

Note to the Teacher

Camp meeting time is here. We are all happy to regroup and share ideas, encourage each other and to “study to show yourself approved by God, rightly dividing the word of truth” 2 Tim 2:15. Let’s be prepared to fellowship, learn and pray during this week, away from the cares of this world, but closer to the Master. Am sure we are all happy to be here, and we are ready to impart happiness to others. Here are some rules to guide us this week as we celebrate what God did for us from the time we left camp meeting last year:

- We are a family, treat each other with respect – we are one
- No act of kindness, no matter how small, is ever wasted – be kind.
- No one can make you feel inferior without your consent – walk tall
- Bullying has no place at camp and will not be tolerated
- Campers will show respect to themselves, directors, counselors and fellow campers at all time

Objectives

- ❖ To foster oneness in the church family
- ❖ To build a sense of belonging in each member of the church
- ❖ To appreciate each unique gift bestowed on individual for church growth
- ❖ To instill total participation in all members of the church

Table of contents

Day 1 – A Happy Family- The Church

Day 2 – Marriage and the Family

Day 3 – Unity in Christ

Day 4 – God’s team – Evangelism

Day 5 – Small Groups

Instructions

Each lesson is made up of the following:

1. Prayer for the day
2. Key thought
3. Write
4. Memory text
5. Getting started story
6. From the bible
7. My decision
8. Adventure 1 and 2
9. Health talk

Cover 1 – 6 in the morning. Then recap the lesson and call for decision in the afternoon. Topics 7 – 9 will do well if done in the afternoon, however, teacher’s discretion will work best. There are church crafts at the end, try them anytime during the week. Remember to bring your manila, crayons, glue and scissors.

Day 1

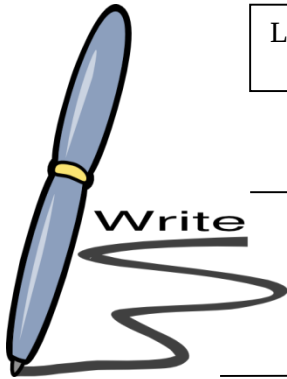
A Happy Family



Let's thank Jesus for our big family, the church and our families. Ask him to help you be a good member of both as you share your love with everyone.

Key Thought

Jesus started the church (a group of believers who confess Jesus as Lord and Savior) to be His witnesses for truth until the end of time. "In calling His people together in church....., God designs that they shall form one Christian family and daily be fitting for membership in the (heavenly) family above." (In Heavenly Places, pg 283)



List some ways you can be of help to your church family

Memory Text

".....Christ loved the church and gave his life for it" – Ephesians 5v25

Listen

Have you ever attended a family reunion? That's when you and your family, your cousins, your aunts, your uncles, your grandparents—anyone who is related to you—get together to talk and laugh and remember old times.

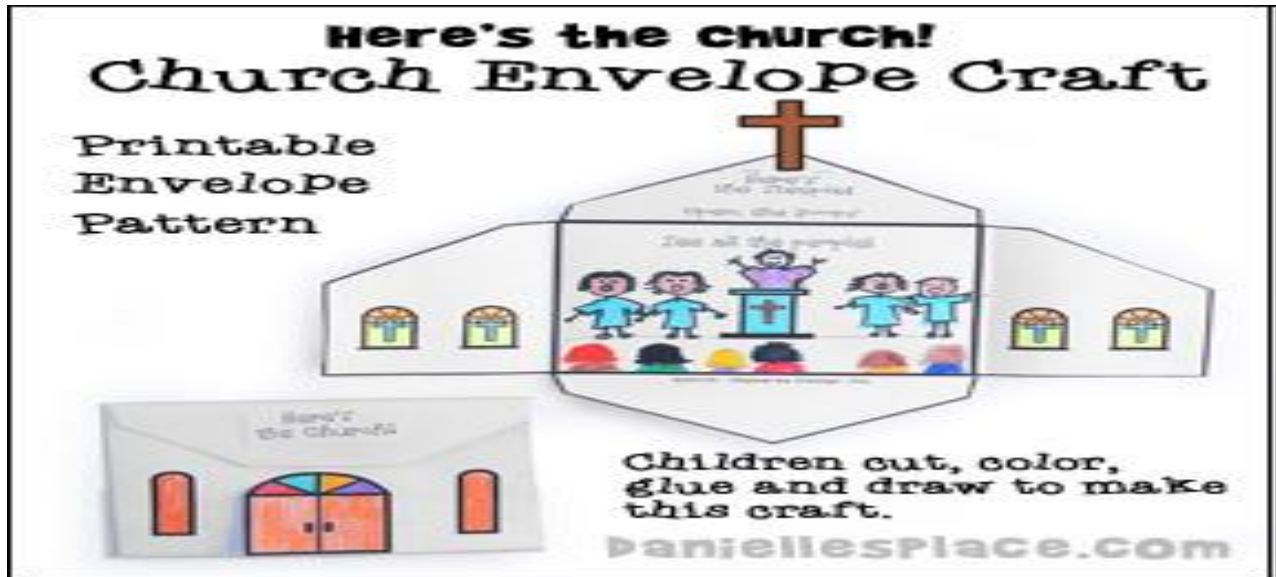
One thing you may notice when you look around at all those people is that most of them don't look like you, sound like you, or even act like you. Some are tall. Some are short. Some are large. Some are small. You may see white hair, black hair, brown hair, or even no hair. You might find a loud person in your family sitting right next to a very quiet person. They all look and sound different, yet they are all related to you. There may be some people at your family reunion who are having a hard time with money or health or even their marriage. They may be sad and worried while others are happy and laugh all the time. You'll find rich people, poor people, and everyone in between. But they're all family, and you get to love each one. That's what makes families special. In the same way, there are different people in the church family, but one thing brings us together, our faith in Jesus Christ.

From The Bible

- The church was started by God, it is "... the church of God" (Acts 20v28). In it, Jesus gave divine authority (Matthew 18v17-18)
- To the first church and church today, God says, "..... all nations will be blessed because of you"(Genesis 12v3). The church serves the rest of the world, giving help and hope, (Matthew 28v19-20)
- The church is Jesus' body, every part has its own special job to do, I Corinthians 11v12- 30. Just as you need your hand, eye, nails or even hair, Jesus needs every person in His church to use their different gifts and abilities in His work.
- There are so many Christian denominations, a lot of people claim to follow Jesus; but remember Jesus church get instructions from the word of God and obey His instructions, (Revelation 12v17).
- In Hebrew 10v25, we are told not to neglect meeting, we need to meet so we can:
 - ✓ Get encouragement
 - ✓ Give and get help
 - ✓ Get a feel for heaven
 - ✓ Worship God with your friends
 - ✓ Learn about the Bible
 - ✓ Stay faithful
 - ✓ Serve your community

My decision: I will participate in whatever capacity God gives me to serve in His church.

Adventure 1



Adventure 2

What does the word *church* mean? Let's find out. Look up the texts below and then fill in the missing words.

"All of you _____ are the _____ of _____" (1 Corinthians 12:27).

