

Father and Son “Rite of Passage”



HANDBOOK

**Rite of Passage
Handbook
“Blessing Identity - Releasing Destiny”**

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FORWARD

ACKNOWLEDGEMENTS

I would like to thank people who have encouraged me along my journey. I honour and bless:

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She has journeyed with me these past 38 years. She is my best friend, encourager and partner in ministry.

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Introduction

“He will turn the hearts of the fathers to the children, and the hearts of the children to their fathers, lest I come and strike the earth with a curse”. Malachi 4:6

There is an African proverb that says, *“If we do not initiate the young they will burn down the village to feel the heat.”* We live in a generation where young men and women are in search of their identity and destiny. Amid this process they have been burning down the values and the traditions of the past. One of the main reasons that so many young people are on this journey is that a father and mother have not blessed and released them into their adult identity as sons and daughters.

Over the past 40 years I have taken young men and women on many wilderness trips across Canada and around the world. We have witnessed many young people that have been deeply impacted by these wilderness, God-encounter weekends. Often these same youths have come back and said these were life-changing moments for them. I began to realize that one of

the missing elements of this ministry was that of mentoring fathers to begin this journey of “Rite of Passage” with their sons and daughters.

This handbook is an outline of a ‘Rite of Passage’ weekend for young men that we have designed over the years. The “God Talks” are written out in detail but should be summarized and shared in an informal manner that communicates the message with your own stories interwoven throughout the presentation. Do not be afraid to be interactive and allow fathers and sons to share throughout the weekend. The size of the group should be anywhere from 2-10 fathers with their sons. Any time the group gets over 20 it makes it less personal and more difficult to manage.

This **Rite of Passage Handbook** has been designed with specific **activities** and **adventures** designed to **captivate** interest in the topic to be discussed. Then **motivate the heart** with **God talks** designed for young men based on the life of David. These **Rite of Passage Talks** are designed to implant principles that will lay a Biblical foundation for life in the young men. The final phase of each session is to **activate**, compelling the father and son to an **action step** to make a decision or affirmation by an outward response.

This booklet has been designed with detailed instructions for the activities, the full devotional and the action step required after each step. In the back of the manual is an outline where you can see the main points of each Activity, God Talk, and Action Step. There is room for you to write in a few of your own notes and reminders to help you run a successful 'Rite of Passage' weekend. Remember to have people praying for the weekend and to rely on the Holy Spirit so you can be flexible throughout the event. I have found that every group has its own unique character but you, as the leader, help guide the group in the spiritual direction for the weekend.

My dream is that hundreds of men will take up the challenge of running at least one Rite of Passage every year in their community or region of the world. I have found that this ministry is more caught than taught and that fathers just need a helping hand along with some encouragement on how to bless their sons through these 'Rite of Passage' weekend experiences.

Because He Lives,

Neil

Neil Campbell
Canadian Director
Family Foundations International

Testimonies from Fathers

Testimonies from Sons

**Rite of Passage Weekend
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Each session has 3 components that are designed to reinforce the experience.

CAPTIVATE: Adventure & Activities designed to capture their interest. This will build faith, friendship and fun times together.

The adventure begins as fathers and sons begin to arrive at the chosen destination. In fact, part of the fun and the atmosphere of the weekend begins with the trip and arrival to get to the meeting point. The meeting point might be your local church or a chosen location where you will meet the other fathers and sons to begin your weekend adventure, whether you are flying, driving or taking a group van to the start off point. This is often a great time for fathers and sons to begin to talk and discuss what the weekend is about. We would encourage fathers to sit by their son and look for moments to just ask questions and share what they might be expecting for the weekend. Focus on their relationship with their son and what is going on in his life. Tell stories about previous family trips or adventures you may have done in the past.

MOTIVATE: The “Rite of Passage Talks” are designed to engage fathers and sons into a deeper relationship with the Father and with each other.

Begin your adventure with a prayer as you embark on your journey to the meeting point for the weekend. Pray for safety and a time of fun and fellowship with your son for the weekend. (Note: Don’t be too spiritual, just ask God to bless your weekend together). Before the weekend begins make sure that each dad asks their wife and two or three close friends to be praying for them throughout the weekend.

ACTIVATE: Action Step designed to seal the spiritual moment in their hearts.

The first Action Step is simple. I encourage you as a father to thank your son for coming on the trip with you. If there has been some tension in your relationship, take a moment to repent and say you’re sorry for the relational message that you may have sent him over the past few weeks. Tell him you are looking forward to spending the weekend together and that you love him very much.

Friday Afternoon

CAPTIVATE: START THE ADVENTURE

The next step in the adventure is to meet the other fathers and sons at the meeting point. You may have to hike, quad, canoe, raft, bike or drive into the retreat centre or camp site that you have chosen for your Father/Son ROP weekend. Once you have unpacked the vehicles you are ready to start your adventure.

As the leader, introduce yourself and welcome everyone to the ROP weekend. Take a few moments to explain the purpose of the weekend and what you are expecting. It might be a good time to explain some of the safety rules and the route that you will be taking to arrive at your destination.

Have each of the fathers and sons introduce themselves. Three simple questions:

1. What is your name?
2. Where are you from?
3. What are you expecting from the weekend?

(Some of the boys might not know each other and this is a good time to start building relationships).

MOTIVATE: GOD MOMENT

Explain that our theme for the weekend is about becoming Mighty Men of God and that we will be looking at the life of David throughout the weekend. Read Psalm 23 and then pray protection over each person for the weekend.

ACTIVATE: ACTION STEP

Start the journey to your destination as you hike, bike, canoe or drive to your retreat or campsite location. Encourage the fathers to spend part of this time talking with their son specifically, but also include the other fathers and sons. Engage them in conversation about their lives and what their dreams might be. You might start off by talking about favourite activities or sports and then ask some bigger questions about life, goals, bucket lists, or interests. This is a time of building relationships and trust amongst the group.

ARRIVE AT YOUR LOCATION

CAPTIVATE: SET UP CAMP AND GET READY FOR THE EVENING ADVENTURE

- Welcome everyone to the camp and congratulate them that they have made it this far.
- Set up the camp with tents or unpack bags into your rooms at the retreat centre.
- Assign chores and duties for the weekend.
- Prepare supper together as a group.

MOTIVATE: GOD MOMENT

- Explain to them that God is our Father and that He is the provider of all good things for our bodies.
- Give thanks to the Lord for the food and provision for the weekend.
- Depending on the age and spiritual maturity of the group you may want to ask someone different to pray at each meal.

ACTIVATE: ACTION STEP

- Dig in and eat. The boys will probably be starved.
- Take time to get to know others as you are eating together.
- Clean up and get ready for the evening activities.



Friday Evening – Session I

AN ADVENTURE TO LIVE

CAPTIVATE: FRIDAY EVENING ACTIVITY

Depending on the terrain and the number of fathers and sons, choose one of the listed games. This is a great time for fathers and sons to begin to bond as a group. Warning: this game can become very competitive, as the fathers will do whatever it takes to win!

Option 1: Capture the Flag

Fathers against the sons. Appoint a team captain for each team to organize strategies and to capture the opposing team's flag.

- **A Brief History**

Believe it or not, **Capture the Flag** originated on the battlefield of some of the deadliest wars in history. In fact, that was exactly how all the soldiers knew when a battle was over - once the enemy's flag was captured, both sides considered the skirmish settled. In the Civil War, soldiers that could either capture the enemy's flag or save their own were rewarded with a **Medal of Honor**.

- **Setting Up**

First, a **big open space** just isn't going to work. Since a **big part** of this game involves **hiding** and **ducking** around corners, a more forested area would be ideal. Determine an area for the jail. As far as how many **players** you need, it doesn't really matter if both teams are **equal** (although at least **five per team** is generally a respectable number). The **playing field** must be divided into **three areas**, with the **two teams** separated by a **neutral space**. Each team must **hide their flag** somewhere on their team's side, making sure that nobody from the **opposing team** can see where it is. If you don't have a **couple of flags handy**, pretty much anything will do.

- **Playing the Game**

Both teams get five minutes to **hide their flags**. Once the flags are hidden, the game **begins**. To **win the game**, you must capture the other team's flag and bring it back to your **own territory**. But if an **enemy team member** grabs you while you're standing on their **part of the field**, they can take you straight to **jail** (which is a **small patch of land** in their territory). You can be **freed from jail** if one of your team members **touches you**, and there's no **limit** to how many times you can be thrown back into the prison.

- **Prizes**

Chocolate bars for the winners. Second place gets small candy. Medal of honour for the person who captures the flag.

Option 2: Man-Hunt (Variation of Kick the Can)

It is best to play this game at dusk or in the dark. Divide the group into teams of fathers against the sons. Fathers begin by hiding. They have 5-10 minutes to hide and then the sons must search for the fathers. They can use flash lights as they begin their search. When they catch them, they bring them to a prison area. The fathers can be set free if another father comes in and kicks the can at the centre of the camp. There is only one trick to this game; one of the fathers has the "Immunity Necklace". He has the power to capture any of the boys that are hunting for the fathers and if he catches them they must go to the fire pit for the rest of the game. If you have the time, you can reverse the roles and have the sons go hide while the fathers must find and capture them. The winners are the team that has the most people free at the end of the hour time limit or when all the fathers or sons are captured.

- **Prizes**

The winners get chocolate bars to share.
Second place receives a bag of Life Savers candy to share.

Circle up around the campfire for the first ROP Talk.

