because we do not wish to be unclothed but to be clothed with our heavenly dwelling, so that what is mortal may be swallowed up by life. ⁵Now it is God who has made us for this very purpose and has given us the Spirit as a deposit, guaranteeing what is to come.

⁶Therefore we are always confident and know that as long as we are at home in the body we are away from the Lord. ⁷We live by faith, not by sight. ⁸We are confident, I say, and would prefer to be away from the body and at home with the Lord. ⁹So we make it our goal to please him, whether we are at home in the body or away from it. ¹⁰For we must all appear before the judgment seat of Christ, that each one may receive what is due him for the things done while in the body, whether good or bad.

¹¹Since, then, we know what it is to fear the Lord, we try to persuade men. What we are is plain to God, and I hope it is also plain to your conscience. ¹²We are not trying to commend ourselves to you again, but are giving you an opportunity to take pride in us, so that you can answer those who take pride in what is seen rather than in what is in the heart. ¹³If we are out of our mind, it is for the sake of God; if we are in our right mind, it is for you. ¹⁴For Christ's love compels us, because we are convinced that one died for all, and therefore all died. ¹⁵And he died for all, that those who live should no longer live for themselves but for him who died for them and was raised again.

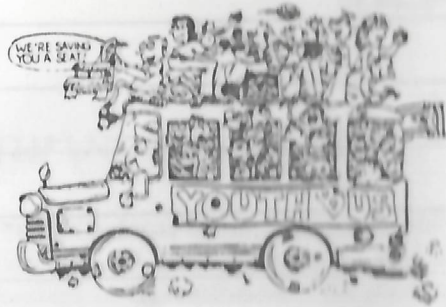
¹⁶So from now on we regard no one from a worldly point of view. Though we once regarded Christ in this way, we do so no longer. ¹⁷Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come! ¹⁸All this is from God, who reconciled us to himself through Christ and gave us the ministry of

reconciliation: "that God was reconciling the world to himself in Christ, not counting men's sins against them. And he has committed to us the message of reconciliation. "We are therefore Christ's ambassadors, as though God were making his appeal through us. We implore you on Christ's behalf: Be reconciled to God. "God made him who had no sin to be sin^{ful} for us, so that in him we might become the righteousness of God.

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or printed text on the paper.

TIME OUT #1

"ON THE BUS"



WHAT DO YOU EXPECT TREK TO BE LIKE?

PHYSICALLY, TREK WILL BE:

_____ Easy _____ Difficult _____ Too Hard

GENERALLY, MY GOALS FOR THIS TREK ARE:

ABOUT MYSELF, "I'd like to change":

CONCERNING MY RELATIONSHIP WITH GOD,
I RATE MYSELF:

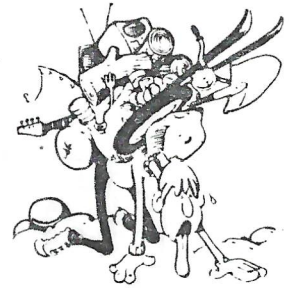
0 1 2 3 4 5 6 7 8 9 10



TIME OUT #2

"WHERE DO I PUT MY A.P.?!"

My pack reminds me of:



Right now I feel:

_____ Excited _____ Lucky

_____ Frustrated _____ Used

_____ Angry _____ Behind

_____ Lost _____ Depressed

_____ Other _____

One thing I'm glad I'm not taking with me is _____

I think my pack weighs _____ pounds.