"And in the _____ God has given a place first to _____ (those who help run the church), second to _____ (those who help the church reach its many goals), and third to _____ (those who explain the Bible to other members). Then God has given a place for those who do _____ (those who help the Holy Spirit work in the church), those who have gifts of _____ (those who bring hope and healing to body and mind), those who can _____ others, those who are able to _____, and those who _____ in different _____" (1 Corinthians 12:28).

After reading the above texts, what loving service can you give to your church family both today and in the future? Think about it, then put your answers below. Maybe you can encourage people, help those who are sad, share your musical talent, teach a Sabbath School class, or even preach a sermon. Perhaps you'd like to read the scripture or offer prayer. Write it down; then find a way to do it!

Today I can _____ for my church.

In the future, I will _____ for my church.

Day 2.

Marriage and the Family

Color the picture below

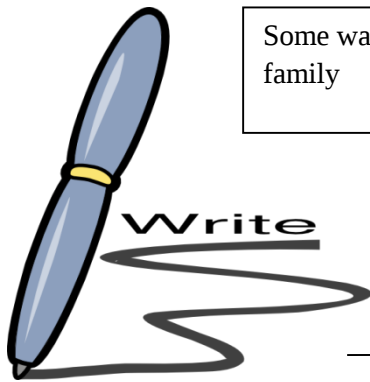




Let's thank God for creating families and love that binds us together. May God help us to grow stronger and stronger each day as we wait for Jesus' soon coming.

Key Thought

Both husband and wife work together in establishing a Christian home. "Christian kindness is the golden clasp which unites the members of the family in bonds of love, becoming closer and stronger every day." (Adventist Home, pg 423.)



Some ways you can show kindness to other members of your family

Memory Text

Love never ends – 1 Corinthians 13v 8

Listen

Jeremy looked out the window of the car and saw a strange sight. Up ahead, near a pond, a large duck was standing straight and tall right in the middle of the road.

"Look at that!" Dad said as he took his foot off the accelerator and tapped the brake pedal, bringing the car to a stop. "Why is that duck in the middle of the road? And why doesn't he move away? I'm sure he sees us."

Suddenly, another duck stepped from the tall grasses and began moving across the road, behind the first duck. It was immediately followed by a line of baby ducklings, all stumbling and bumping into each other as they tried to keep up with their leader.

"Now I know why that big duck is standing there," Dad said with a smile. "He's the daddy. And that's his family behind him. He's standing in the road so that the mother duck and all those baby ducklings can get across safely. Isn't that amazing?"

Jeremy nodded. "Just think," he said. "That daddy duck, who is a lot smaller than our car, is standing there protecting his family. He's very brave!"

As the group of ducks continued their journey across the road, Dad grew serious. "He's more than brave," Dad said. "He's in love."

"In love?" Jeremy chuckled. "How can a duck be in love?"

Dad pointed. “That duck is just as much in love with his family as I am with mine. And we both learned how to love from the same God. Satan wants us to hate people—to hurt them and make them sad. But when we protect and care for each other, we’re showing true love that is more powerful than hate.”

By now, all the baby duckling and the mother duck were safely across the road. The big daddy duck waited until his family was hidden in the tall grasses, and then he turned and waddled after them, leaving the road open once again.

“Wow!” Jeremy said. “That was amazing. That daddy duck never left his place in the road, even though our large, heavy car was coming straight at him. He was willing to die to protect his family.”

As Dad pressed on the accelerator and guided the car down the road past the pond, he smiled over at Jeremy. “The family was created by God to be the most powerful thing on this earth. When a man marries a woman, God promises to help them face any problems that come along. He’ll make them strong and brave as they share love with each other and with their children. Those ducks showed us just how powerful that love is. Don’t ever forget what you saw today, Jeremy. You saw God’s love in action. You saw a family depending on that love to get them all safely to the other side of the road.”

When Jeremy and Dad reached home, Mother came out to greet them. “Hi guys,” she said. “Did you have a good trip?”

“Quack, quack,” Jeremy said with a smile.

Dad chuckled as he took his wife in his arms. “I’ll explain that later. But first, let me give my favorite mother duck a great big hug.”