MOTIVATE: GOD MOMENT

Father Son Rite of Passage Talk # 1

**David: An Adventure to Live-
Walking with God!**

Theme: There is an Adventure for Every Man.

Tonight around the campfire we want to talk about David and his adventures. You know the stories of how he killed a lion and a bear while watching his sheep on the hills. He was just a boy when these adventures happened.

Adventure stories of fathers and sons.

Objective: In the book *Wild at Heart*, there is this amazing quote: *“Deep in his heart, every man longs for a battle to fight, an adventure to live, and a beauty to rescue.”* (John Eldredge, *Wild at Heart*)
On the first evening, we want to take the time to

stir up the adventure that is in the heart of every young man.

Start by sitting around a campfire and sharing some of the adventures you have experienced in your youth and then ask the fathers to share some of the adventures they experienced as a young man. This is not a preachy time, but rather a time to share your story and build another level of community amongst the group of fathers and sons. What happens is the stories start to get bigger as the dads tell their stories and the sons start to share. This is a fantastic way to kick off the first night.

My Adventure Story:

I remember some of my own adventures growing up in Cold Lake. There was the time that we were ice fishing on Little Bear Lake with two other friends. There was some open water where a creek came into the lake and one of the guys was trying to get closer. At the exact moment I said, "Watch it you might fall through" - he fell through the ice! He went under and came up so fast he hardly got wet. I grabbed him and had to take him back to the camp to dry out by the fire. The matches in his pocket were still good to use!

Another time with those same buddies, we went winter camping and set up a trap line on the Beaver River near the back gate of CFB Cold Lake. We set up three lean-tos built out of pine boughs with a fire in the middle to keep us warm. Two of us kept warm with our -60 degrees army issue sleeping bags. The same guy who fell through the ice stayed up all night and kept the fire burning because he was so cold. He didn't want to fall asleep in case he froze to death and never woke up the next morning.

As a young boy, my father and I built a canvas-covered canoe one winter in Cold Lake, Alberta. That spring I remember that we went on a fishing trip together at Wolf Lake just before my 13th birthday. My Dad wasn't a Christian at the time but that weekend with him had a lasting impact on my life as a young man.

There were two other men who made a great impact on my life as a young teen growing up in the 70's. Mr. Gary Glubish and Mr. Jim Massey were the youth leaders at Grand Centre Alliance church. Every summer they would take us on a week-long canoe adventure down the mighty Beaver River. Their life examples, talks while paddling along the river and the songs and devotions by the campfire are deeply etched in my mind. It was those moments that laid the

foundation for a lifetime journey with God as my Father. Soon after committing my life completely to Jesus, the Holy Spirit gave me a vision of helping young people and parents build an authentic relationship with Jesus Christ through discipleship and wilderness adventures.

- Dads, I would like you to share some of your adventures growing up as a boy.
- Boys, what is one of your favourite adventures you have had with your dad or group of friends?

Samuel 16:32-37

(Message should be shared in story form from your heart – don't just read it let it come naturally as you share the main points around the campfire. Add in your own examples. The talk should only be 10-12 minutes long with the closing at the end.)

I. God Chooses a Boy named David (I Samuel 16: 7-13)

- Three thousand years ago, God chose a young man named David to be the king of Israel.
- Out of all the sons of Jesse, the favor of God landed on a boy named David.

- David was the youngest of eight sons of a poor farmer from the tiny hamlet of Bethlehem.
- David was a young man who was not even respected by the members of his own family.
- He was nobody living in a family of nobodies. Yet by the grace of God, David became one of the greatest kings in the history of the nation of Israel.
- He also became an ancestor of the Lord Jesus Christ.
- He is listed among the great heroes of the faith in **Hebrews 11**.
- During his life, he received great promises and remarkable blessings from the hand of God.
- But greatest of all, David became a man after God's Own Heart.

II. 5 Keys to the Heart of David

- 1. David had a heart for God** - God looks at the heart not the outward appearance. (I Sam. 16:13) God is looking at your hearts this evening as fathers and sons. He is looking for men who have a heart for God.
- 2. David served his father** by watching the sheep in the fields. As a young man, you need

to learn to serve. You can do this by working with your father in the garage, around the house, building a fence, where ever you can and you will learn to serve. We live in such a “me-centred” world. John F. Kennedy, former president of the United States said:

“Ask not what your country can do for you — ask what you can do for your country. My fellow citizens of the world: ask not what America will do for you, but what together we can do for the freedom of man.”

My own personal examples of learning to serve include helping my Dad fix the car, painting the fence at the house and chopping wood when we went camping. I also learned to work one summer with my Dad as we set up playground equipment in our community.

3. **David was a worshiper** - Many of his psalms and songs were written out in the hills of Judea. One of the great songs of worship that he wrote was Psalm 42:1 “As the deer pants for the streams of water, so my soul longs for you my God”. Young men do you have a heart for the Father? Does your heart long for Him like a deer longs for the streams of water? I remember years ago, when I was a long-haired teenager, I would gather in the

basement of my house with a few friends. We would play our guitars and just worship the Father for hours. It was in those times of worship that God called me and filled me with his Holy Spirit. Don't be ashamed to be a worshipper. Become a worshipper and give your whole heart to him tonight.

- 4. David was a young man of courage and character** - He proved his character and his courage when he killed the lion and the bear (I Sam. 17:34-35).

34 But David said to Saul, "Your servant has been keeping his father's sheep. When a lion or a bear came and carried off a sheep from the flock, 35 I went after it, struck it and rescued the sheep from its mouth. When it turned on me, I seized it by its hair, struck it and killed it.

You and I may not face any physical lions or bears. But Satan is like a roaring lion who wants to tempt and devour you. The bear can represent friends who are trying to get you to compromise and follow the crowd.

Guys your choices are the sum of your character. Each time you choose to follow the crowd and compromise your values, you take

one step closer to following the world rather than Christ.

5. David walked in covenant relationship with God!

36 Your servant has killed both the lion and the bear; this uncircumcised Philistine will be like one of them, because he has defied the armies of the living God. 37 The Lord who rescued me from the paw of the lion and the paw of the bear will rescue me from the hand of this Philistine.” I Samuel 17:36-37

A covenant literally means the establishment of a bond of friendship between two people that cannot be broken. David made a bond of friendship with Jonathan, the son of King Saul. A marriage covenant is to be an example of this type of bond between a man and a woman. David had this kind of relationship with God. No matter how far David's heart might have strayed God never abandoned David. In the same way, maybe you decided to follow Jesus as a boy in Sunday School. This was a covenant that you made with God and no matter how far you may have stayed from the Father, He will never leave you nor forsake you.

My story: I grew up in a Christian home and made a commitment to Christ at a youth rally when I was 12 years old . When I was in Grade 9, I started hanging out with the wrong crowd drinking and partying. One night we were drinking and doing drugs. I had alcohol poisoning and my friends dragged me home. They left me on the doorstep, rang the doorbell and ran. My Dad came to the door and dragged me up the stairs and threw me into my bed. Two days later I woke up and I remember my Dad coming up to my room and saying, “Neil, we are so disappointed in you. We thought you were better than this”. Those words were like a knife in my heart. Lying in my bed I cried out, “God, if you are real I will follow you all the days of my life.” I remember the love of the Father coming into my room and filling me with His love and power. I was transformed that day, I saw 40 of my friends come to Christ that year and I have been in a covenant relationship with God the Father for over 40 years.

Young men the greatest adventure you could ever live is an adventure for God. God has a plan and a destiny for your life. I have lived an adventure for the past 40 years going on trips like this, to the Grand Canyon, Trinidad, Rocky Mountain House, Cold Lake, Northern Ontario and many other places. I have been following God and seeing lives

changed around the world. It has been the greatest adventure ever to follow Him.

Tonight, God is calling each of us to live an **adventure with Him**. He is calling us to be in covenant with Him. In Ancient times if you wanted safety in your village or town you would often make a covenant with a great king to protect you and your family. God has made a covenant with us and He promises to never leave us or forsake us when we accept what Jesus has done for us. Sometimes it is not easy being a follower of Christ. You might get teased or feel like you are missing out on fun. In the end God loves you and he will always be there for you.

One of my favorite stories is about the forty martyrs of Sabaste. These forty soldiers, all Christians, were members of the famed Twelfth Legion of Rome's imperial army. One day, their captain told them Emperor Licinius had sent out an edict that all soldiers were to offer sacrifice to the pagan gods and pledge their allegiance to Caesar. These Christians replied, "You can have our armor and even our bodies, but not our hearts. Our allegiance belongs to Jesus Christ." It was midwinter of 320 A.D., and the captain had them march onto a nearby frozen lake. He stripped them of their clothes and said they would either die or renounce Christ.

Throughout the night these men huddled together singing and worshiping the Lord. One by one the temperature took its toll and they fell to the ground. At last there was only one man left. He lost courage and stumbled to the shore, where he renounced Christ. The officer of the guards had been watching all this. Unknown to the others, he had secretly come to believe in Christ. When he saw this last man break rank, he walked out onto the ice, threw off his clothes, and confessed that he also was a Christian. When the sun rose the next morning, there were forty bodies of soldiers who had given their lives for Christ.

ACTIVATE: ACTION STEP

You can make that decision tonight to be a band of brothers who make a stand for Christ. Maybe you accepted Christ into your life when you were a young boy in Sunday School and have drifted away from God. The fires of your love for God may have grown dim. Tonight, together around this fire we can all make a decision to pledge our allegiance to Christ and renew our relationship with God our Father.

