

# Youth Mission Trip 2016

Theme: "More Heart, Less Attack"	Song: "More Heart, Less Attack" (NEEDTOBREATHE)	Verses: Philippians 2:1-5*
Sunday	"Be the light in the cracks"	Matthew 5:13-16
Monday	"Leave the past right where it's at"	Genesis 45
Tuesday	"It's you in the mirror staring back"	James 1:19-25
Wednesday	"Be the one that's in the gap"	John 8:2-11
Thursday	"Be the wanderer that's coming back"	Luke 15:11-32
Friday	"I drank the water"	John 4:7-15
Saturday	"Be more heart and less attack"	Philippians 2:1-5

# Preface

This week's theme was chosen by our Summer Youth Intern, Brad Rutledge. In today's world it is easy to be swayed by media, public officials, social websites, church leaders, friends, families, and even our own feelings. In a society that is filled with hate, violence, and the constant need for attention, how are we supposed to be the Body of Christ?

This week we hope that our theme song and scripture passages will refocus our hearts, minds, bodies, and souls on the Truth of God. As followers of Christ we can choose love and kindness over hatred and violence. Our bitterness and hurt can be transformed into forgiveness and grace as we trust in God.

This year we are integrating the theme song into devotions and reflections each morning and evening. The scripture we chose directly connects with a specific line or verse of the song "More Heart, Less Attack" by NEEDTOBREATHE. In your devotional book you will see that each day has both the lyrical and scriptural focus printed out as well as a space for personal prayer and reflection. We hope that you will take time in the morning or evening to focus your heart and mind on what God has to share through these words.

Thank you for your openness and participation in this year's Mission Trip. We are looking forward to what God has in store for each of us!

**Sunday, July 10**

**“Be the light in the cracks . . .”**

**Matthew 5:13-16**

“You are the salt of the earth; but if salt has lost its taste, how can its saltiness be restored? It is no longer good for anything, but is thrown out and trampled underfoot. You are the light of the world. A city built on a hill cannot be hid. No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven.”

**Lyrics**

Be the light in the cracks  
Be the one that's mending the camel's back  
Slow to anger and quick to laugh  
Be more heart and less attack

**Words for Reflection**

“Hope is being able to see that there is light despite all of the darkness.”

- Desmond Tutu

**Personal Reflection & Prayer**

**Monday, July 11**

**“Leave the past right where it’s at . . .”**

**Genesis 45:4-8**

“Then Joseph said to his brothers, “Come closer to me.” And they came closer. He said, “I am your brother, Joseph, whom you sold into Egypt. And now do not be distressed, or angry with yourselves, because you sold me here; for God sent me before you to preserve life. For the famine has been in the land these two years; and there are five more years in which there will be neither plowing nor harvest. God sent me before you to preserve for you a remnant on earth, and to keep alive for you many survivors. So it was not you who sent me here, but God; he has made me a father to Pharaoh, and lord of all his house and ruler over all the land of Egypt.”

**Lyrics**

Be the wheels not the track  
Be the wanderer that’s coming back  
Leave the past right where it’s at  
Be more heart and less attack

**Words for Reflection**

“Forgiving does not erase the bitter past. A healed memory is not a deleted memory. Instead, forgiving what we cannot forget creates a new way to remember. We change the memory of our past into a hope for our future.”

- Lewis B. Smedes

**Personal Reflection & Prayer**

Tuesday, July 12

“It’s you in the mirror staring back . . .”

James 1:19-25

“You must understand this, my beloved: let everyone be quick to listen, slow to speak, slow to anger; for your anger does not produce God’s righteousness. Therefore, rid yourselves of all sordidness and rank growth of wickedness, and welcome with meekness the implanted word that has the power to save your souls.

But be doers of the word, and not merely hearers who deceive themselves. For if any are hearers of the word and not doers, they are like those who look at themselves in a mirror; for they look at themselves and, on going away, immediately forget what they were like. But those who look into the perfect law, the law of liberty, and persevere, being not hearers who forget but doers who act—they will be blessed in their doing.”

Lyrics

The more you take, the less you have  
Cause it’s you in the mirror that’s starin’ back  
Quick to let go, slow to react  
Be more heart and less attack

Words for Reflection

“The face is the mirror of the mind, and eyes without speaking confess the secrets of the heart”

- St. Jerome

Personal Reflection & Prayer

**Wednesday, July 13**

**“Be the one that’s in the gap . . .”**

**John 8:7-11**

“When they kept on questioning him, he straightened up and said to them, “Let anyone among you who is without sin be the first to throw a stone at her.” And once again he bent down and wrote on the ground. When they heard it, they went away, one by one, beginning with the elders; and Jesus was left alone with the woman standing before him. Jesus straightened up and said to her, “Woman, where are they? Has no one condemned you?” She said, “No one, sir.” And Jesus said, “Neither do I condemn you. Go your way, and from now on do not sin again.””

### **Lyrics**

Ever growing, steadfast  
And if need be, the one that’s in the gap  
Be the never turning back  
Twice the heart any man could have

### **Words for Reflection**

“To become truly great, one has to stand with people, not above them.”

- Charles de Montesquieu

### **Personal Reflection & Prayer**

Thursday, July 14

**“Be the wanderer that’s coming back . . .”**

**Luke 15:20-24**

“So he set off and went to his father. But while he was still far off, his father saw him and was filled with compassion; he ran and put his arms around him and kissed him. Then the son said to him, ‘Father, I have sinned against heaven and before you; I am no longer worthy to be called your son.’ But the father said to his slaves, ‘Quickly, bring out a robe—the best one—and put it on him; put a ring on his finger and sandals on his feet. And get the fatted calf and kill it, and let us eat and celebrate; for this son of mine was dead and is alive again; he was lost and is found!’ And they began to celebrate.”