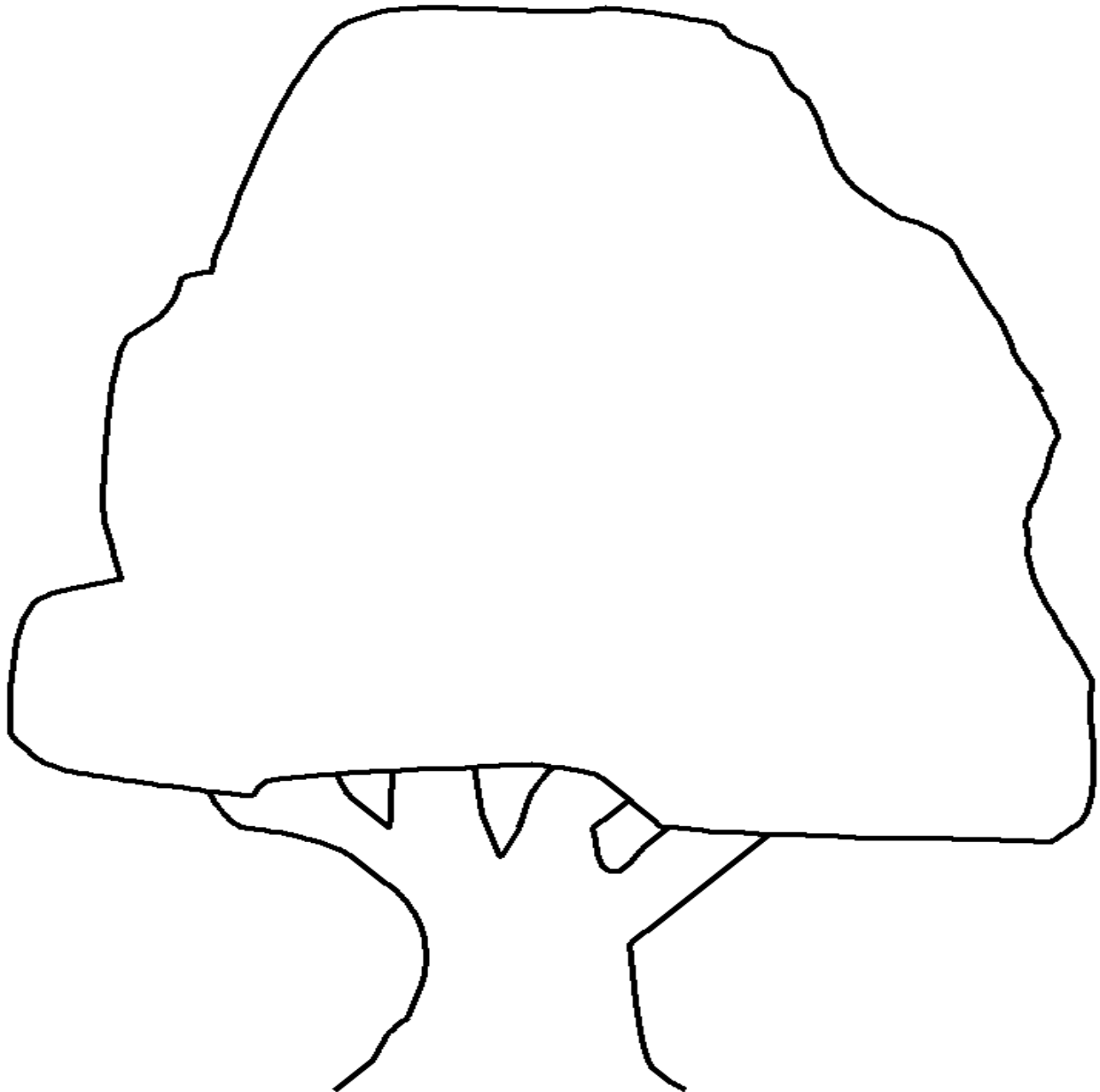
From The Bible

- It was God who started marriage in Eden, between Adam and Eve, Genesis 2v18. (note this was between a man and a woman, never a man and a man or a woman and a woman)
- In marriage, two people, leave their former relationships and join together to become one flesh (physical union of marriage, where two people bonds emotionally) Genesis 2v24.
- God’s ideal for the family:
 1. That the father be the head and priest of the family, Ephesians 5v23. He labors for the welfare of the family both physically and spiritually.
 2. That the mother though equal to father, will nurture children under her care, Deuteronomy 6v7-9, Proverbs 22v6. Nurturing is done by both parents but mother has more time with the child from conception
 3. Children are to honor their parents. God expects children to be obedient to their parents in the Lord as this brings a reward for long life, Ephesians 6v1-3
 4. That two people of the same faith and values be joined together, 2 Corinthians 6v 14; Deuteronomy 7v 3-4
 5. That there be no divorce after marriage
- The church family provides us with “fathers,” “mothers,” and “siblings” that may be lacking in our “blood” family. You are never alone, when dad and mum or brother and sister are not there at home, find them at church.

My decision: I choose to serve God in my family, now and in the future

Adventure 1

Let's see how much we know about ourselves. From the top of the tree, write your name, then down, write your parents, under each parent, write their parents till where your family knowledge ends.



Adventure 2

Letter bank

S G O O A D M H A A N S W J I O L I L N L E E D
A T V H E E H T I W S O F P A E T O H P E L R E A T
N O D G M E O T T H H E E R R S A O N N D O B O E
N U E N S I H T O E U D L W D I S T E H P H A I R
S A W T I E F T E H A E N M D L T O H V E E T I W
S O A P G E I O F P T L F E R W O I M L G L O B
D E T C H O A M N E K O Y N O E U B J O E D S Y U

What does Jesus say happens when a man marries a woman?

Look in the LETTER BANK and write the words of Jesus below. Be sure to follow the directions carefully. Begin with the first letter in the LETTER BANK and then skip one letter after that. Write them down here to create the words of Jesus. The first three letters are filled in for you.

“ ‘ S O A

.....

..... ’ ” (Mark 10:7).

Now take all those letters you have been skipping and write them down in their order. What’s the message from Jesus there? The first three are done for you

‘ G O D

..... s’ (Mark 10:9).

Day 3.

Unity in Christ



Let's thank Jesus for inviting us to be part of His church. Pray for unity and love so we work together to reach others for Christ.

Key Thought

The church is one body with many members, called from every nation, tribe, language and society. In Christ we are one. “God’s people are one body. God has a people whom he is leading, teaching, and guiding, that they may teach and lead and guide others ” (Manuscript releases, Vol 20, pg369)



Think about the church and the different roles people play in church. (e.g. Sabbath school teacher, deacon

Memory Text

“This work must continue until we are all joined together in the same faith.” —Ephesians 4:13

Listen

Allen and his dad walked down the verandah of the department store. They were in the auto supply section, and Allen enjoyed looking at all the different products for making cars and trucks look and drive better. “I want to find new tyres,” Dad said to the salesperson.

“No problem,” the salesperson answered with a smile. “We have the tyres you’re looking for.” He pointed to a display by the window. “Here we have our best tyres.”

“They look great,” Dad said. “I’ll take two, please.”

“Yes sir,” the salesman said, writing information on a pad of paper. “I’ll have someone bring them to your car.”

After they got home, Allen helped Dad pull the new tyres out of the trunk and then sat down on one of them to rest. “Tyres are heavy,” he said.

Dad looked at him and laughed. “Now, don’t go driving away. It’s almost suppertime.”

Allen blinked. “Drive away? Dad, you can’t drive just one tyre!”

“Really?” Dad asked. “What else do you need?”

Allen thought for a moment. “Well, you have to have a motor and a seat and a steering wheel and brakes and fuel and lots of other stuff.”

“Kinda reminds me of a church,” Dad said.

“A church?” Allen gasped. “How does a car remind you of a church?”

“Well, in a church, you have to have many parts too. You can’t have just a preacher. You have to have someone to lead in music, someone to welcome visitors, someone to take up the offering, someone to tell the children’s story, someone to give Bible studies to new members. Oh, and you certainly want people to sit on the benches. A church needs lots of different kinds of people to be a church just like a car needs lots of different parts to be a car.”

Dad smiled down at his son. “What would happen if you took some parts out of a car?”

Allen grinned. “If you took the engine out, it wouldn’t run. If you took the tyres away, it wouldn’t go anywhere. If you took the steering wheel out, you couldn’t make the car go where you want to go.”

“That’s right,” Dad said. “And if people decide they don’t want to be a part of God’s family and leave the church, that church doesn’t run as well as it can. It can’t do so many helpful things for the community. You see, it takes all the parts of the church working together to share God’s love with the world. That means you and I are important to God’s church.”

Allen smiled. "I'm glad I'm part of God's family. I'm glad I'm part of our church."

"Me, too," Dad said. "Now let's go have supper. Mom makes the most delicious parts of a meal that I've ever tasted."

From The Bible

- Unity of God's children is an element that Jesus prayed for before his death, it is a powerful witnessing tool that advances the word of God further than mere preaching, John 17:20 -22
- We are all united in Christ Jesus as a family of believers despite our backgrounds, possessions, education status, skin color, or gender. We are united in the blessed hope, "the appearing of the glory of our great God and Savior Jesus Christ." Titus 2:13
- Though different, God expects us to unity as we serve the church to the best of our God given abilities. Just as the body has many different parts, we are united in diversity with our different gifts to glorify God, 1Corinthians 12:14. Be ready to serve God with your unique gift and personality.
- The Holy Spirit in us, draws us closer to each other, thereby uniting us as one family

My decision: I will do my best to cooperate, be in unity with others and fulfill Jesus' prayer for us

Adventure 1

Jesus wanted something special to happen to the members of His church. Jesus even mentioned it in a prayer He offered to God the Father right before He was arrested and sent to die on the cross. **Unscramble the letters to find out what Jesus said.** (Try unscrambling the letters without looking up the text in the Bible. But, if you get stuck, look it up. It's fun!)

" 'Father, I (yapr) _____ that all (leoppe) _____ who (iveeble) _____
in me can be (neo) _____ ' " (John 17:21).