Jesus said to the church of Ephesus, *“Yet I hold this against you: You have forsaken the love you had at first.”* (Rev. 2:4)

Tonight, it doesn't matter how far you have drifted from God. He is a good Father waiting for you to come into this deeper relationship with Him. You can step over the threshold and come into a deeper relationship with God. In just a moment I am going to ask each of you to take a stick or log and as an act of faith throw that log on the fire symbolizing that you are renewing your relationship with God.

Prayer: (Pray something like this) “Heavenly Father, we thank you that you love us. I confess that the fire in my heart has gone dim. Give me a heart like David so I can know you better. Make me a man of courage and character who will stand for what is right even if everyone else is doing what is wrong. Tonight, I take a stand before these men and declare Jesus is Lord of my life.”

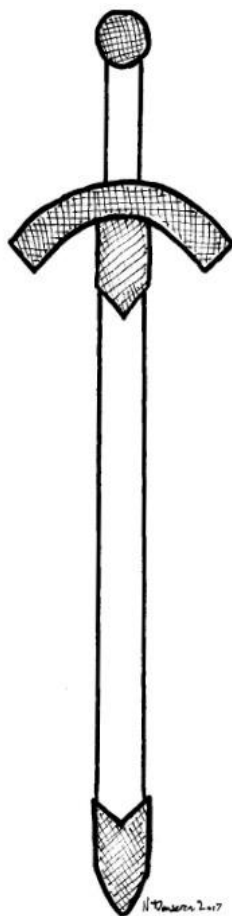
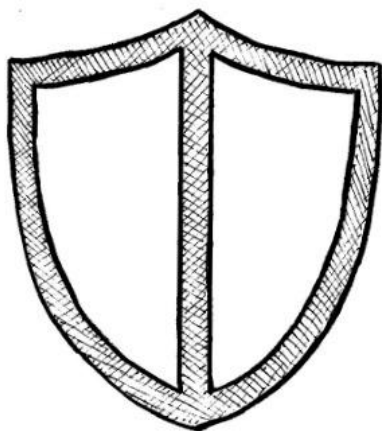
If this is your desire to renew your relationship with God then I would ask you to pick up one of these sticks and throw it in the fire declaring Jesus as Lord. (Allow time for each of the fathers and sons to do this. Don't force anyone just wait and honour them).

After everyone has done this, say something like, "See how bright the fire has gotten? Together we can all make a difference and take a stand in this dark world for Jesus."

Snack Time

Hot dogs, Smores, Hot chocolate

(After you are all done, thank everyone and remind everyone what time breakfast starts and then have some snacks before bed)



H. Hansen 2007

Saturday Morning – Session II

MIGHTY MEN

ACTIVATE: MIGHTY MAN COMPETITION

Warrior Circle

This is an ancient native strength game where you determine the strongest man in the camp. The game is simple: Draw two circles (about 3 feet in diameter) on the ground with a stick and have a boy stand in each circle. Have the fathers and sons stand in a large circle around the two combatants to cheer them on. The leader is the referee and he has the two young men clasp one wrist of his opponent. The object of the game is to pull the opponent from his circle into their circle. On the count of three the combatants try to pull their opponent into their circle. The best two out of three wins the battle. The process is repeated until all the boys have had a turn. You then have the winners face each other to determine the champion amongst the boys. Repeat the procedure with the dads and determine who the mighty dad is. Then have the strongest son compete against the mightiest father for the overall champion.

- **Prizes**

Purchase two large Mr. Big Chocolate bars for the strongest son and father. They will have bragging rights for the weekend as the strongest men in the camp.

Note: If you want to up the competition you might challenge the winner of the father and son competition. They may be tired from the competition and you can take advantage of this with a quick pull over to take the winner out of his circle.

MOTIVATE: GOD MOMENT

Father/Son Rite of Passage Talk # 2 David's Mighty Men – II Sam. 23:8-17

Theme: Every man is called to be a mighty man of God.

Introduction

Last night we talked about David and his heart for God as a young man, how he killed the lion and the bear and how he became a great leader.

But great as he was, David did not stand alone. Surrounding him was a band of mighty men who accomplished great feats of valor.

This morning we want to talk about three mighty men- Adino, Eleazar and Shamah.

Adino the Eznite: His claim to being a mighty man of God was that he killed 800 Philistines at one time.

“These are the names of David’s mighty warriors: Josheb-Basshebeth, a Tahkemonite, was chief of the Three; he raised his spear against eight hundred men, whom he killed in one encounter.”
II Sam. 23:8

He stood facing eight hundred trained, armed soldiers. There was no way Adino could stand against eight hundred men in the flesh. He was facing insurmountable odds, but the victory was his! He needed the Anointing of God to be on his life to defeat those 800 Philistines.

We, as Adino, must determine to stand and fight, no matter what the odds. *“For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.”* Eph. 6:12

Young men there is a battle for your soul as enemy powers have been assigned to destroy you and cause you to fall. As you learn to put on the

full armor of God daily you can stand against the flood of temptation that comes your way.

Eleazar the son of Dodai: *“But Eleazar stood his ground and struck down the Philistines till his hand grew tired and froze to the sword. The LORD brought about a great victory that day. The troops returned to Eleazar, but only to strip the dead.”* II Sam. 23: 10

The sword used by Roman soldiers was known as a *gladius*; and in the hands of a skilled man, it was a fearsome weapon. In fact, it became known as “the sword that conquered the world.” It was sharpened on both sides, making it lethal against an unarmored foe. The point was also sharpened, enabling it to pierce armor.

“[And] take . . . the sword of the Spirit, which is the word of God.” (Eph. 6:17). Young men, there is a battle for truth in this age of moral relativism where the world says there are no moral absolutes, no objective ethical right and wrong and that moral values are true or genuine for some but not for others. The only way to combat this moral and ethical slide is to know the truth of God’s word because it sets the absolute moral compass of your life.

A soldier in the Roman army would sharpen his sword every day, as it was a matter of life and

death. Likewise, sharpen your sword daily by reading the Word of God every day. A simple way to do this is a principle called **S.O.A.P.** How many of you have a shower every day and use soap? **SOAP** stands for:

- **Scripture:** Read a few verses every day.
- **Observation:** Observe the context of the text.
- **Application:** Ask God what is the application for my life today.
- **Prayer:** Pray for the truth to empower you for that day.

Shammah the son of Agee: Was the third of the mighty warriors.

"¹¹Next to him was Shammah son of Agee the Hararite. When the Philistines banded together at a place where there was a field full of lentils, Israel's troops fled from them. ¹²But Shammah took his stand in the middle of the field. He defended it and struck the Philistines down, and the LORD brought about a great victory." II Sam. 23:11-12

We are in a battle and most Christians today are running away from the fight. God is looking for young men who will stand firm against the strategies of the enemy.

A final word: *“be strong in the Lord and in his mighty power. ¹¹ Put on the full armor of God, so that you can take your stand against the devil’s schemes.”* Eph. 6:10-11

In fact, like the arrows and fiery darts of the enemy confronted a Roman soldier in battle, we too can be attacked at any time and at any angle by the strategies of Satan. God has given us spiritual armor to defend against those attacks. They are the belt of truth, the breastplate of righteousness, feet fitted with the readiness of the gospel of peace, the shield of faith, the helmet of salvation and the sword of the spirit.

The belt of truth, which is buckled around the waist, represents the truth spoken over us by our God, which directly confronts the lies that our enemy wants us to believe. Jesus said, “The truth will set you free” John 8:32.

The breastplate of righteousness. The second piece of armor, the breastplate, is likened to righteousness: *“Stand firm then . . . with the breastplate of righteousness in place”.* Eph. 6:14.

The breastplate worn by Roman soldiers was generally made of iron. It consisted of overlapping pieces of metal with connecting front

and back sections. The overlapping pieces allowed for more flexibility of movement. This piece of armor protected the vital organs of the soldier during battle.

We have been made righteous before God through the blood of Jesus when Jesus died on the cross for your sins - past, present and future. The enemy wants us to feel guilt and shame but we can know that God the Father sees us as righteous through Christ.

Shoes of Readiness. A Roman soldier's sandals were specifically constructed to endure long marches and to give them solid footing during the battle. Likewise, a young man's feet are fitted with the readiness that comes from the gospel of peace. Men, we must be ready for all circumstances that might come our way, knowing that through Christ He will give us the strength we need to stand firm.

The shield of faith, which extinguishes all the flaming arrows of the evil one, allows us to stand our ground in the midst of spiritual attack. The enemy desires our demise, but God has given us the ability to fend off his attempts to destroying our lives.

Faith allows us to shield each other from the attacks of the enemy. The Roman soldiers of Paul's day were sometimes subject to a virtual shower of arrows that rained down on them from above. For example, when laying siege to a walled city or a fortified hill, they had to advance while arrows were being launched from above them. As a protection to enable them to advance, they used a formation known as the *testudo*, or tortoise formation.

The tortoise formation involved banding together to raise shields against arrows coming from any direction. The soldiers formed a tight square. Those in the front raised their shields in front of them. Those on the sides faced to the side and raised their shields. Similarly, those in the back faced the back and raised their shields. Those in the middle raised their shields overhead to protect against arrows flying in from above. In this way, no part of the band of soldiers was left exposed.