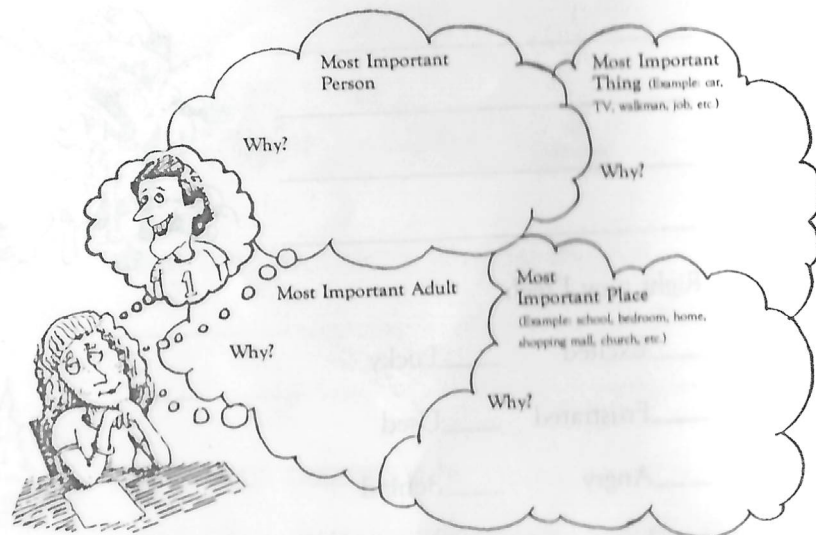
I think the most important thing in any pack is _____

If Trek is symbolic of every day life, one thing I wish I
could leave behind is: _____



MOST IMPORTANT

List the most important things in your life right now.



Overall, what is the MOST important thing in your life right now?

Why?

Look over what you've just written. Are you happy with your answers? Are there any answers that you wish were different? Write your response to these two questions:

LESSON JOURNAL #1

"A NEW IMAGE"

Quickly glance at each one of the biblical passages listed below. Choose the one that you feel would be most helpful for you today.



I Cor. 6:9-11
II Cor. 5:11-17
Col. 2:13-15

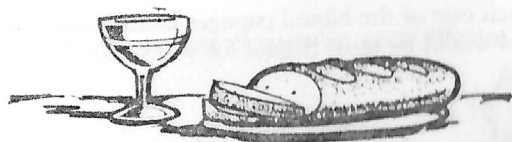
Now that you've made a choice

1. Pray the Holy Spirit will influence your life through this scripture.
2. Read the passage three times.
3. How does the message of this scripture apply to things that have happened today or yesterday while on the trail or in camp?
4. Write down how you will change your life because of what you learned from this passage.

5. What are some thoughts about your faith that have been reaffirmed through studying this passage?

TIME OUT #3

"GATHERED IN HIS NAME"



Things I've really prayed about yesterday and today were:



When I partake of the Lord's Supper from now on, I want to:



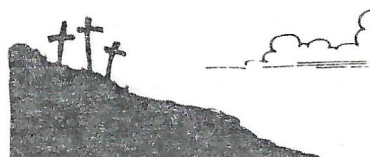
Lord, things I thank you for today are:



As far as Jesus is concerned, I feel:



One thing I want to do, this week, to be like Jesus is:



LESSON JOURNAL #2

"A NEW RELATIONSHIP"

Quickly glance at each of the biblical passages listed below. Choose the one that you feel would be most helpful for you today.



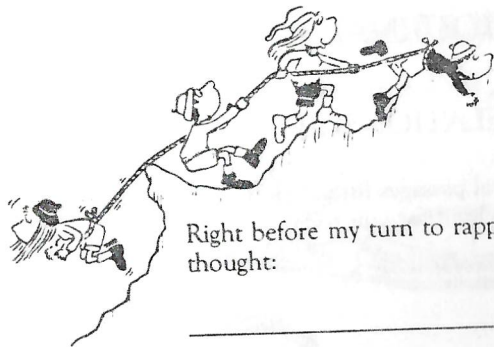
Rom. 5:8-11

Heb. 4:14-16

Gal. 2:20 & 21

Now that you've made a choice . . .

1. Pray that Holy Spirit will influence your life through this scripture.
2. Read the passage three times.
3. How does the message of this scripture apply to things that have happened today or yesterday while on the trail or in camp?
4. Write down how you will change your life because of what you learned from this passage.
5. What are some thoughts about your faith that have been reaffirmed through studying this passage?