The apostle Paul wrote that God's church needs something important to happen before it can do its best work. **Unscramble the letters to discover what he had in mind.**

"There is one (yobd) _____ and one (irtpiS) _____. And God called you to
have one (ohep) _____. There is one (rdLo) _____, one (hitfa) _____, and one
(msitpab) _____. There is one (oGd) _____ and (taFehr) _____ of
everything" (Ephesians 4:4-6).

How are God's people supposed to become one? **Unscramble the letters in this text to find out.**

"And I pray that God will (pehl) _____ you all (reaeg) _____ with each other the way Christ
Jesus wants. Then you will all be (doijne) _____ together, and you will give (lgyor) _____ to
God the (rehtaF) _____ and our (oLdr) _____ Jesus Christ" (Romans 15:5, 6).

Adventure 2

1. Go on a nature walk. Find plants of various varieties, different trees and flowers and different species of birds, animals or insects. With the help of your teacher, explain how these different animals and plants live together in the environment. Explain how they are of benefit to each other. What can we learn from nature, different as we are?
2. Circle unity fun – teacher to draw a circle and ask every child into the circle. This symbolizes unity and standing together. To make it more fun, teacher can draw a smaller circle and children can one by one try to fit in the circle. **In order for us to fit, no one should sit, or sleep** in the circle. We can only fit in when we are all standing and create room for other members of the class to squeeze in. In the same way, we can all be united when we are of one accord, with the Holy Spirit helping us to accommodate others even if they are different from us.

Day 4

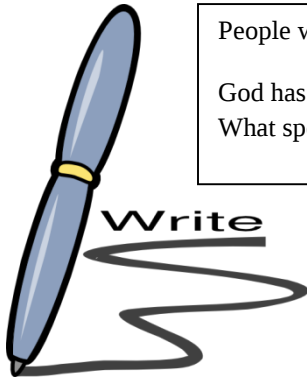
God's Team - Evangelism



Thank God for choosing you to help Him spread the good news of His love to everyone. Pray for courage to speak this gospel without fear.

Key Thought

We are God's chosen team to spread His love to all the people we meet in our day to day life. The special message of warning must be preached in every place where the light of the great three angels message has not yet dawned (Gospel Workers, pg27)



People whom you think you can tell about the love of Jesus?

God has given us different gifts to use as we spread His gospel to others.
What special gift do you have to let others know of Jesus love for us?

Memory Text

"Go and make disciples of all nations...." Matthew 28:19

Listen

Jessica stood by the playground swings and watched as a group of girls walked by. They didn't talk to her. They didn't smile at her. As a matter of fact, they didn't even look at her.

"They aren't very friendly," her friend Rose said as the group headed in the direction of the soccer field. "Why don't they ever want to play with us?"

"I don't know," Jessica said with a sigh.

"Well," Rose huffed, "they can just be mean all they want because I don't care."

Jessica thought for a long moment, then turned to her friend. "Do you know what? We are going to be their friends even though they don't like us."

"How are we going to do that?" Rose asked.

“Remember what the preacher said at church last Sabbath? He talked about a group of people who would share God’s love with everyone, even those who are mean and made fun of them.”

Rose nodded. “Yes, I remember. He called those people God’s rem ... rem ...”

“Remnant,” Jessica announced. “They were called God’s remnant people. And remnant means a small part of something big—like what’s left over when you put a carpet in your house. The preacher said these remnant people have a special job to do. So, here’s my idea. We’re going to smile at those girls even if they don’t smile at us. We’re going to talk to them even if they don’t talk to us. And we’re going to act friendly even if they don’t act friendly to us. We’re going to be **‘The God’s Team.’** Yes. I think that’s a good name for us. Let’s go!”

With that Jessica and Rose ran across the playground in the direction of a group of unfriendly girls. They were on a mission to share God’s love.

What do you think happened when the two girls reached the group? What do you think they said to them? How did the members in the group act?

It really doesn’t matter how the story ends because, when you’re a member of **The God’s Team**—when you are one of God’s remnant people—your job is to love, to accept, and to encourage others no matter how they’ve treated you. Sometimes, people will ignore you. But sometimes, when you do what God wants you to do, someone will say, “Thank you. I’m so glad you want to be my friend.”

Think of the people you know. Does anyone need a visit from **The God’s Team** today? Well, then get busy and plan your attack. He or she may laugh at you. But he or she may not. There’s only one way to find out!

From The Bible

- God has some people who are not yet part of His church, He wants them in the church, John 10v16
- What then is God’s commission to the church? To go and teach and make disciples of all nation, Matthew 28v19-20
- What exactly should we teach? Jesus commands us to teach all that he has taught us, Matthew 28v20.
- We also have the three angels message to tell to the world, Revelation 14v6-12
 - Fear God for the hour of His judgment has come. Worship the creator God.
 - The falling of Babylon the great
 - Warning against worshipping of the beast

My decision – to obey God’s bidding, to go, teach and make disciples of all nations

Adventure 1

In pairs, share some ideas how you can share each of the three angels’ messages.

1. Only God the creator is to be feared, how can you urge people to do that? (e.g maybe sharing a bible story about creation)
2. The name Babylon means confusion (Genesis 11:1-9). The announcement that “Babylon is fallen” refers to the doctrinal confusion in modern churches. In your own way, how best can you explain God’s position about day of worship, true baptism, and the true church of God.
3. From Revelation 14:9-11, what is the fate of those who, instead of worshipping God, engage in this beast worship?

Rev 14:12 “Here is a call for the endurance of the saints, those who keep the commandments of God and their faith in Jesus.”

Adventure 2

Find those words listed below the puzzle.

The Great Commission

Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age." Matthew 28:19-20 (NIV)

Based on Matthew 28:16-20



M X H H S W K T E A C H I N G
O D E L Y O B E Y L L O U O J
U A A U B A P T I Z I N G P I
N I V T G A I T H V F R H M E
T G E N C R W M H L K S L R L
A T N P O I A O S E B T L C E
I B C H A W B N R J X K L S V
N V T O I L O B V S T L E K E
D U Y Z M I W X Q E H L R H N
A J B A T M K A K G P I T X X
O E O A Z C A A Y I C R P Y F
N S N T K R M N C S A U I E Z
J U Q A I J W S D E E R Z D D
H S Z N J C I F B E G D D L Z
G I V E N D K B T H D I B R S

OBEY
JESUS
BAPTIZING
NATIONS

DISCIPLES
MOUNTAIN
HEAVEN
MAKE

EARTH
ALWAYS
COMMANDED
WORSHIPED

AUTHORITY
TEACHING
ELEVEN
GIVEN

Day 5

Small Groups

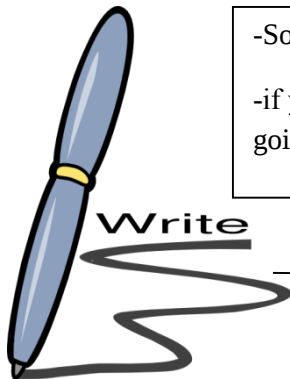


-Pray that God may show you the right people to team up with as we work for him

-pray for those you know, who need to hear this good news about Jesus so they can also enjoy what God has in store for us

Key thought

When doing things together the important thing is to make sure things turn out for the best, rather than worry about how much each individual has contributed. “We have no time to lose; God calls upon us to watch for souls as they must give an account.” (Testimonies to Ministers and Gospel Workers, pg 118)



-Something that makes you unique for the mission

-if you are to “go ye therefore” where do you see yourself going with the good news of Jesus

Memory Text

Mark 6:7 “And he called the disciples sending them two by two.”

