

Dear Faith Shapers,

February is the time I sign up my own kids for summer camp. There is often a discount if you sign them up early. We have exceptional Lutheran Camps here in Iowa. There are so many reasons to send your kids to camp. I've brought you 6 reasons, but there are so many more! Did you know many of our rostered leaders had camping ministry experience (either as campers or counselors or both)? Camping ministry is God filled, fun and faith shaping! If you are unable to afford sending your kids to camp, please speak to your church or call camp. There are scholarships available so that every child can attend camp.

February is also the start of Lent. I have included a Lenten Gratitude Calendar in this issue of Living Faith at Home. Feel free to share it, copy it, and use it with your family. Journaling is a wonderful spiritual practice and there are health benefits linked to gratitude practices so gratitude journaling is a perfect Lent activity.

In Christ's Service,
Deacon Lisa Kammerer



6 Surprising Things Kids Learn at Bible Camp

My 30 years of camping experience and youth ministry work have shaped my long held opinion that camp experiences benefit kids in profound ways. Here's a little of what I learned from church campers.

1. **How to Have Fun** Campers say they learned how to have fun and not worry so much. In a time where many kids struggle with anxiety and depression, it is so refreshing to hear that camp is their happy place!
2. **How to Be Myself.** Campers say they learned to be comfortable in their own skin, gained confidence in their abilities, learned to speak up for things they believe in, and worried less about what others think. One camper told me, "At camp, I am the best version of myself."
3. **Meet New People & Make Friends.** One camper told me that camp made her more open & caring. Another told me he experienced a sense of belonging that they did not feel at school.
4. **Take Risks & Conquer Fears.** Camp takes students out of their comfort zones and offers new challenging experiences. Campers learn they can try new things surrounded by a supportive & encouraging community of faith.
5. **Unplug and Have a Passion for Nature.** Students need time away from their phones and the chance to experience nature. Experiences and relationships are more vibrant and real when you are able to connect face to face.
6. **Experience God.** Campers tell me they learned to pray, see the Holy Spirit at work and to serve others. There is nothing more amazing than a student learning how much God loves them and that they have God given gifts that are needed in our world!

This information is prepared for you by the
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Lent Gratitude Journaling

Add a spiritual practice this Lent. Here are 40 gratitude journaling prompts. Grab a notebook and journal with us this Lent.

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| ✝ Things you love outside | ✝ People your grateful for | ✝ Life lessons your grateful for |
| ✝ Smells you love | ✝ Happy memories | ✝ Traditions your grateful for |
| ✝ Bible stories you are grateful for | ✝ Songs you love | ✝ People that inspire you |
| ✝ Things you love about God | ✝ Favorite foods | ✝ Comforting things or places |
| ✝ Spiritual gifts you have | ✝ Books you love | ✝ Sounds you love to hear |
| ✝ Accomplishments | ✝ Beautiful things | ✝ Quotes that inspire you |
| ✝ Opportunities your grateful for | ✝ Favorite artists | ✝ Hobbies you love |
| ✝ Bible verses you are thankful for | ✝ Favorite ministries | ✝ Favorite things to touch |
| ✝ Challenges you're grateful for | ✝ Favorite recipes | ✝ Favorite things God created |
| ✝ Movies that changed you | ✝ Simple pleasures | ✝ Gifts you love to receive |
| ✝ Favorite things about church | ✝ Favorite faith practices | ✝ Holidays you love |
| ✝ Things that make you laugh | ✝ Favorite ways to serve | ✝ Prayers you love |
| ✝ Gifts you are grateful for | ✝ Favorite teacher | ✝ Church traditions you love |
| ✝ Places you are grateful for | ✝ Colors you love | ✝ Random happy thoughts |
| ✝ Favorite trips you've taken | ✝ Friends you're grateful for | ✝ What you love about Jesus |
| ✝ Family you are grateful for |  Favorite things about Easter | |