TIME OUT #4 "OVER THE EDGE"

Right before my turn to rappel or rock climb, I felt or thought:

During my rappel or rock climb, I was thinking mainly about:

- _____ Falling
- _____ The Rope Breaking
- _____ Making a Mistake
- _____ The Instructor
- _____ Getting the Job Done
- _____ Being Scared
- _____ Going Home

When it comes to trusting other people, I:

When it comes to trusting God, I:

After this activity, I think I can go home and:



LESSON JOURNAL #3

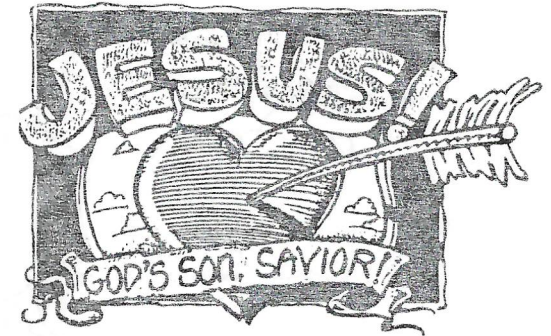
"A NEW TRUST"

Quickly glance at each of the biblical passages listed below. Choose the one that you feel would be most helpful for you today.

Ps. 33:13-22

Mark 4:35-41

II Cor. 1:1-111



Now that you've made a choice . . .

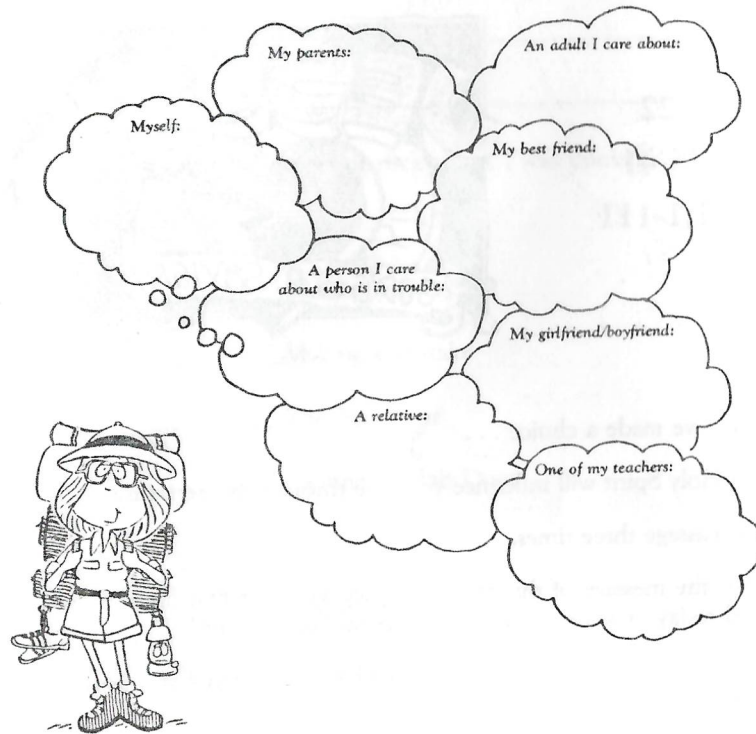
1. Pray that Holy Spirit will influence your life through this scripture.
2. Read the passage three times.
3. How does the message of this scripture apply to things that have happened today or yesterday while on the trail or in camp?
4. Write down how you will change your life because of what you learned from this passage.

5. What are some thoughts about your faith that have been reaffirmed through studying this passage?

TIME OUT #5

PRAYER REQUESTS

Write down the most important thing you would pray about for the following people.