Listen

Once, a group of boys decided to play a proper soccer game. Each one of them would bring something used in professional matches. So one would bring the ball, another the whistle, another goalpost, others the goalkeeper gloves, the corner flags, etc...

But before the game started, while they were picking the teams, there was a slight argument. They decided that the boy who had brought the most important object would get to pick the teams. Well, now they couldn't decide which had been the most important object, so they thought it would be best to just start playing, using all the objects, and gradually get rid of what people had brought, to see which things were truly indispensable.

The first thing they got rid of was the whistle, because the referee could just shout instead. Then they tossed the goalkeeper gloves; they managed to save the ball just as well without them. Neither did they really notice when they stopped using the corner flags, nor when they replaced the goalposts with a couple of bins. And so they continued, until finally they replaced the football with an old tin, and managed to keep playing...

While they were playing with the tin, a man and his son passed by. Seeing the boys playing like that, the man said to his son:

"Look, son. Learn from those kids over there. Without even a ball they're managing to play football, even though they're never going to be able to improve playing that way."

The boys heard him say this, and realized that because of their excessive pride and egotism, what could have been a great match had turned into a shameful display, which they were hardly enjoying at all. That moment, they decided to put their selfish opinions to one side, and they agreed to start playing the match again, from the start, and with all the proper equipment.

And it really was a great game. No one thought about who was playing better or worse. Rather, they just concentrated on having fun and improving their game.

We are a team for Jesus. We all have something to contribute in this ministry. Team up with a preacher, a prayer warrior, a singer, a bible reader, or someone who is just hospitable and you will enjoy working for the master.

From The Bible

- Small groups are a group of people formed for a common cause.
- "If there is a large number in the church, let the members be formed into small companies to work, not only for the church members but for the unbelievers." Testimonies Volume 7, p 22.
- In Mark 6:7, Jesus organized and sent the 12 apostles in small groups of twos, as well as the 70 or 72 in Luke 10:1
- Before going to heaven, Jesus instructed his disciples to be his witnesses in Jerusalem, Judea, Samaria and to the end of the earth, Acts 1:8
- This work can easily be accomplished when people organize themselves into small numbers with common interest and work towards achieving the target set.
- Just like the disciples did during Jesus' time, they formed small groups again after his ascension - Peter and John worked as a small group, Acts 4:1-2, the Holy Spirit also instructed Barnabas and Paul Acts 13:2 to form a small group; we can do more today in small groups.

My decision – with my friends, I will initiate that we be of service as we bring others to Christ among other things we like best.

Adventure 1

Let's look at Luke 10. And see some of the conditions of service given by Jesus to the small groups of twos: write words from the verse that show the point outlined.

1. The workers should be prepared to work overtime – v2
2. There is opposition in the work – v3
3. Workers are to be single-minded – v4
4. Workers are to show kind-heartedness – v5

5. Accept help from others – v7
6. Be easy to get along with – v8

Importance of prayer

-Verse 2 of Luke 10 encourages us to pray for laborers. Why is prayer important in the ministry, why can't we just do the work? Remember, more prayer, more power.

-There are places where it is so difficult to talk about Jesus' love freely. Do you know of any such places? Take time to pray for ways to have the gospel shared there.

Read Luke 10:1-2

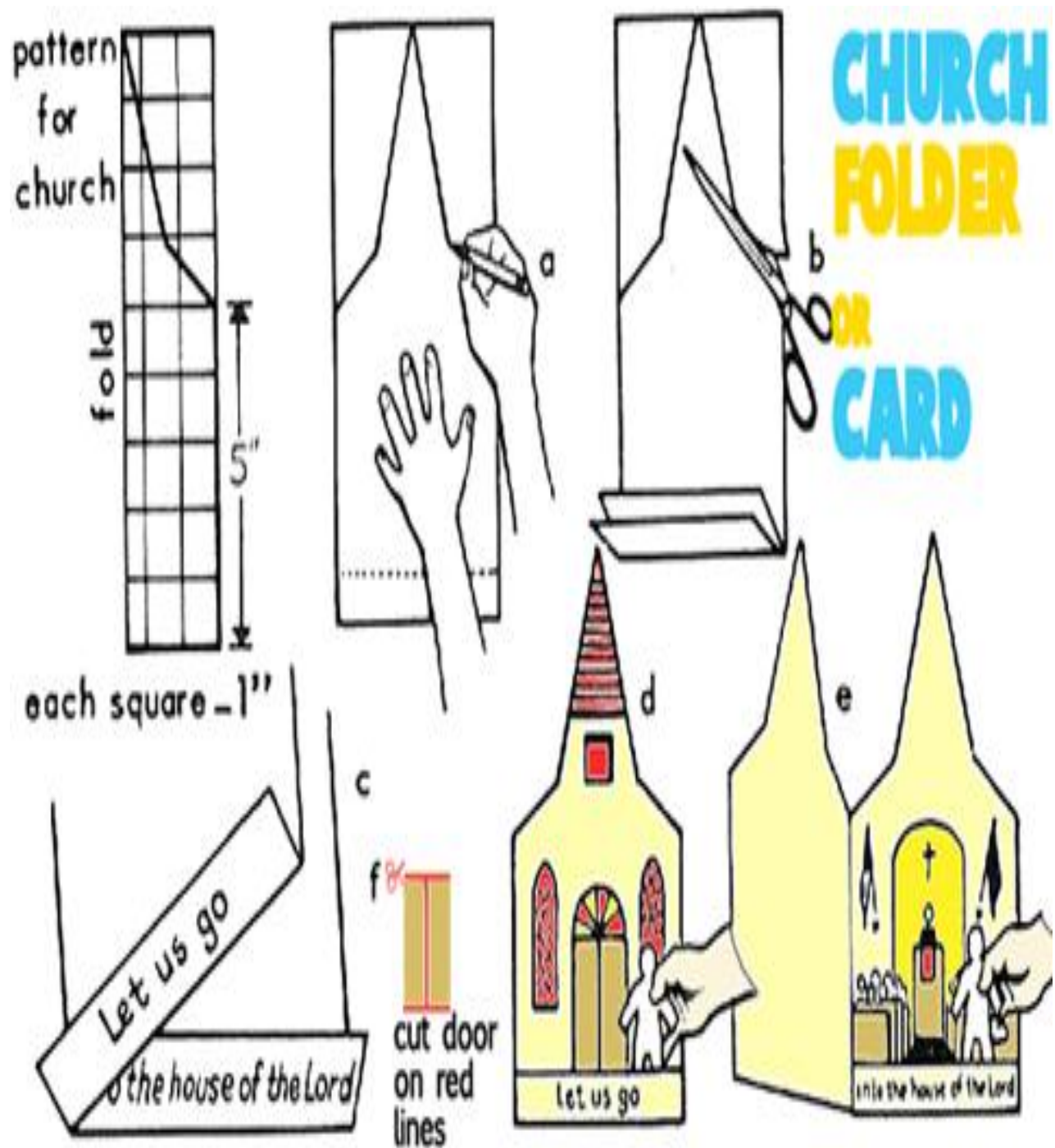
What is the harvest?