ACTIVATE: HUMAN KNOT ILLUSTRATION

In this tangled world of truth, community and teamwork is required to overcome the lies of the enemy. In this activity form a giant human knot by following the instructions below. The goal is to work together as a team to undo the human knot without breaking the grip.

1. **Knot all players together by joining hands.** After you're in your circle, reach out and hold hands with two different people in the circle, excluding the two people to either side of you. Each left hand should hold a left hand, and each right hand a right.
2. **Maneuver around other players.** The players should be ready to bend, twist, and move in any way that is required for untangling your knot. You may find you need to duck under the hands of other players, step over a pair of hands, or do similar moves to untangle your knot without letting go of your grip.
3. **Form a circle by untangling your knot.** You'll notice, as your knot becomes untangled, that a circle will start to form. Some people may end up facing the inside

of the circle and some facing the outside, but by the time you've finished untangling, you should have an unbroken circle of joined hands.

4. Congratulations! You've untangled the Human Knot!

The helmet of salvation. A helmet protects a soldier against damaging and deadly blows to the head. Spiritually speaking, the helmet of salvation provides hope and protects the mind against anything that would destroy our faith in Christ.

Conclusion

These are David's mighty men: Adino, Eleazor, and Shammah. Their loyalty and bravery in service to the King of Israel is an example for us to follow in our relationship to the King of Kings. They were mighty men because they were willing to lay down their lives for each other.

There is a story of another King. His name is Leonitus, king of the Spartans. His 300 men held off 100 to 150 thousand Persian soldiers. It is a story of a group of men who were willing to lay down their lives for their fellow countrymen. It is reported that prior to the battle, King Xerxes demanded, through his ambassador, that Sparta surrender to the overwhelmingly powerful

Persian army. When he demanded that the Spartans surrender their weapons, according to Plutarch (the Greek Biographer), Leonidas had an answer: **"If you want them come and take them."**

Read "The Fearless 300"

The Fearless 300

© Rudolph 1993

Four Hundred and Eighty years
before Christ
the fearless 300
paid with their lives.
The bravest men
that fought side by side.
They fought the fiercest battle
until they all had died.

The Persians were marching
three hundred thousand strong.
Xerxes determined to
do Greece some wrong.
They burned and destroyed
as they moved from
town to town.
These Greeks they laughed
are nothing but clowns.

They came to the Hot Gates
of Thermopylae.

Where three armed men
could hold a company at bay.

There was no way around
except the narrowest of paths.
They'd have to forge ahead
and risk an attack.

The Persians found
the path was blocked.

A Spartan King
sprang from the rocks.
With a spear in his hands
and Greeks at his heels
they drove back the Persians.
The path had been sealed.

A traitor went to Xerxes
and told him a way.

A secret path around
Thermopylae.
He said, "If I succeed you will pay me well.
If I fail, you can have my head."

The secret path was real
and they attacked from the rear.
The Greeks were doomed to
die right there.
The Spartan King Leonidas

ordered a decree.
The Spartans will stay
but the others must flee.
Go warn Athens.
Prepare for war.
The Persians are coming and they
want to fight some more.
The Spartans held for three long days.
Fighting with spears
they drove them away.

When their spears were broken
they fought with their daggers.
When their daggers were broke
they fought with their hands.
Until all 300
had died for their land.

The Oracle at Delphi
had sealed his fate.
King Leonidas
died at the Hot Gates.
The descendent of Hercules lay on
the mound of the slain.
His men bought Greece some time

They didn't die in vain.

By, Christopher Rudolph

ACTIVATE: ACTION STEP

God is looking for “Mighty Men” who are willing to sacrifice their lives if needed to protect and save others. If you are wanting to be part of this army that is willing to lay down their lives for one another then I am asking you to join hands with me here in the middle of this circle. (Have the fathers and sons put their hands in the centre one on top of the other and shout out **“We are one! We are mighty men of God! We will trust! We will stand! We will fight for truth!”**)

Short Closing Prayer: Father, make us mighty men today! Clothe us in the full armour of God to live for You and do mighty exploits for You! In Jesus name! Amen!



Saturday Morning – Session III

THE SINS OF THE FATHERS

CAPTIVATE: TWO HOUR ADVENTURE from 10:00am to noon.

Ideas: Hiking, biking, mountain climbing, fishing, quad trip, or exploring event. This event should be planned by the leaders and be a group adventure that creates memories and strengthens bonds in an amazing adventure. Bring a packed lunch.

12:00 noon: Stop for a lunch break together.

MOTIVATE: GOD MOMENT

Father Son Rite of Passage Talk # 3
David's Battle for Purity

Theme: Defeating the Sins of our Past

David and Bathsheba: *"In the spring, at the time when kings go off to war, David sent Joab out with the king's men and the whole Israelite army. They destroyed the Ammonites and besieged Rabbah. But David remained in Jerusalem. One evening, David got up from his bed and walked around on the roof of the palace. From the roof, he saw a woman bathing. The woman was very beautiful,*

*and David sent someone to find out about her. The man said, 'She is Bathsheba, the daughter of Eliam and the wife of Uriah the Hittite.'*⁴ *Then David sent messengers to get her. She came to him, and he slept with her. Then she went back home.*⁵ *The woman conceived and sent word to David, saying, 'I am pregnant'."* II Sam. 11:1-5

One of the greatest battles that you will ever face is the battle for sexual purity. To stay pure until marriage is a battle for every man. The Bible tells us that the iniquities of our youth are passed on to the third and fourth generation. When you choose to watch pornography, masturbate or sleep with a young woman who is not your wife, you are opening potential generational curses upon your children and grandchildren.

David, the man after God's own heart, committed adultery with Bathsheba because he saw her lying nude on top of her house and he lusted after her. Out of that act of adultery, he released a whole stream of generational iniquity. David murdered one of his mighty men - Uriah the Hittite. The child conceived out of wedlock died. Later one of David's own sons committed incest with his sister. His other son Solomon married over 1000 wives and had 400 concubines.

After David's sin with Bathsheba and the murder of her husband Uriah, the prophet Nathan confronted him and he repented of his sins.

Psalm 51: David's Prayer of Repentance

*"Have mercy on me, O God,
according to your unfailing love;
according to your great compassion
blot out my transgressions.
² Wash away all my iniquity
and cleanse me from my sin."* Ps. 51:1-2

1. Sin is the outward act or violation of God's moral code or law.

*"For I know my transgressions,
and my sin is always before me.
⁴ Against you, you only, have I sinned
and done what is evil in your sight;"*
Ps. 51:3-4

2. Iniquity is the inward seed or root that causes us to sin.

"But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart." Matt 5:28

3. David acknowledged his sin and did not hide iniquity. Ps. 32:5

One of things David would have done is to build an altar and make a sacrifice to atone for his sin. When we sin – Jesus is the Sacrifice that paid for our sins and our iniquities. The scriptures tell us that *“he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds we are healed.”* Isa. 53:5

Wounds-Bruises-Stripes

1. WOUND describes a rupture in the body that allows blood to flow out. *“He was wounded for our transgressions.”* His blood paid for your sins past present and future.

2. BRUISING is the damage to tissue beneath the surface. One time I got a black eye from a slap shot while playing hockey. The black and blue colouring comes from the blood pooling around the injury to bring healing. In the same way, *“He was bruised for our iniquities.”* Jesus’ blood not only pays for my sin, but also heals me from the iniquity.

3. STRIPES are the damage to both the surface and the tissue beneath the surface. *“And by His stripes we are healed.”* Before Jesus was crucified he was whipped 39 times by the Romans (John 19:1). Flogging was the punishment ordered for

Jesus by Pontius Pilate. He was to be flogged but not killed. His death was to be carried out by crucifixion after the scourging. Jesus was stripped to his under garment and attached to a pillar in the courtyard. This pillar was called the **"Pillar of Shame"** because it was here the person was publicly flogged and shamed for their sin. His hands were tied to a post or pillar to bare his back to the whipping. Flogging used a whip with 7 leather strips. To make the suffering greater and the damage more serious, two small lead balls were sharpened and tied to the ends of each leather strip so that they would cut deeply into the flesh.

Jesus loved each one of us so much that he took this whipping to take away our **shame for the sins of our past**. Shame is a feeling that I wouldn't want anyone to know what I have done in the past. It is a feeling that I am worthless, and no one could love me if they knew what I have done. When we confess that hidden thing from our past before God and men, it frees us and releases us from the shame.

STEPS TO FREEDOM IN CHRIST

Step #1: Confess and repent of the act of sin.

"If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness." I John 1:9

Step #2: Renounce the hidden iniquity.

"Rather, we have renounced secret and shameful ways; we do not use deception, nor do we distort the word of God. On the contrary, by setting forth the truth plainly we commend ourselves to everyone's conscience in the sight of God." II Cor. 4:2

Step #3: Replace the lie with the truth.

"Then you will know the truth, and the truth will set you free." John 8:32

The sin is what I did. It is not who I am. Father what is the truth? Who do you say that I am?

Step #4: Release a blessing over your son in this area.

Conclusion: Allow this time for the group to think about these steps and at this point you are going to ask the fathers and sons if there is a hidden sin or iniquity in their life that they want to confess before God and the group of men.

ACTIVATE: ACTION STEP

Action Step Instructions will depend on the location of the trip you have taken. Ask the men to pick up a stick and symbolically throw it in the fire as they are confessing and renouncing the iniquity in their lives. (Or they may pick up a rock and throw it off the cliff or into the river.) Then confess the iniquity and renounce it in Jesus' name. This is a powerful moment. Make sure you are praying and give everyone an opportunity to confess and renounce what the Lord shows them. Often the dads go first and then some of the sons might take the opportunity to share as well.

