

Campus Spiritual Care Plan

OVERVIEW- 4 steps/week

All work to be submitted Tuesdays (day 2) or Wednesdays (day 1)
9:30am in the corresponding week in your class OneNote

1 *In the Word*

Each week, you will read or listen to a chapter or two from the book of Mark and answer questions.

2 *Love God: Inward Practices*

Each week, you will select from the list one practice you can do to help you connect to God in a way that suits you.

3 *Love Others: Outward Practices*

Each week, you will select from the list one practice you can do to help you practice extending love and kindness to others.

4 *Reflect*

Each week, you will reflect on your experiences with the inward and outward practices.

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1 In the Word

Each week, you will read or listen to a chapter or two from the book of Mark and answer questions.

Mark Weekly Reading Schedule

Read the following chapters in the corresponding weeks. Feel free to read or listen using an audio version on the YouVersion Bible app. We suggest breaking up the reading into 2-4 chunks throughout the week.

- **WEEK 1:** April 6-13: Mark 1
- **WEEK 2:** April 14-19: Mark 2-3
- **WEEK 3:** April 20-26: Mark 4-5
- **WEEK 4:** April 27-May 3: Mark 6
- **WEEK 5:** May 4-May 10: Mark 7-8
- **WEEK 6:** May 11-17: Mark 9-10
- **WEEK 7:** May 18-24: Mark 11-12
- **WEEK 8:** May 25-31: Mark 13-14
- **WEEK 9:** June 1-7: Mark 15-16

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I In the Word

Each week, you will read or listen to a chapter or two from the book of Mark and answer questions.

WEEKLY QUESTIONS

Answer the following 5 questions in the corresponding week tab in your Bible class OneNote (Week 1, Week 2, etc.) via text or video

1. **What did you learn about God/Jesus/Holy Spirit from this week's readings?**

Consider what you see him do, say, how he treats people, (especially in contrast to the people around him), and what you learn about his character.

2. **What do you learn about humanity from this week's readings?**

Consider how they act, treat others, how they respond to God/Jesus/Holy Spirit, flaws, failures, characteristics). List at least 3.

3. **From this week's readings, what principles do you learn about living a God-pleasing life?**

In other words, what should followers of Christ obey or put into practice, based on the teachings or actions of Jesus, godly actions of people, what to avoid; etc.

4. **From this week's readings, what specifically relates/connects to your life and the situations/relationships you are dealing with?**

5. **What is one small way you can align your thoughts or actions with one of the principles you identified above? Create an intention you can complete this week that will help you match your thoughts or actions with something from this week's readings and obey Scripture.. Your intention should start with: "I will..."**

Ensure your "I will..." statement is specific instead of vague and connected to your life situations and how you will model your thoughts or actions to match what you've learned. For example, instead of saying, "I should be kind to others", you could say, "This week, I will hold my tongue around my sister who has been driving me crazy lately and tempting me to yell at her". One is general and probably will never happen. One is specific and will likely happen. If your "I will..." statements are too general, you may need to rewrite.

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2 Love God: Inward Practices

Each week, you will select from the list one practice you can do to help you connect to God in a way that suits you. Try different practices each week.

Worship

- **Music:** Put away your devices for 10-30 minutes, play some worship songs or a playlist, and use the time to listen to the lyrics, worship along, or pray for yourself or others.
- **Write your own worship song or poem** that focuses on who God is and his attributes, praising and thanking him
- **Create another expression of worship-** through art, dance, whatever!

Study

- Use online resources to come to deeper understandings of your weekly Scripture reading passages such as:
 - Enduring Word Commentary on Mark
 - Watch Ben Woodman and Jason Ballard's (the guys from Alpha) daily commentary on Mark, starting with Day 1. Take notes for your OneNote reflection.
- Listen to podcasts to deepen your understanding of Scripture, Bible topics, and other issues about faith. Take notes for your OneNote reflection. Examples:
 - Exploring My Strange Bible:
 - I AM- significance of God's name
 - Heaven and Hell
 - Ephesians
 - Hype Student Ministries
- Research a topic or question about Christianity or faith that you've always been confused about and find answers from reputable Christian sources. Record your new understandings in your OneNote.

Journaling

- **Write a letter to God**, telling him everything you are dealing with and how you are feeling about it. Be real and honest
- **Keep a gratitude list** and list the good moments you have in each day, when you noticed God at work, when someone encouraged you, when you felt happy or connected. Aim to list 5 per day all week and thank God for those blessings each
- **Guided Journal:** Use this "Immanuel Journaling Template" as a template to help you express yourself to God.

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2

Love God: Inward Practices

Each week, you will select from the list one practice you can do to help you connect to God in a way that suits you. Try different practices each week.

Prayer

- Go for a walk alone and spend time thanking God and asking him for what you need; pray for the people you are self-isolating with, and other people you know who are struggling or sick
- Download and use the app "Lectio 365" to guide you through meditation on Scripture and Prayer 3x this week.
- Use the Lord's Prayer model to shape your own prayers. There's a reason Jesus gave us this template- it's the most powerful method we can pray. Personalize these concepts with your own life/situation/words.
 - Begin by acknowledging who God is- King of Kings, Lord of Lords, and where he is- with you and all around you pray that your family/ school/ neighbourhood /city/the world would acknowledge Him as Lord.
 - Ask for the world/your family/school/etc. to represent his Kingdom well
 - Ask for his will to be done here in the world/your life/family/etc
 - Ask for what you need for today- your 'spiritual food'. Feeling isolated? Ask for companionship. Feeling anxious? Ask for peace.
 - Confess anything that needs forgiveness from the past 24 h
 - Choose to forgive and release those who have hurt you,
 - Ask for God's protection from evil and temptation.