Who is the Lord of the harvest?

Adventure 2

Identify which of these people are helping and which are not helping God bring people into His Kingdom?

- Billy, his friends, and the new boy – Billy asks the new boy to play baseball.
- Tatenda and Nkosi – Nkosi wants to read a dirty joke book. Tatenda said they should not read books like that.
- Rutendo – Rutendo finds at least one person every day and does something to make that person smile.
- Arthur – everyone except Arthur blamed the teacher for missing recess.
- Johnny and Frank – Johnny tells the clerk he made a mistake.
- Nokuthula and her coach – the coach wants to practice Sunday morning. Nokuthula wants to go to Sunday School and church.
- Thando and Elsie – Elsie wants to disobey Thando's mom since Thando's mom would never know. But Thando said that would never be the right thing to do.
- Ronald and Tapiwa – Ronald agrees to partner with the rudest boy in class.
- Anotida, Sam and Theophelous – Anotida wanted to leave Sam. Theophelous stayed and helped Sam fix the chain.

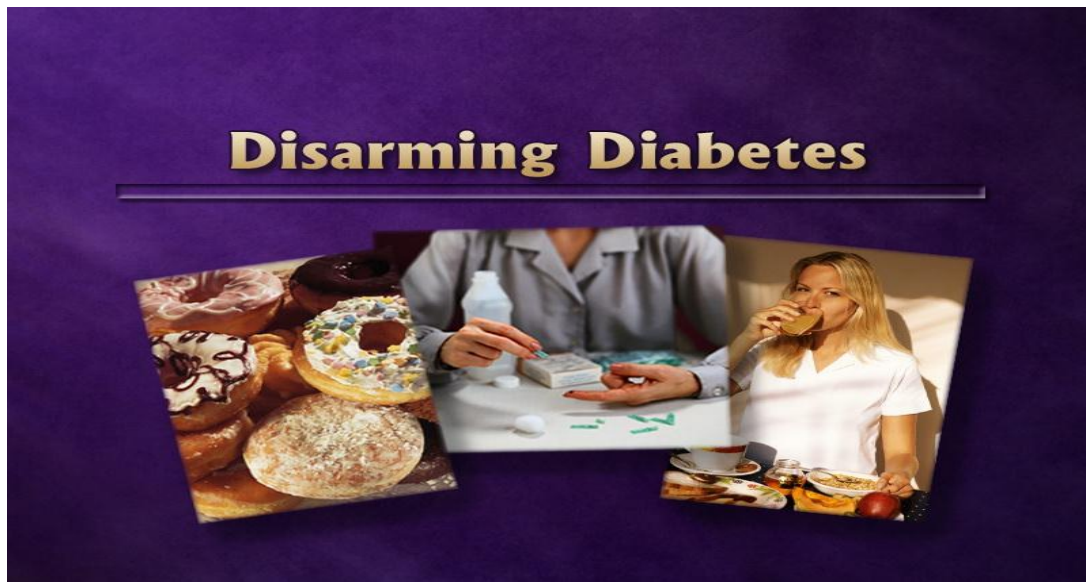


Try to make this church craft.

Hope you enjoyed your camp. Remember we are one in mission for Christ

From your friend: Mrs. K. Katswairo

HEALTH TALK



DAY 1

Introduction

- Sugar diabetes has been classified by World Health Organization (WHO) as one of the top ten major killers in the world. The 2016 Global Report on Diabetes noted that diabetes prevalence has been rising more rapidly in middle to low income countries. This is driven by an increase in behaviors such as reduced physical activity, a shift to higher calorie diets, and the associated increases in obesity.
- According to John Mangwiro, Zimbabwe Diabetes Association (ZDA) president, Zimbabwe is having a dramatic increase in the number of people diagnosed with diabetes. He cited that diabetes was multiplying among Zimbabwe's poor communities, and there was need to heavily subsidize diagnosis and treatment. The disease is estimated to be affecting one in every 10 people in Zimbabwe, including infants. These among other reasons justify our study of **sugar diabetes** this week.
- Proverbs 27:12 "The prudent sees danger and hides himself, but the simple go on and suffer for it." As we see danger, we do well by hiding ourselves. Don't be simple!
- **What is sugar diabetes**
Diabetes can best be understood by the role of insulin in the body. When food is consumed/ eaten, the body turns that food into sugars, or glucose. At that point, your pancreas is supposed to release insulin. Insulin serves as a "key" to open cells, to allow the glucose to enter -- and allow the use of glucose for energy, or there can be too much glucose in the body because insulin production is inadequate. When sugars or glucose level is high in the blood, that is referred to as **diabetes**

Sugar diabetes types

- **Type 1 Diabetes**- It happens when your immune system mistakenly attacks and destroys the cells in your pancreas that produce insulin. The damage is permanent. Type 1 diabetes belongs to a group of conditions known as autoimmune diseases. Autoimmune diseases are when the body incorrectly identifies its own useful cells as an attacking organism. In type 1 diabetes, it is the beta cells in the pancreas which produce insulin that are wrongfully targeted and killed off by specific antibodies created by the body's immune system.
- **Type 2 Diabetes** –happens when the body can't use insulin efficiently. People with type 2 diabetes produce insulin; however, the insulin their pancreas secretes is either not enough or the body is unable to recognize the insulin and use it properly (**insulin resistance**). When there isn't enough insulin or the insulin is not used as it should be, glucose (sugar) can't get into the body's cells and builds up in the bloodstream instead. When glucose builds up in the **blood** instead of going into cells, it causes damage in multiple areas of the body. Also, since cells aren't getting the glucose they need, they can't function properly
- **Gestational Diabetes**- occurs in pregnant women. Risk factors for gestational diabetes include obesity, a history of gestational diabetes in a previous pregnancy, a family history of type 2 diabetes, and having pre-diabetes, that is high sugar level though not high to be diagnosed as type 2 diabetes.

This type of diabetes can cause the fetus to be large than normal. Delivery of the baby may be more complicated as a result. The baby is also at risk for developing low blood glucose (hypoglycemia) immediately after birth.