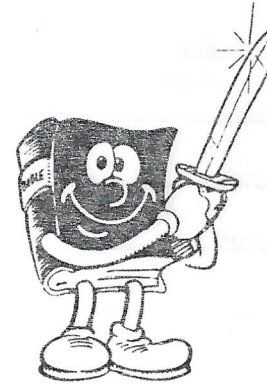


Take a few minutes right now and pray over the list you've just made. When you've finished, ask yourself, "Is there anything I can do to help answer my prayers?" If you come up with some specific things to do, list them below:

LESSON JOURNAL #4

"A NEW MOTIVATION"

Quickly glance at each of the biblical passages listed below. Choose the one that you feel would be most helpful for you today.



II Cor. 2:14-17
Phil. 2:5-11

Now that you've made a choice . . .

1. Pray that Holy Spirit will influence your life through this scripture.
2. Read the passage three times.
3. How does the message of this scripture apply to things that have happened today or yesterday while on the trail or in camp?
4. Write down how you will change your life because of what you learned from this passage.

5. What are some thoughts about your faith that have been reaffirmed through studying this passage?



TIME OUT #6

"THE TIME I WAS THE MOST..."
(AT HOME OR ON TREK)

Happy: _____

Sad: _____

Tired: _____

In Touch With God: _____

Frustrated: _____

Tempted to Sin: _____

Homesick: _____

Peaceful: _____



TIME OUT #7

"LOOKING UP"

As I think about going to the top, I feel: _____

"Father, this morning, I ask you for:

_____ People to help me

_____ People I can help

_____ Strength

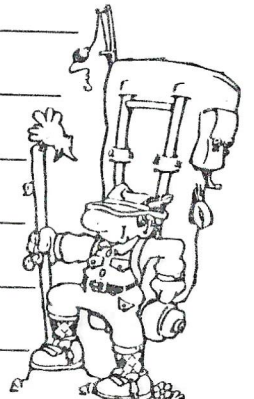
_____ Courage

_____ A Good Attitude

The person I want to make it to the top is _____,

because, _____

A burden on my heart that I want to leave on this mountain is:

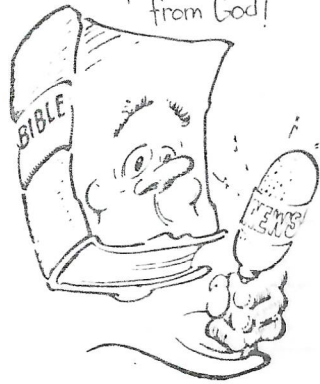


LESSON JOURNAL #5

"A NEW CONSCIENCE"

Quickly glance at each of the biblical passages listed below. Choose the one that you feel would be most helpful for you today.

The Gospel is Good news from God!



Gal. 5:13-26

I Peter 3:13-22

Now that you've made a choice . . .

1. Pray that Holy Spirit will influence your life through this scripture.
2. Read the passage three times.
3. How does the message of this scripture apply to things that have happened today or yesterday while on the trail or in camp?
4. Write down how you will change your life because of what you learned from this passage.

5. What are some thoughts about your faith that have been reaffirmed through studying this passage?

TIME OUT #8

"ON SOLID...LOWER GROUND"



Right now my body feels like:

The toughest part of today was:

Today, I wanted to cry when:

When I finally reached the top, I:

When I had to turn back I felt:

The person who encouraged me the most was _____

because _____

"Father, after this mountain, a promise I want to make to you is":

Inside, right now, I feel:

_____ So-so _____ Happy _____ Contented

Over-joyed

Frustrated

LESSON JOURNAL #6

"A NEW POSSIBILITY"

Quickly glance at each of the biblical passages listed below. Choose the one that you feel would be most helpful for you today.



I Peter 2:1-3

Heb. 4:1-13

Now that you've made a choice . . .

1. Pray that Holy Spirit will influence your life through this scripture.
2. Read the passage three times.
3. How does the message of this scripture apply to things that have happened today or yesterday while on the trail or in camp?
4. Write down how you will change your life because of what you learned from this passage.