Depending on the group, a father may then walk up to his son and say, "Son I repent for opening that door of sin (name whatever it is) over your life". Then he might pray a blessing over his son in that area of his life.

1:00 pm – 3:00 pm Finish the group activity (hike, bike or canoe) by heading back to camp. This is another good time of bonding. Often the sons will run on ahead back to the camp to hang out and explore. This is a good time for you as the leader to walk with a group of fathers and sons and debrief some of the day's events.

3:00 pm Free time for sons to explore, play a game, swim, relax and hang out. Meet with a few of the fathers to ask them to prepare a short talk (3-5 minutes) about one of the following subjects that they will share later during the Father/Son Trust walk.

- A man and his character
- A man and how he treats women
- A man and his work
- A man and his walk with God

5:00 pm Supper



H.D. 2017

Saturday Evening - Session IV

RITE OF PASSAGE

CAPTIVATE ADVENTURE ACTIVITY

Father/Son Relay Race

Design an obstacle course relay in the natural environment where your ROP weekend is being held. For example, if you have 16 participants you can divide into two father/son teams with 4 separate events. Each father and son are paired together and pass off a baton to the next team. Here are a few suggestions for the relay, but be creative!

1. Start with a father/son three-legged race through an obstacle course.
2. Next, father/son have a canoe race across a bay or around a marker. (Be prepared to get wet on this one!)
3. Pass the baton and the next father/son team bike, quad or swim to the next exchange point.
4. Father/son carry a large rock or log to the finish line.

- **Prizes:**

Purchase prizes from a dollar store for the winning and second place teams.

MOTIVATE: GOD MOMENT**Father Son Rite of Passage Talk # 4
David's Mighty Men – 2 Samuel 23: 18-39****Theme: Becoming a Band of Brothers****Introduction:**

Gather the group around the campfire for the Saturday evening ROP Talk and open with a few questions.

Opening Questions

- How many had a fun time so far today?
- What was one of your highlights of the day?
- Who remembers the names of David's 3 mighty men?

The Bible tells us that David had 30 mighty men who stood with him in the wilderness and fought the enemies. God thought this was so important he listed their names in 2 Samuel 23:18-29. (Read text)

This weekend, I would suggest that each one of you is a Mighty man of God and that we are becoming a band of brothers who can change our nations. There are three things that mark a group of mighty men who are a band of brothers.

1. To be a Band of Brothers you must be CLOSE to God and other men.

Remember David was a man after God's own heart. I would encourage you to walk close to God every day and you can become a man after God's own heart. One of the best ways I know how to do that is to spend time with God every day using the S.O.A.P method. Who remembers what that is?

2. To be a Band of Brothers you must learn to be COMMITTED to God and other men.

David's mighty men were committed to him. The three mighty men were willing to lay down their lives to get David a cup of water from the well in Bethlehem that was occupied by a Philistine garrison. The three broke through the Philistine lines, drew some water from the well by the gate in Bethlehem, and brought it back to David.

"But he refused to drink it; instead, he poured it out before the LORD.¹⁷ "Far be it from me, LORD, to do this!" he said. "Is it not the blood of men who went at the risk of their lives?" And David would not drink it."
II Sam. 23:16-17

This is just one example of many from the exploits of the three. Likewise, we need to be willing to lay down our lives for each other as fathers and sons.

3. **To be a Band of Brothers you must be COURAGEOUS.** David's mighty men were courageous and trusted David with their lives. Young men you need to learn to trust your father and other men to protect, provide and guide you in your journey as a man. To illustrate this point, we are going to blind fold each of the sons and you put your hand on your dad's shoulder. Your dad will guide you through an obstacle course, so it is important that you remain very quiet. Sons will need to listen carefully to their father's voice and instructions.

ACTIVATE: BLIND TRUST WALK

Objective: The object of this exercise is for the sons to learn to listen to their father's voice and the importance of also listening to the voice of their heavenly Father.

Each son is blindfolded and is to be led by their father through a series of obstacles. The son puts his hand on his father's shoulder and must listen

to his father's voice to receive directions as they walk through the obstacle course.

Note: As the leader, scout out the area sometime before Saturday evening and create an obstacle course with 4 meeting locations where fathers will share points of wisdom with their sons on the following four topics.

- **A Man and his character:** What does it mean to be a man of your word and a man of integrity?
- **A Man and how he treats women:** How a young man is to treat the women in his life including his mother, sisters, girlfriend and future spouse.
- **A Man and his work:** (Dream and Destiny) What is the dream that God has given you? What are you called to do in life?
- **A Man and his walk with God.** Talk about what it takes to walk with God. Share your own personal relationship, worship, devotions, and prayer routine.

Rite of Passage Ceremony:

Instructions:

Begin the set up for the 'Rite of Passage Ceremony' where fathers have prepared a blessing for their sons. Line a corridor with tiki torches about 50-75 feet long which leads to the bonfire. The holding area for the young men is just beyond the beginning stage for the grand finale. One by one, an older man introduces the first candidate for manhood to the community of men at the other end of the tiki torch corridor, which is the bonfire. His father then calls him into manhood, the son walks the corridor and then the father publicly blesses and prays over his son. After he receives his father's blessing, the community of men around the bonfire clap, cheer, high five, hug and welcome him into the community of men. Once every man has gone through the blessing process, you have a big celebration around the campfire.

ROP Tiki Light Ceremony

Sample Instructions: After everything is set up the leader will call each of the sons out to be blessed by their father as a man.

“We have found that _____ is a man of Character. He has been proven to be Close to God, Committed to other Men and full of Courage.

We therefore call _____ to come forth and be a Man.”

The young man walks across the Tiki Trail symbolic of passing from boyhood into manhood where his father will now bless him.

(Note: Other men may speak a few words to affirm the young man as well.)

10:00pm Campfire Celebration - hotdogs, smores, snacks, pop and hot chocolate



Sunday Morning – Session IV MEN OF GOD

8:00 am Breakfast/Start packing up the camp

9:30 am Campfire Church

- Worship - Have one of the men lead in some worship
- ROP Talk # 5 Covenant Walking with God and Men
- Sons honouring their fathers
- Communion

CAPTIVATE: TRUST FALL

Game Description

The trust fall is one of the most dramatic trust games. This game is designed to illustrate the point that we need to learn to trust our fathers and other men in our lives. It is a great introduction to our talk on David and Jonathan and how they had to trust each other.

Game Materials

- ✓ A raised platform of some type – a stump, small wall, table, ladder, etc. The platform should be no higher than 6 feet (less than

2 meters) and at least 4 feet (about 1 meter).

- ✓ There should be 10-12 individuals standing on level ground to serve as catchers.

Game Preparation

This game requires a minimum of 10-12 persons to have appropriate protection. Impress upon participants that this is not a time for joking around, but a time to be serious and inspire trust in each other. They need to be encouraging and affirming, helping to alleviate the fear associated with trusting someone else.

Game Play

1. Begin by asking a son to stand on the raised platform from which they will fall backward into the arms of a prepared group of spotters.
2. The person falling should keep his arms crossed over their chest with the palms gripping opposite shoulders. When falling they should not bend their knees as it concentrates the force of the fall on a few people making catching more difficult.
3. The two lines of catchers stand shoulder to shoulder facing one another. Hands are to the side with the inside of forearms extended,

palms face up so that hands are alternated and juxtaposed to provide a secure landing area. It is preferable that the catchers who are facing each other do not grasp hands. It is not necessary and a knocked head WILL result as the weight of the person falling will pull the two catchers holding hands together. If the group chooses to lock arms together, do so by gripping the wrist of the person opposite, not the hand. Do not cross arms as this can injure the falling volunteer.

4. Assign one person in the group to stand on the platform and with the volunteer about to fall or to be in very close proximity. This adult leader should make sure the faller is:
 - aligned with the catchers:
 - has hands across chest in the correct position
 - tilting his or her head slightly back to keep the body rigid so that they do not bend at the knees.
5. The leader asks the catchers if they are ready. When they are ready they say "fall" and the person falling says "falling" and falls.

This activity is designed to build trust amongst the fathers and sons. After all the sons have had a turn to trust, you may want to let the dads take a turn in trusting the sons to catch them.

Discussion Ideas

Trust: How did it feel be forced to rely on someone else? What fears did you have? Did you trust they would prevent you from harm? How does this relate to trusting God with our lives?

Transition:

After the trust fall, have every gather around the campfire.

Opening Questions

Wow! This has been an amazing weekend! How many enjoyed our rite of passage ceremony last night? Does anyone want to take a moment to share what last night meant to you? What has been the highlight for you this weekend?

Sons Honour Fathers

We would like to take a few moments for sons to thank and bless your dad for something he has done for you or what he means to you.

Allow time for sons to share.

Sing one or two songs of worship.

MOTIVATE: GOD MOMENT

Father Son Rite of Passage Talk # 5 David & Jonathan Covenant Friendship 1 Samuel 18:1-4

**Theme: Covenant – Walking with God and
Men**

Covenant Friends

This morning we are talking about David and Jonathan who were covenant brothers. *“After David had finished talking with Saul, Jonathan became one in spirit with David, and he loved him as himself.”* 1 Sam. 18:1

Last night there was a shift in your relationship as fathers and sons. Sons you are no longer little boys. You are men of God and you have been welcomed and blessed by your father into the journey of manhood. Dad your relationship with your son has now shifted. You are more of a guide and mentor who walks with your son on this journey. God wants to you walk in one spirit.