Day 2

Diabetes Symptoms

Early symptoms of diabetes, especially type 2 diabetes, can be subtle or seemingly harmless — that is, if you even have symptoms at all. Over time, however, you may develop diabetes complications, even if you haven't had diabetes symptoms

- Going to the toilet a lot, especially at night – as the body tries to reduce blood glucose levels by flushing the excess glucose out of the body in the urine.
- Being really thirsty - When you have diabetes, excess sugar (glucose) builds up in your blood. Your kidneys are forced to work overtime to filter and absorb the excess sugar. If your kidneys can't keep up, the excess sugar is excreted into your urine, dragging along fluids from your tissues. This triggers more frequent urination, which may leave you dehydrated. As you drink more fluids to quench your thirst, you'll urinate even more.
- Feeling more tired than usual -You may feel fatigued. Many factors can contribute to this. They include dehydration from increased urination and your body's inability to function properly, since it's less able to use sugar for energy needs.
- Losing weight without trying to - When you lose sugar through frequent urination, you also lose calories. At the same time, diabetes may keep the sugar from your food from reaching your cells — leading to

constant hunger. The combined effect is potentially rapid weight loss, especially if you have type 1 diabetes.

- Genital itching or thrush - High levels of glucose being passed in the urine are a perfect breeding ground for the fungal infection which cause thrush.
- Cuts and wounds take longer to heal - people with diabetes have observed that infections seem more common if you have diabetes. It may be that high levels of blood sugar impair your body's natural healing process and your ability to fight infections.
- Blurred vision - High levels of blood sugar pull fluid from your tissues, including the lenses of your eyes. This affects your ability to focus. Left untreated, diabetes can cause new blood vessels to form in your retina — the back part of your eye — and damage established vessels. For most people, these early changes do not cause vision problems. However, if these changes progress undetected, they can lead to vision loss and blindness
- Tingling hands and feet - Excess sugar in your blood can lead to nerve damage. You may notice tingling [prickling or stinging sensation] and loss of sensation in your hands and feet, as well as burning pain in your arms, hands, legs and feet.
- Red, swollen, tender gums - Diabetes weaken your ability to fight germs, which increases the risk of infection in your gums and in the bones that hold your teeth in place. Your gums may pull away from your teeth, your teeth may become loose, or you may develop sores or pockets of pus in your gums — especially if you have a gum infection before diabetes develops.

Day 3

Risk Factors and Complications

Diabetes Risk Factors include:

- Failure to breastfeed and exposing babies to solid foods at an early age increase their diabetic risk
- Genetics – having a close relative with diabetes increases diabetes risk for both type 1 and type 2
- Weight gain – leads to too much fat tissue, leading your body cells to become resistant to insulin.
- Lack of physical activity – a sedentary lifestyle leads to weight gain which is a risk factor for diabetes. By exercising, fat is burnt, making way for the efficient function of insulin.
- High blood Pressure – high blood pressure of over 140/90 is linked to an increased risk of type 2 diabetes.
- High blood fat – saturated and trans fat raise cholesterol level, risking heart diseases, heart attack, stroke as well as diabetes.
- High fat and carbohydrate diet- junk foods are high in calories and fats but low in nutritional value. These foods include processed and pre-packed snack foods with long, often unpronounceable ingredient lists. Consuming excess sugars and fats found in these foods can contribute to weight gain, which is associated with diabetes.
- Age 40+ - the older one gets, the higher the risk, however, more and more children and adolescents are being diagnosed with type 2 diabetes.

Complications

- Heart and blood vessels – diabetes dramatically increase the risk of various cardiovascular (relating to the heart and blood vessels) problems such as heart attack, stroke, or narrowing of arteries.
- Eyes damage (**retinopathy**) – diabetes can cause vision loss or vision problems. When blood vessels of the retina are damaged, blindness can occur. Diabetes also increase risk of cataracts or glaucoma
- Kidneys damage (**nephropathy**) – diabetes damages the tiny blood vessels that filter waste from your blood. Severe damage can lead to kidney failure.
- Nerve damage (**neuropathy**) – excess sugar can injure the walls of blood vessels that nourish your nerves, especially in your legs. This causes tingling, numbness, burning or pain that usually begins at the tips of the toes or fingers and gradually spreads upward.
- Gastrointestinal tract – diabetes can lead to bloating, diarrhea, abdominal pain, nausea, vomiting, ulcers and mouth thrush to name a few.
- Gums and teeth – increase risk of infection in your gums
- Foot damage – nerve damage in the feet risk complications such as blisters which often heal poorly. These leads to toe, foot or leg amputation.
- Skin conditions – diabetes can increase risk of bacterial and fungal infections



Diabetic Foot Care

Feet care is very important to diabetic patients. Feet should be washed everyday and dried especially between the toes because infections tend to develop in moist areas. Moisturize dry skin with lotion or oil. Due to neuropathy, it is wise to avoid the use of hot water bottle, electric blanket, or warming on fire because these injure your feet without you knowing it. Do not walk barefoot or walk on hot pavements as this can cause sores or injuries that can get infected. Choose comfortable shoes, well-fitting with plenty of room. Avoid tight plastic shoes or other materials that do not breathe. Always inspect your feet for blisters, skin color change, or skin breaking so you avoid serious complications that come as a result of diabetic neuropathy.

Day 4 Treatment and Management of diabetes

- The major goal in treating type 1 and type 2 diabetes is to control blood sugar (glucose) levels within the normal range
- Basic principles of good health like eating right, exercising regularly, and maintaining a healthy weight can be as effective as medicine in diabetes management.
- Some people with type 2 diabetes can manage blood sugar level target with diet and exercise alone but many need medication or insulin therapy. Medication is prescribed by healthy professionals depending on many factors such as blood sugar level and other health challenges
- It is advised to check for blood sugar regularly and watch for signs and symptoms of low blood sugar (hypoglycemia) such as sweating, shaking, weakness, hunger, dizziness, headache, blurred vision, heart palpitations, slurred speech, drowsiness, confusion and seizure
- When you experience low blood sugar, drink or eat something that will quickly raise your blood sugar level such as a sweet, fruit juices (pineapple, apple), honey, syrups, dissolve a tablespoon of sugar in water, or eat fruits ½ a banana, ½ small apple, grapes etc.

Diabetes Diet

Adherence to a healthy diet is a critical aspect of controlling blood sugar in people with diabetes. When considering an ideal diabetic diet, a number of factors must be taken into consideration, including the amount and type of carbohydrates consumed as well as the amount of fiber, fat, and protein contained in foods. Glycemic index and glycemic load [food's effect on a person's blood glucose level] are further considerations. Foods with low glycemic index and load raise blood sugar more slowly than high glycemic index/load foods. Glycemic index refers to a standardized measurement, while glycemic load takes a typical portion size into account.

Meal timing and amount of insulin administration are considerations when planning a diet for people with type 1 diabetes. The meals should be small and eaten more frequently as well as:

- balanced,
- nutritious, and
- low in fat, cholesterol, and simple sugars.

It's important to center your diet on these high-fiber, low-fat foods:

- Fruits
- Vegetables
- Whole grains – zviyo, mhunga, brown rice

Meals are best when they are prepared by baking, boiling, grill, sauté, roast than frying.