5. What are some thoughts about your faith that have been reaffirmed through studying this passage?

TIME OUT #7

"LOOKING UP"

As I think about going to the top, I feel: _____

"Father, this morning, I ask you for:

_____ People to help me

_____ People I can help

_____ Strength

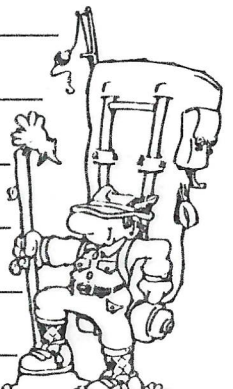
_____ Courage

_____ A Good Attitude

The person I want to make it to the top is _____,

because, _____

A burden on my heart that I want to leave on this mountain is:

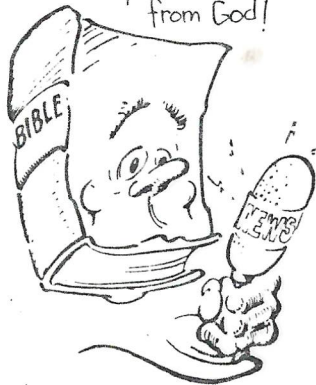


LESSON JOURNAL #5

"A NEW CONSCIENCE"

Quickly glance at each of the biblical passages listed below. Choose the one that you feel would be most helpful for you today.

The Gospel is Good news from God!



Gal. 5:13-26

I Peter 3:13-22

Now that you've made a choice . . .

1. Pray that Holy Spirit will influence your life through this scripture.
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3. How does the message of this scripture apply to things that have happened today or yesterday while on the trail or in camp?
4. Write down how you will change your life because of what you learned from this passage.

5. What are some thoughts about your faith that have been reaffirmed through studying this passage?

TIME OUT #8

"ON SOLID...LOWER GROUND"



Right now my body feels like:

The toughest part of today was:

Today, I wanted to cry when:

When I finally reached the top, I:

When I had to turn back I felt:

The person who encouraged me the most was _____

because _____

"Father, after this mountain, a promise I want to make to you is":

Inside, right now, I feel:

_____ So-so _____ Happy _____ Contented

_____ Over-joyed _____ Fantastic

LESSON JOURNAL #6

"A NEW POSSIBILITY"

Quickly glance at each of the biblical passages listed below. Choose the one that you feel would be most helpful for you today.



I Peter 2:1-3

Heb. 4:1-13

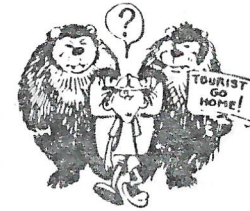
Now that you've made a choice . . .

1. Pray that Holy Spirit will influence your life through this scripture.
2. Read the passage three times.
3. How does the message of this scripture apply to things that have happened today or yesterday while on the trail or in camp?
4. Write down how you will change your life because of what you learned from this passage.

5. What are some thoughts about your faith that have been reaffirmed through studying this passage?

TIME OUT #9

"HOMEWARD BOUND"



Sit down (alone), look around and describe what you see, smell, hear, and feel:

Go back and read what you said in Time Out #1. Comment on what your thoughts were then. Compare those thoughts with how you are thinking now:

Expectations? _____

Physical Requirements? _____

Goals? _____

Changes? _____

Relationships? _____





TIME OUT #10

"SHOWER POWER"

I feel: _____

The water was: _____

Did anyone help you turn your equipment or crew gear back into the office so you could get your shower sooner?

_____ Who? _____

Did you help anyone else turn in their stuff?

_____ Who? _____

What have you conquered this week? _____

What is still conquering you? _____

You really do smell better...or do you!?!

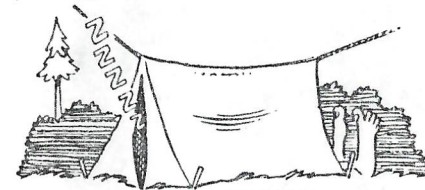
This week, what have you learned about:

_____ Yourself _____ God

_____ Your Parents _____ Your Friends

ANY OLE TIME OUT

(Please use these pages (23,24,25,26) to record your thoughts, feelings, diary, etc., anytime you want to).