Symbols of Covenant

“And Jonathan made a covenant with David because he loved him as himself. Jonathan took off the robe he was wearing and gave it to David, along with his tunic, and even his sword, his bow and his belt”. 1 Sam. 18:3-4

In the passage above, we see David and Jonathan formalizing their covenant. These are some symbols of covenant:

1. Exchange of Outer Garments

David and Jonathan exchanged robes with one another, symbolizing that everything belonging to one also belonged to the other. Jonathan gave his kingly robe to David symbolizing his friendship. Jesus gives us a robe of righteousness in exchange for our robe of shame symbolizing that we are now friends with God.

2. Exchange of Weapons

David and Jonathan also exchanged sword, bow, and other weapons indicated that each was pledging himself to the other's defense, placing his power at the other's disposal. In the same way, Jesus gives us the Sword

of the Spirit and the armor of God for our protection.

3. Cutting Covenant

In ancient times, they did not talk about making a covenant, they talked about cutting a covenant. They would either kill an animal and cut it in half or cut their wrists and mingle their blood. Because blood is the sign of life, it shows us how powerful this covenant was. Likewise, in the New Covenant, Jesus laid down his life to pay for this covenant with us.

4. The Covenant Sign

As a permanent sign of their covenant commitment, covenant partners may have carved a mark on their hand or wrist to show others that they were in covenant with each other. Jesus has a covenant mark on his hands to remind everyone that he is our covenant partner. Baptism is our covenant sign and mark that we are followers of Christ. Offer the opportunity to anyone who would like to be baptized or encourage them to get baptized when they get home.

5. The Covenant Meal

Covenant partners shared a ceremonial meal, usually of bread and wine. It was another way of uniting them. To this day middle-Easterners believe that sharing from the same loaf of bread or the same flask of wine binds the participants together. In the same way, Jesus took the loaf and the cup and finalized the covenant He was making with his disciples. Likewise, every time we take communion we remember the covenant that God has made with us.

Communion

Matthew 26:26-28 (NIV)

"²⁶ While they were eating, Jesus took bread, and when he had given thanks, he broke it and gave it to his disciples, saying, 'Take and eat; this is my body.'²⁷ Then he took a cup, and when he had given thanks, he gave it to them, saying, 'Drink from it, all of you. ²⁸ This is my blood of the covenant, which is poured out for many for the forgiveness of sins'."

The Bread: Pass a loaf of bread and have each one take a piece, symbolizing that we are part of the Body of Christ.

Prayer: Father we give thanks as we partake of this bread this morning. We renew our covenant of friendship with you and each other in this circle today. In Jesus' name we pray.

The Cup: We take the cup this morning symbolic of the blood of Jesus that was poured out for our sins past, present and future.

Prayer: Lord Jesus we confess our sins before you this morning and receive your forgiveness that we can walk in Covenant relationship with you.

ACTIVATE: BUILD A MEMORIAL

And finally, they built a monument or memorial to the covenant ceremony. This could be something as simple as a pile of stones or an altar before the Lord. The monument of the church is the Cross of Christ.

This morning as we wrap up our weekend together let's build an altar or cross to the Lord out of stones to remind us of the covenant we have with God. Have the group gather some stones or logs and build a cross. Join in a circle around the cross and close in a song and/or a word of prayer to wrap up the Rite of Passage weekend.

11:30am Pack up Camp: Head Back Home

APPENDIX ONE

THE WILDERNESS WEEKEND SCHEDULE

FRIDAY AFTERNOON

Leaders head out early and set up.

Participants begin to arrive throughout afternoon.

Set up camp.

FRIDAY EVENING

18:00-19:00	Supper Meal
19:00-20:00	Free Time – getting to know each other
20:00-21:00	In Search of Manhood Game- Fathers and Sons
21:00-22:00	Father/Son Fireside ROP Talk#1
22:00	Snacks
23:00	Late Night Father/Son Game or Activity

SATURDAY

8:00- 9:00	Breakfast
9:00-10:00	Mighty Man Competition Father/Son ROP Talk#2
10:00-12:00	Planned Adventure (fishing, shooting, canoeing, hiking, quading)
12:00-13:00	Lunch
13:00-14:00	Father/Son ROP Talk#3
14:00-16:00	Finish Group Activity / head back to camp

16:00-17:00	Free time
17:00-19:00	Supper
19:00-10:00	Survivor Challenge Game: Fathers/Sons Relay Race Father/Son ROP Talk#4 & Blind Trust Walk Rite of Passage Ceremony
10:00-12:00	Campfire Celebration & Snacks

SUNDAY MORNING

8:00- 9:30	Breakfast
9:30-11:30	Campfire Church Game: Trust Fall Sons honour fathers Worship Father/Son ROP Talk#5 Communion
11:30	Pack up Camp

LEADER'S CAMPING CHECK LIST

KITCHEN GEAR

- ✓ Matches or lighter
- ✓ Stove
- ✓ Fuel for stove
- ✓ Firewood
- ✓ Frying pan
- ✓ Pot
- ✓ French press or portable coffee maker
- ✓ Tablecloth
- ✓ Roasting sticks for marshmallows, hot dogs
- ✓ Food-storage containers, bags
- ✓ Trash bags
- ✓ Cooler
- ✓ Ice
- ✓ Water bottles
- ✓ Plates, bowls, forks, spoons, knives
- ✓ Cups, mugs
- ✓ Paring knife, spatula, cooking spoon
- ✓ Cutting board
- ✓ Foil
- ✓ Biodegradable soap
- ✓ Sponge, dishcloth, dishtowel
- ✓ Paper towels
- ✓ Extra bin for washing dishes

MEALS

- ✓ Plan 2 supper meals, 2 breakfasts and 2 lunches
- ✓ Bring grocery items for 6 meals in bear proof containers
- ✓ Plan for Saturday's lunch to be a picnic lunch

(The Leaders should coordinate the tents, kitchen gear and other supplies with everyone attending the right amount.).

PARTICIPANT'S CAMPING CHECK LIST

CAMPSITE GEAR

- ✓ Tent, poles, stakes
- ✓ Tent footprint (ground cover for under your tent)
- ✓ Extra tarp or canopy
- ✓ Sleeping bag for each camper
- ✓ Sleeping pad for each camper
- ✓ Repair kit for pads, mattress, tent, tarp
- ✓ Back Pack
- ✓ Extra blankets & pillows
- ✓ Lawn Chairs
- ✓ Headlamps or flashlights (extra batteries)
- ✓ Lantern
- ✓ Lantern fuel or batteries

CLOTHES

- ✓ Clothes for daytime
- ✓ Sleepwear
- ✓ Swimsuits
- ✓ Rainwear
- ✓ Shoes: hiking/walking shoes, easy-on shoes, water shoes
- ✓ Extra layers for warmth
- ✓ Gloves
- ✓ Hats

PERSONAL ITEMS

- ✓ Sunscreen
- ✓ Insect repellent
- ✓ First-aid kit
- ✓ Prescription medications
- ✓ Toothbrush, toiletries
- ✓ Soap

OTHER ITEMS

- ✓ Camera

- ✓ Bible & Note Pad
- ✓ Campsite reservation confirmation, phone number
- ✓ Maps, area information
- ✓ Bikes, Fishing pole & tackle, Quad (gear needed for planned events)

SUGGESTED CAMPING MENU MEAL PLANS

FRIDAY:

- Supper –** Burgers
Corn on the Cob
Canned Beans
Carrot sticks
Potato Chips
Rice Crispy Squares.
- Campfire Snack-** Hotdogs, marshmallows,
Smores, Hot Chocolate

SATURDAY:

- Breakfast –** Bacon
Egg-in-a-Hole (fried toast with an
egg in the centre) with Syrup
Orange slices & bananas
Juice, coffee
- Lunch -** Build your own sandwich
Bread or buns
Meat slices, cheese, lettuce
Mustard, mayo
Fruit, carrot sticks, cookies
Ziploc baggies to pack lunch
Drinking boxes
- Supper -** Hamburger Helper Lasagne

Caesar Salad
Watermelon

Midnight Snack- Hotdogs, marshmallows,
Smores, Hot Chocolate

SUNDAY:

Breakfast: Bacon & Egg Mc-Muffins
Hash browns & Ketchup
Orange slices, bananas
Instant porridge
Juice, coffee

Communion- 2 Buns & Grape Juice

SHOPPING LIST

Groceries:

- ✓ 6 dozen hotdogs & buns
- ✓ 3 Dozen Hamburgers and buns
- ✓ 3 Dozen Corn on the cob
- ✓ 6 cans beans
- ✓ Mustard, Ketchup, Mayo and Relish
- ✓ Tomatoes, Onions,
- ✓ 5 heads Romaine,
- ✓ Caesar Dressing
- ✓ Croutons
- ✓ 6 lbs Bacon
- ✓ 6 dozen eggs
- ✓ 2 loaves of Bread
- ✓ 60 English muffins
- ✓ 60-multigrain buns
- ✓ 5lbs Meat slices assorted
- ✓ 60 Slices of Cheese
- ✓ 2 Ice-burg lettuce
- ✓ 2 large bags baby carrot
- ✓ 1 bag oranges
- ✓ 3 bunches of bananas
- ✓ 2 bags cookies
- ✓ 2 large bags of Chips
- ✓ 30 Granola Bars
- ✓ 10 Gallons Drinking Water
- ✓ 60 Water Bottles
- ✓ 2 Large Watermelons
- ✓ 6 boxes Hamburger Helper

- ✓ 6 lbs of frozen hamburger
- ✓ 2 bags marshmallows
- ✓ 2 boxes chocolate covered cookies
- ✓ 2 pans of Rice Crispy Squares
- ✓ 2 boxes instant porridge
- ✓ 2 litres milk
- ✓ Maple Syrup
- ✓ Butter, oil, Salt and pepper
- ✓ Hot chocolate, Coffee, cream, sugar,
- ✓ Hot chocolate
- ✓ 60 juice-drinking boxes
- ✓ 60 Ziploc bags for packing lunches

- ✓ 6 Tiki torches
- ✓ 6 Propane tanks

- ✓ 30 mini Dixie cups for communion
- ✓ 2 litres grape juice
- ✓ Communion Loaf (or 2 buns)

Prizes:

- ✓ 2 Mr. Big chocolate bars
- ✓ 2 Championship cups (dollar store)
- ✓ 4 bags of assorted candy for prizes

APPENDIX TWO

Rite of Passage Weekend
Outline to Design a Weekend Unique to You!
“Blessing Identity - Releasing Destiny”

Each session has 3 components that are designed to reinforce the experience.