- Use a Psalm as a template and personalize a Psalm to fit your situation; pray, draw or write it back to God

- **Pray the news:** Look up the local and global news. Spend time praying about situations you notice, especially the COVID-19 Pandemic and how it is affecting your family, community, nation and world.

- Write out prayer requests for yourself and others

- **Prayer of Examen:** at the end of your day, look back on your past 24 hours and ask the Holy Spirit to reveal the day to you as he saw it, using this method:

- Reflect on all the good moments or moments you felt safe, loved, happy, or connected to God, or perhaps moments you were aware of God's presence or encouragement. Thank God for these moments and ask him to help you notice his work and presence tomorrow.

- **FACE UP:** Now, look back and notice any areas that weren't so happy, where perhaps you chose to do something your way instead of in a manner that pleased God, or perhaps you hurt someone in how you thought, spoke or acted towards them. Acknowledge those moments to God.

- **Help for Tomorrow:** Ask for his help to respond in good character tomorrow and to be more aware of his presence as you go about your day.

3

Love Others: Outward Practices

Each week, you will select from the list one practice you can do to help you practice extending love kindness to others. Try different practices each week

Love Your Neighbour Love Your Family

- Brighten the day of the people around you. Try one of these ideas:

- Make posters or write encouraging statements in chalk to post or write around your neighbourhood
- Write anonymous letters or cards to encourage your immediate neighbours
- Check in on single, isolated, sick, or elderly neighbours to see if you or your family can meet any practical needs like picking up groceries, or just visiting through the window
- Appreciate your health care workers and grocery clerks. Join in on the 7pm cheer of appreciation, or make cards and give to your checkout clerks who put themselves at risk every day
- Check in via Facetime or something similar with someone who may be feeling isolated or not doing well
- Play an instrument? Put on a solo-concert outside at a place where people frequently walk by

- It's really hard to be trapped and isolated at home with only your family to talk to. Do something kind and out of the ordinary for someone at home, such as:

- Help with chores you don't normally do, without being asked to. Choose to respond cheerfully every time a parent asks you to help out around the home or do a chore
- Spend time with a sibling doing something of their choice
- Spend time praying for each member of your family and asking God to bless and help each one
- Choose for a period of 1-3 days to keep your mouth shut and extend grace & kindness in situations where you would normally talk back, be rude or judgemental towards someone in your family
- Write a letter listing all the good things about someone in your family and give it to them. Make or buy something for someone in your home

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3 Love God: Outward Practices

Each week, you will select from the list one practice you can do to help you practice extending love kindness to others.

Love RCS

Sneak Attack

- Purchase a nice gift, write an encouraging letter or card, buy flowers, bake cookies, or find something else that will encourage a friend, family member or neighbour. Leave on their doorstep, ring the doorbell, and run away so that your identity remains anonymous. Sneak attack! Imagine how fun it will be if these kinds of sneak attacks are happening all over the place!

Self-Care

- Schedule physical exercise 2-3x a week, such as going for a 2-5km walk/run/bike ride, or doing an online workout video.
- Intentionally limit your daily, non-school-related screen time and turn to options like creative pursuits, hobbies, exercise, boardgames, journaling, reading, etc. to fill your time and feed your soul
- Feed your Body: Limit your intake of unhealthy foods & drinks, and increase your intake of water, fruits, veggies, and whole foods for one week

- How can you encourage students in other grades at the SC campus? Come up with some way to encourage 1 person of a different grade or the entire grade and implement it.
- How can you encourage a hard-working RCS staff member? Come up with some way to encourage a staff member and implement it.
- Create something for chapel- we are looking for original student pieces that reflect how you are doing in your faith journey at the moment, whether you are learning to trust, angry at God, learning to go to him for peace, etc. ALL SUBMISSIONS MUST BE IN BY MONDAYS, 9:30 to be considered for upcoming chapel videos. Here are ideas of things you can submit that may be shown in our chapel video:
 - Write an original worship song. Record it (alone or with spatially-distant friends) and create a video or lyric video to share with the school. Upload full video to OneDrive and share link with Mrs. Osborne.
 - Art- create a digital or physical piece of art that encapsulates where you are at in your faith journey or demonstrates your understanding of God at the moment. Share photo of your art with Mrs. Osborne.
 - Spoken Word: Write a spoken word piece that explains how you are handling this isolation and your understanding of God at the moment.
 - Video: create a 2-3 min video that encourages, points others to Jesus, or shares a testimony about what you are doing or learning through this Spiritual Care plan

4 Reflect

Each week, you will reflect on your experiences with the inward and outward practices.

Weekly Reflection Questions

Each week, answer the following questions in your Bible class OneNote, under the corresponding weekly tab. You may type your answers or record a 2-3 minute video and upload. Due Tuesday (day 2 classes) or Wednesday (day 1 classes) by 9:30am.

1. Which INWARD practice did you try?
Describe what you DID.
2. How did you find this practice? How did it help you connect with God? Explain.
3. Which OUTWARD practice did you try?
4. Describe your experience with this practice- what you did, who you helped, how it went for you, how the other person responded, etc.
5. What is something you learned about yourself, God or others from doing these practices this week?