SINGSPARATION

"JAMMIN' "



- ☞ There's No Condemnation
- ☞ Amazing Grace (Tune of "Peaceful Easy Feeling")
- ☞ We Are Heirs of the Father
- ☞ Freely, Freely
- ☞ Something Beautiful
- ☞ Victory in Jesus
- ☞ The Joy of the Lord is My Strength
- ☞ Father
- ☞ Lay Down Your Burden (Amy Grant)
- ☞ Blessed Assurance
- ☞ Have A Little Talk With Jesus
- ☞ He Paid A Debt
- ☞ Make Me A Servant
- ☞ Jesus Is Lord
- ☞ Mountain Top
- ☞ Sing Halleluiah to the Lord
- ☞ The Lord Has A Will
- ☞ Higher Ground
- ☞ Lord My Desire
- ☞ Unto Thee Oh Lord
- ☞ Sandy Land
- ☞ Whose Side You Climbing On

"JAMMIN' "...

- ☞ Be With Me Lord
- ☞ Have Thine Own Way
- ☞ Hard Fightin' Soldier
- ☞ One Step At A Time
- ☞ Oh Lord I Thought the Day Would
Never Come/The Greatest Friend
- ☞ Bless Be The Tie
- ☞ Bind Us Together Lord
- ☞ A Common Love
- ☞ What Do You Do
- ☞ He's Still Workin' On Me
- ☞ Without Him
- ☞ Humble Thyself
- ☞ Hear Oh Israel
- ☞ I Know The Lord Will Find A Way
- ☞ Take The Lord
- ☞ Ya Gotta Move
- ☞ Atom Bomb
- ☞ Got A Reason For Living
- ☞ Thank You Lord
- ☞ I Am Not Afraid
- ☞ Teach Me Lord to Wait
- ☞ Sweet, Sweet Spirit
- ☞ Jesus Is A Friend (The Hugging Song)
- ☞ I Am Mine No More
- ☞ Have You Seen Jesus My Lord
- ☞ Pass It On
- ☞ Walkin' On Heaven's Road
- ☞ Blue Skies

"JAMMIN' "...

- ☞ Standin' In the Need of Prayer
- ☞ Sing Amen, Amen
- ☞ Steadfast Love
- ☞ Seek Ye First
- ☞ The Blind Man
- ☞ There's Not a Friend
- ☞ What a Fellowship
- ☞ Soon and Very Soon
- ☞ If We Are Walkin' In the Light
- ☞ Lord, My Desire
- ☞ A Wonderful Savior
- ☞ Each Day I'll Do
- ☞ Hilltops of Glory
- ☞ The Lord Is In His Holy Temple
- ☞ I'll Fly Away
- ☞ Jesus Is Coming Soon
- ☞ Love Lifted Me
- ☞ Our God Is Alive
- ☞ Oh Lord My God
- ☞ To Canaan's Land
- ☞ When We All Get To Heaven
- ☞ I Love The Lord Messiah
- ☞ We Are Called
- ☞ There Are No Words





MAKE ME NEW

Make me new,
Lord Jesus make me new.
For it seems that in so many ways
I'm not enough like you.

Take this,
Weary vessel I am in,
And mold me once again.
Take my life, take my spirit,
Make me new.

Make me New,
Lord Jesus make me new.
Give me eyes to see the beauty
Of your world I'm walkin' thru.

Give me ears,
To feel the hurt of all your
Children living here.
Take my life, take my spirit.
Make me New.

Make me New,
Lord Jesus make me new.
Give me hands to touch and teach
The way my Jesus used to do.

Give me legs,
To run and not grow weary,
And a heart that won't grow faint
Take my life, take my spirit,
Make me new!