CAPTIVATE: Adventure & Activities designed to capture their interest. This will build faith, friendship and fun times together.

MOTIVATE: The Rite of Passage Talks are designed to engage fathers and sons into a deeper relationship with the Father and with each other.

ACTIVATE: Action Step designed to seal the spiritual moment in their hearts.

Friday Afternoon

CAPTIVATE: START THE ADVENTURE

The next step in the adventure is to meet the other fathers and sons at the meeting point.

- ADVENTURE DETAILS
- _____
- _____
- Introduce yourself and welcome everyone to the ROP weekend.
- Take a few moments to explain the purpose for the weekend and what you are expecting.
- It might be a good time to explain some of the safety rules and the route that you will be taking to arrive at your destination.

Have each of the fathers and sons introduce themselves. Three simple questions:

1. What is your name?
2. Where are you from?
3. What are you expecting from the weekend?

(Some of the boys might not know each other and this is a good time to start building relationships).

NOTES:

MOTIVATE: GOD MOMENT

- Explain that our theme for the weekend is about becoming mighty men of God and that we will be looking at the life of David throughout the weekend.
- _____

- Read Psalm 23 and then pray protection over each person for the weekend.

NOTES:

ACTIVATE: ACTION STEP

- Start the journey
- Encourage fathers to spend part of this time talking with their son specifically.
-

NOTES:

ARRIVE AT YOUR LOCATION

CAPTIVATE: SET UP CAMP AND GET READY FOR THE EVENING ADVENTURE

- Set up the camp with tents or unpack bags into your rooms at the retreat centre.
- _____

NOTES:

MOTIVATE: GOD MOMENT

- Explain to them that God is our Father and that He is the provider of all good things for our bodies.
-

NOTES:

ACTIVATE: ACTION STEP

- Dig in and eat the boys will probably be starved
-

NOTES:

Friday Evening – Session I

AN ADVENTURE TO LIVE

CAPTIVATE: FRIDAY EVENING ACTIVITY

Option 1: Capture the Flag

Option 2: Man-Hunt (Variation of Kick the Can)

Circle up around the campfire for the first ROP Talk.

MOTIVATE: GOD MOMENT**Father Son Rite of Passage Talk # 1
David: An Adventure to Live-
Walking with God!****Theme: There is an Adventure for Every Man.**

- **Adventure stories of fathers and sons.**

- **My Adventure Story:**

- Dads, I would like you to share some of your adventures growing up as a boy.
- Boys, what is one of your favourite adventures you have had with your dad or group of friends?

Samuel 16:32-37

(Message should be shared in story form from your heart – don't just read it let it come naturally as you share around the campfire the main points please add in your own examples. The talk should only be 10-12 minutes long with the closing at the end.)

III. God Chooses a Boy named David (I Samuel 16: 7-13)

-
-

IV. 5 Keys to the Heart of David

5. David had a heart for God
 6. David served his father
 7. David was a worshiper
 8. David was a young man of courage and character
5. David walked in covenant relationship with God!

ACTIVATE: ACTION STEP

You can make that decision tonight to be a band of brothers who make a stand for Christ.

Prayer: (Pray something like this) “Heavenly Father, we thank you that you love us. I confess that the fire in my heart has gone dim. Give me a heart like David so I can know you better. Make me a man of courage and character who will stand for what is right even if everyone else is doing what is wrong. Tonight, I take a stand before these men and declare Jesus is Lord of my life.”

If this is your desire to renew your relationship with God then I would ask you to pick up one of these sticks and throw it in the fire declaring Jesus as Lord. (Allow time for each of the fathers and sons to do this. Don't force anyone just wait and honour them).

After everyone has done this. Say something like, “See how bright the fire has gotten? Together we can all make a difference and take a stand in this dark world for Jesus.”

Snack Time (After you are all done thank everyone and remind everyone what time breakfast starts and then have some snacks before bed)

Saturday Morning – Session II

MIGHTY MEN

ACTIVATE: MIGHTY MAN COMPETITION

Warrior Circle Game

- **Prizes**

Purchase two large Mr. Big Chocolate bars for the strongest son and father.

They will have bragging rights for the weekend as the strongest men in the camp.

NOTES:

MOTIVATE: GOD MOMENT

Father Son Rite of Passage Talk # 2
David's Mighty Men – II Sam. 23:8-17

Theme: Every man is called to be a mighty man of God.

Introduction

This morning we want to talk about three mighty men- Adino, Eleazar and Shamah.

Adino the Eznite: _____

Eleazar the son of Dodai: _____

S.O.A.P. stands for:

- **Scripture:** Read a few verses every day.
- **Observation:** Observe the context of the text.
- **Application:** Ask God what is the application for my life today.
- **Prayer:** Pray for the truth to empower you for that day.

Shammah the son of Agee: Was the third of the mighty warriors. _____

THE ARMOR OF GOD:

- **The belt of truth**
- **The breastplate of righteousness.**
- **Shoes of readiness.**
- **The shield of faith**
- **The helmet of salvation**

Faith allows us to shield each other from the attacks of the enemy.

ACTIVATE: HUMAN KNOT ILLUSTRATION

In this tangled world of truth, we need to work together to overcome the lies of the enemy. In this activity, what we want to do is to form a giant human knot by gathering in a circle and each person grabs the hand of another. The goal is to work together as a team to undo the human knot without breaking the grip.

- 1. Knot all players together by joining hands.** After you're in your circle, reach out and hold hands with two different people in the circle, excluding the two people to either side of you. Each left hand should hold a left hand, and each right hand a right.
- 2. Maneuver around other players.** The players should be ready to bend, twist, and move in any way that is required for untangling your knot. You may find you need to duck under the hands of other players, step over a pair of hands, or do similar moves to untangle your knot without letting go of your grip.
- 3. Form a circle by untangling your knot.** You'll notice, as your knot becomes untangled, that a circle will start to form. Some people may end up facing the inside of the circle, some the outside, but by the time you've finished untangling, you should have an

unbroken circle of joined hands.
Congratulations! You've untangled the Human
Knot!

Conclusion

These are David's mighty men: Adino, Eleazor, and Shammah. Their loyalty and bravery in service to the King of Israel is an example for us to follow in our relationship to the King of Kings. They were mighty men because they were willing to lay down their lives for each other.

There is a story of another King. His name is Leonitus, king of the Spartans and his 300 men who held off 1 million Persian soldiers. It is a story of a group of men who were willing to lay down their lives for their fellow countrymen.

It is reported that prior to the battle, King Xerxes demanded, through his ambassador, that Sparta surrender to the overwhelmingly powerful Persian army. When he demanded that the Spartans surrender their weapons, according to Plutarch (the Greek biographer) Leonitas had an answer: **"If you want them come and take them."**

Read "The Fearless 300"

The Fearless 300

© Rudolph 1993

Four Hundred and Eighty years
before Christ
the fearless 300
paid with their lives.
The bravest men
that fought side by side.
They fought the fiercest battle
until they all had died.

The Persians were marching
three hundred thousand strong.
Xerxes determined to
do Greece some wrong.
They burned and destroyed
as they moved from
town to town.
These Greeks they laughed
are nothing but clowns.

They came to the Hot Gates
of Thermopylae.
Where three armed men
could hold a company at bay.
There was no way around
except the narrowest of paths.
They'd have to forge ahead
and risk an attack.

The Persians found
the path was blocked.
A Spartan King
sprang from the rocks.
With a spear in his hands
and Greeks at his heels
they drove back the Persians.
The path had been sealed.

A traitor went to Xerxes
and told him a way.
A secret path around
Thermopylae.
He said, "If I succeed you will pay me well.
If I fail you can have my head."

The secret path was real
and they attacked from the rear.
The Greeks were doomed to
die right there.
The Spartan King Leonidas
ordered a decree.
The Spartans will stay
but the others must flee.
Go warn Athens.
Prepare for war.
The Persians are coming and they
want to fight some more.
The Spartans held for three long days.
Fighting with spears

they drove them away.

When their spears were broken
they fought with their daggers.
When their daggers were broke
they fought with their hands.