Weight reduction and exercise

Weight reduction and exercise are important treatments for type 2 diabetes. Weight reduction and exercise increase the body's sensitivity to insulin, thus helping to control blood sugar elevations. People with diabetes must remember the importance of diet and exercise. Control of diabetes begins with a healthy lifestyle, regardless of prescribed medications

Day 5

Facts and Myths of Diabetes

- **People with diabetes should not exercise** - NOT TRUE!! Exercise is important for people with diabetes, as it is for everybody else. Exercise helps manage body weight, improves cardiovascular health, improves mood, helps blood sugar control, and relieves stress. Patients should discuss exercise with their doctor first.
- **Fat people always develop type 2 diabetes eventually** - this is not true. Being overweight or obese raises the risk of becoming diabetic, they are risk factors, but do not mean that an obese person will definitely become diabetic. Many people with type 2 diabetes were never overweight. The majority of overweight people do not develop type 2 diabetes.
- **Diabetes is a nuisance, but not serious** - two thirds of diabetes patients die prematurely from stroke or heart disease. The life expectancy of a person with diabetes is from five to ten years shorter than other people's. Diabetes is a serious disease.

- **I know when my blood sugar levels are high or low** - very high or low blood sugar levels may cause some symptoms, such as weakness, fatigue and extreme thirst. However, levels need to be fluctuating a lot for symptoms to be felt. The only way to be sure about your blood sugar levels is to test them regularly. Researchers from the University of Copenhagen, Denmark showed that even very slight rises in blood-glucose levels significantly raise the risk of ischemic heart disease.
- **Diabetes diets are different from other people's** - the diet doctors and specialized nutritionists recommend for diabetes patients are healthy ones; healthy for everybody, including people without the disease. Meals should contain plenty of vegetables, fruit, whole grains, and they should be low in salt and sugar, and saturated or trans-fat. Experts say that there is no need to buy special diabetic foods because they offer no special benefit, compared to the healthy things we can buy in most shops.
- **High blood sugar levels are fine for some, while for others they are a sign of diabetes** - high blood-sugar levels are never normal for anybody. Some illnesses, mental stress and steroids can cause temporary hikes in blood sugar levels in people without diabetes. Anybody with higher-than-normal blood sugar levels or sugar in their urine should be checked for diabetes by a health care professional
- **Diabetics cannot eat bread, potatoes or pasta** - people with diabetes can eat starchy foods. However, they must keep an eye on the size of the portions. Whole grain starchy foods are better, as is the case for people without diabetes.
- **One person can transmit diabetes to another person** - NOT TRUE. Just like a broken leg is not infectious or contagious. A parent may pass on, through their genes to their offspring, a higher susceptibility to developing the disease
- **Only older people develop type 2 diabetes** - things are changing. A growing number of children and teenagers are developing type 2 diabetes. Experts say that this is linked to the explosion in childhood obesity rates, poor diet, and physical inactivity.
- **I have to go on insulin, this must mean my diabetes is severe** - people take insulin when diet alone or diet with oral or non-insulin injectable diabetes drugs do not provide good-enough diabetes control, that's all. Insulin helps diabetes control. It does not usually have anything to do with the severity of the disease.
- **Diabetes patients are more susceptible to colds and illnesses in general** - a person with diabetes with good diabetes control is no more likely to become ill with a cold or something else than other people. However, when a diabetic catches a cold, their diabetes becomes harder to control, so they have a higher risk of complications.



Proverbs 27:12 “The prudent sees danger and hides himself, but the simple go on and suffer for it.”

May we enjoy good health now and forever.

N.B It is best to invite health professionals in our camps to help us deliver the health talk. Where possible, set a day when kids can be tested for blood sugar by professionals. Thank you

Compiled by: Mrs. K. Katswairo

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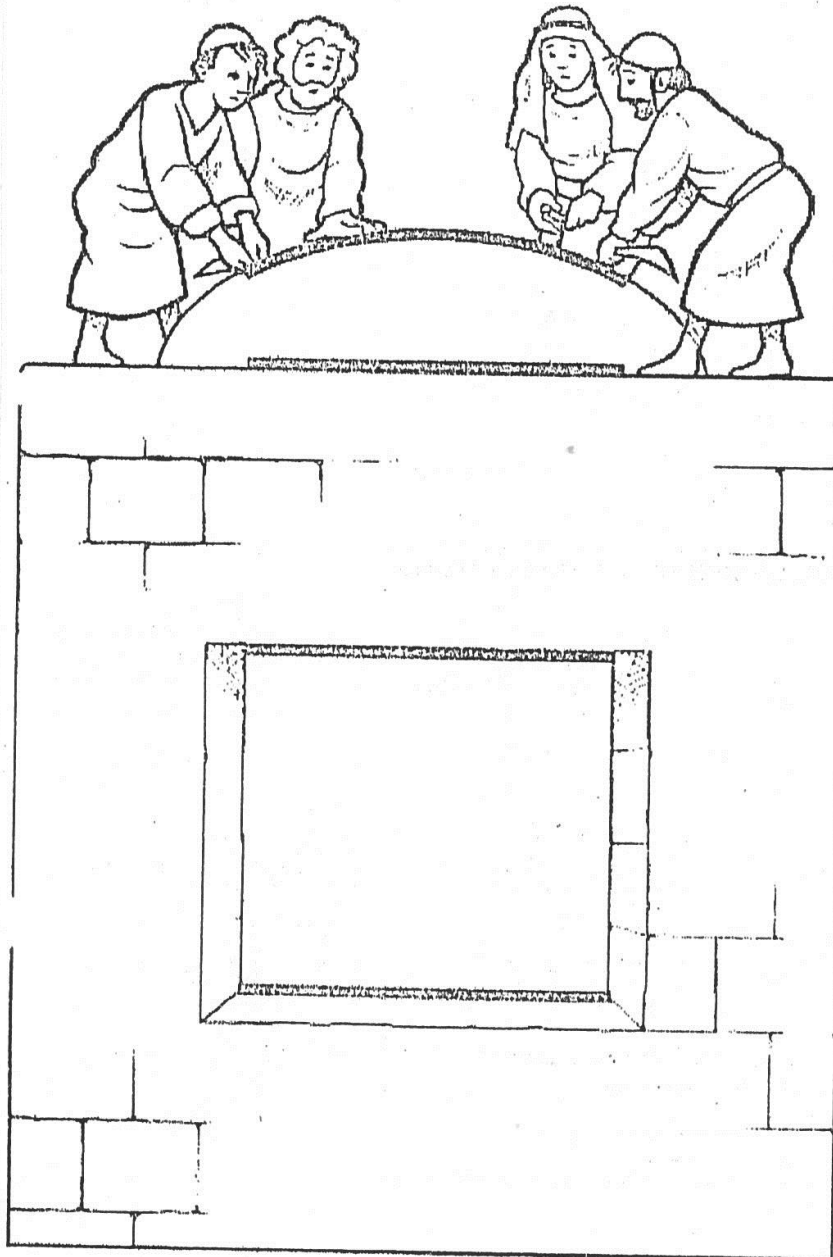
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Een schuifwerkje

Je mag eerst de plaatjes van de afbeeldingen omdraaien en knippen of plakken. Als je de platen klaar en van tevoren hebt gemaakt, zal de reis veel beter voor je zijn.



VERVOLG VAN DE REIS VAN DE HEILIGEN



HER TREKKEN

Go Wash