Until all 300
had died for their land.

The Oracle at Delphi
had sealed his fate.
King Leonidas
died at the Hot Gates.
The descendent of Hercules lay on
the mound of the slain.
His men bought Greece some time

They didn't die in vain.

By, Christopher Rudolph

ACTIVATE: ACTION STEP

Short Closing Prayer: Father, make us mighty men today! Clothe us in the full armour of God to live for you and do might exploits for you! In Jesus name! Amen!

Saturday Morning – Session III
THE SINS OF THE FATHERS

**CAPTIVATE: TWO HOUR ADVENTURE from
10:00am to noon.**

12:00 noon: Stop for a lunch break together.

MOTIVATE: GOD MOMENT

Father Son Rite of Passage Talk # 3 David's Battle for Purity - II Samuel 11:1-5 Theme: Defeating the Sins of our Past

Psalm 51: David's Prayer of Repentance

*"Have mercy on me, O God,
according to your unfailing love;
according to your great compassion
blot out my transgressions.
² Wash away all my iniquity
and cleanse me from my sin." Ps. 51:1-2*

1. Sin is the outward act or violation of God's moral code or law.

*"For I know my transgressions,
and my sin is always before me.
⁴ Against you, you only, have I sinned
and done what is evil in your sight;"
Ps. 51:3-4*

2. Iniquity is the inward seed or root that causes us to sin.

"But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart." Matt 5:28

3. David acknowledged his sin and did not hide iniquity. Ps. 32:5

Wounds-Bruises-Stripes

1. WOUND

2. BRUISING

3. STRIPES

STEPS TO FREEDOM IN CHRIST

Step #1: Confess and repent of the act of sin.

"If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness." I John 1:9

Step #2: Renounce the hidden iniquity.

"Rather, we have renounced secret and shameful ways; we do not use deception, nor do we distort the word of God. On the contrary, by setting forth the truth plainly we commend ourselves to everyone's conscience in the sight of God." II Cor. 4:2

Step #3: Replace the lie with the truth.

"Then you will know the truth, and the truth will set you free." John 8:32

The sin is what I did. It is not who I am. Father what is the truth? Who do you say that I am?

Step #4: Release a blessing over your son in this area.

Conclusion: Allow this time for the group to think about these steps and at this point you are going to ask the fathers and sons if there is a hidden sin or iniquity in their life that they want to confess before God and the group of men.

ACTIVATE: ACTION STEP

Action Step Instructions will depend on the location of the trip you have taken.

Depending on the group a father may then walk up to his son and say, “Son I repent for opening that door of sin (name whatever it is) over your life”. Then he might pray a blessing over his son in that area of his life.

For example: A dad will pick up a rock or stick and say, “I confess the iniquity of (name whatever it is) and I renounce it in Jesus name”. Then they throw the stick in the fire or the rock over the cliff as a symbolic action of what they are doing in the spiritual realm. The dad may then look at his son and say something like, ‘Son I repent for opening that door over you and pray for victory in that area of your life’.

1:00 pm – 3:00 pm Finish the group activity (hike, bike or canoe) by heading back to camp.

3:00 pm Free time for sons to explore, play a game, swim, relax and hang out. This is a good time to meet a few of the fathers to ask them to prepare a short talk (3- 5 minutes) about one of the following subjects that they will share later during the Father/Son Trust walk.

5:00 pm Supper

Saturday Evening - Session IV

RITE OF PASSAGE

CAPTIVATE: ADVENTURE ACTIVITY

Father/Son Relay Race

Design an obstacle course relay in the natural environment where your ROP weekend is being held.

NOTES:

- **Prizes:**

Purchase prizes from a dollar store for the winning and second place teams.

MOTIVATE: GOD MOMENT**Father Son Rite of Passage Talk # 4
David's Mighty Men – 2 Samuel 23: 18-39****Theme: Becoming a Band of Brothers****• Introduction:**

(Gather the fathers and sons around the campfire for the Saturday evening ROP Talk and open with a few questions.)

Opening Questions

- How many had a fun time so far today?
- What was one of your highlights of the day?
- Who remembers the names of David's 3 mighty men?

NOTES:

- 4. To be a Band of Brothers you must be
CLOSE to God and other men.**

- 5. To be a Band of Brothers you must
learn to be COMMITTED to God and
other men.**

- 6. To be a Band of Brothers you must be
COURAGEOUS**

ACTIVATE: BLIND TRUST WALK

Objective: The object of this exercise is for the sons to learn to listen to their father's voice and the importance of also listening to the voice of their heavenly Father.

Each of the boys is blindfolded and the fathers will lead their sons blindfolded through the 4 stations of the obstacle course. The son puts his hand on his father's shoulder and must listen to his father's voice to receive directions as they walk through the obstacle course.

- **A Man and his character:** What does it mean to be a man of your word and a man of integrity?
- **Man and how he treats women:** How a young man is to treat the women in his life including his mother, sisters, girlfriend and future spouse.
- **A Man and his work:** (Dream and Destiny) What is the dream that God has given you? What are you called to do in Life?
- **A Man and his walk with God.** Talk about what it takes to walk with God. Share your own personal relationship, worship, devotions and prayer.

Rite of Passage Ceremony:**Instructions:**

We are going to begin the 'Rite of Passage Ceremony' where fathers have prepared a blessing for their sons. We line a corridor with tiki torches about 50-75 feet long which leads to the bonfire. The holding area for the young men is just beyond the beginning stage for the grand finale. One by one, an older man introduces the first candidate for manhood to the community of men at the other end of the tiki torch corridor, which is the bonfire. His father then calls him into manhood, the son walks the corridor and then the father publicly blesses him and prays over his son. As the son walks the corridor and after he receives his father's blessing, the community of men around the bonfire clap, cheer, high five him, hug and welcome him into the community of men. Once every man has gone through the blessing process, you have a big celebration around the campfire.

ROP Tiki Light Ceremony

Sample Instructions: After everything is set up the leader will call each of the sons out to be blessed by their father as a man.

“We have found that _____ is a man of Character. He has been proven to be Close to God, Committed to other Men and full of Courage.

We therefore call _____ to come forth and be a Man.”

The young man walks across the Tiki Trail symbolic of passing from boyhood into manhood where his father will now bless him.

(Note: Other men may speak a few words to affirm the young man as well.)

10:00 Campfire Celebration- hotdogs, smores, snacks, pop and hot chocolate

Sunday Morning – Session IV

MEN OF GOD

8:00 am Breakfast/Start packing up the camp

9:30 am Campfire Church

- Worship - Have one of the men lead in some worship
- ROP Talk # 5 Covenant Walking with God and Men
- Sons honouring their fathers
- Communion

CAPTIVATE: TRUST FALL (as Illustration)

This activity is designed to build trust amongst the fathers and sons. After all the sons have had a turn to trust you may want to let the dads take a turn in trusting the sons to catch them.

If the time allows ask one of the following questions after you are done the activity.

Discussion Ideas

Trust: How did it feel be forced to rely on someone else? What fears did you have? Did you trust they would prevent you from harm? How does this relate to trusting God with our lives?

Transition:

(After the trust fall have every gather around the campfire)

Opening Questions

Wow this has been an amazing weekend! How many enjoyed our rite of passage ceremony last night? Is there are any fathers or sons who would like to take a moment to share what last night meant to you? What has been the highlight for you this weekend?

Sons Honour Fathers

We would like to take a few moments for sons to thank and bless your dad for something he has done for you or what he means to you.

Sing one or two songs of worship

MOTIVATE: GOD MOMENT

Father Son Rite of Passage Talk # 5
David & Jonathan Covenant Friendship
1 Samuel 18:1-4

**Theme: Covenant – Walking with God and
Men**

Covenant Friends

Symbols of Covenant

6. Exchange of Outer Garments

7. Exchange of Weapons

8. Cutting Covenant

9. The Covenant Sign

10. The Covenant Meal

Communion

Matthew 26:26-28 (NIV)

"26 While they were eating, Jesus took bread, and when he had given thanks, he broke it and gave it to his disciples, saying, 'Take and eat; this is my body.' 27 Then he took a cup, and when he had given thanks, he gave it to them, saying, 'Drink from it, all of you. 28 This is my blood of the covenant, which is poured out for many for the forgiveness of sins'."

The Bread: Pass a loaf of bread and have each one take a piece, symbolizing that we are part of the Body of Christ.

Prayer: Father we give thanks as we partake of this bread this morning. We renew our covenant of friendship with you and each other in this circle today. In Jesus' name we pray.

The Cup: We take the cup this morning symbolic of the blood of Jesus that was poured out for our sins past, present and future.

Prayer: Lord Jesus we confess our sins before you this morning and receive your forgiveness that we can walk in Covenant relationship with you.

ACTIVATE: BUILD A MEMORIAL

And finally, they built a monument or memorial to the covenant ceremony. This could be something as simple as a pile of stones or an altar before the Lord. The monument of the church is the Cross of Christ.

This morning as we wrap up our weekend together let's build an altar or cross to the Lord out of stones to remind us of the covenant we have with God. (Have the fathers and sons gather some stones or logs and build a cross.) Join in a circle around the cross and close in a song and/or a word of prayer to wrap up the weekend Rite of Passage.

11:30am Pack up Camp: Head Back Home



Your 'one stop shop' for planning a Rite of Passage Weekend. This Handbook contains everything you need to plan an adventure of a life time with fathers & sons.



About the Author:

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