**Lyrics**

Be the wheels not the track  
Be the wanderer that’s coming back  
Leave the past right where it’s at  
Be more heart and less attack

**Words for Reflection**

“The practice of peace and reconciliation is one of the most vital and artistic of human actions.”

- Thich Nhat Hanh

**Personal Reflection & Prayer**

Friday, July 15

“I drank the water . . .”

John 4:13-15

“Jesus said to her, “Everyone who drinks of this water will be thirsty again, but those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life.” The woman said to him, “Sir, give me this water, so that I may never be thirsty or have to keep coming here to draw water.””

**Lyrics**

I stuck my hat out  
I caught the rain drops  
I drank the water  
I felt my veins pop  
I'm nearly sanctified  
I'm nearly broken  
I'm down the river, I'm nearly open  
I'm down the river, to where I'm going

**Words for Reflection**

“Look within. Within is the fountain of good, and it will ever bubble up, if thou wilt ever dig.”

- Marcus Aurelius

**Personal Reflection & Prayer**

**Saturday, July 16**

**“Be more heart and less attack . . .”**

**Philippians 2:1-5**

“If then there is any encouragement in Christ, any consolation from love, any sharing in the Spirit, any compassion and sympathy, make my joy complete: be of the same mind, having the same love, being in full accord and of one mind. Do nothing from selfish ambition or conceit, but in humility regard others as better than yourselves. Let each of you look not to your own interests, but to the interests of others. Let the same mind be in you that was in Christ Jesus. . . .”

**Lyrics**

Be the wheels not the track  
Be the wanderer that's coming back  
Leave the past right where it's at  
Be more heart and less attack  
Be more heart and less attack  
Be more heart and less attack

**Words for Reflection**

“Have a heart that never hardens, and a temper that never tires, and a touch that never hurts.”

- Charles Dickens

**Personal Reflection & Prayer**

**Songs for Worship**  
**YMT 2016**

## “More Heart, Less Attack”

Be the light in the cracks  
Be the one that's mending the camel's  
back  
Slow to anger and quick to laugh  
Be more heart and less attack

Be the wheels not the track  
Be the wanderer that's coming back  
Leave the past right where it's at  
Be more heart and less attack

The more you take, the less you have  
'Cause it's you in the mirror that's  
starin' back  
Quick to let go, slow to react  
Be more heart and less attack

Ever growing, steadfast  
And if need be, the one that's in the  
gap  
Be the never turning back  
Twice the heart any man could have

Be the wheels not the track  
Be the wanderer that's coming back  
Leave the past right where it's at  
Be more heart and less attack  
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I stuck my hat out  
I caught the rain drops  
I drank the water  
I felt my veins pop  
I'm nearly sanctified  
I'm nearly broken  
I'm down the river, I'm nearly open

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\*Permission for use of all songs covered under CCLI  
#11166020

## “The Servant Song”

We are travelers on a journey  
Fellow pilgrims on the road  
We are here to help each other  
Walk the mile and bear the load  
I will hold the Christ light for you  
In the nighttime of your fear  
I will hold my hand out to you  
Speak the peace you long to hear

Sister let me be your servant  
Let me be as Christ to you  
Pray that I may have the grace to  
Let you be my servant too  
Brother let me be your servant  
Let me be as Christ to you  
Pray that I may have the grace to  
Let you be my servant too

I will weep when you are weeping  
When you laugh, I'll laugh with you  
We will share our joys and sorrows  
Till we've seen this journey through  
When we sing to God in Heaven  
We shall find such harmony  
Born of all we've known together  
Of Christ's love and agony

## “Come Thou Fount”

Come thou fount of every blessing  
Tune my heart to sing thy grace  
Streams of mercy never ceasing  
Call for songs of loudest praise  
Teach me some melodious sonnet  
Sung by flaming tongues above  
I'll praise the mount I'm fixed upon it  
Mount of thy redeeming love

Here I raise my Ebenezer  
Hither by thy help I come  
And I hope by thy good pleasure  
Safely to arrive at home  
Jesus sought me when a stranger  
Wondering from the fold of God  
He, to rescue me from danger  
Interposed His precious blood

O to grace how great a debtor daily I'm  
constrained to be!  
Let thy goodness like a fetter, bind my  
wandering heart to thee  
Prone to wander Lord I feel it, prone to  
leave the God I love  
Here's my heart, O take and seal it, seal  
it for thy courts above

## “A Mighty Fortress is our God”

A mighty fortress is our God,  
a bulwark never failing;  
our helper he, amid the flood  
of mortal ills prevailing.  
For still our ancient foe  
does seek to work us woe;  
his craft and power are great,  
and armed with cruel hate,  
on earth is not his equal.

Did we in our own strength confide,  
our striving would be losing,  
were not the right Man on our side,  
the Man of God's own choosing.  
You ask who that may be?  
Christ Jesus, it is he;  
Lord Sabaoth his name,  
from age to age the same;  
and he must win the battle.

And though this world, with devils filled,  
should threaten to undo us,  
we will not fear, for God has willed  
his truth to triumph through us.  
The prince of darkness grim,  
we tremble not for him;  
his rage we can endure,  
for lo! his doom is sure;  
one little word shall fell him.

That Word above all earthly powers  
no thanks to them abideth;  
the Spirit and the gifts are ours  
through him who with us sideth.  
Let goods and kindred go,  
this mortal life also;  
the body they may kill:  
God's truth abideth still;  
his kingdom is forever!

## “How Deep the Father’s Love for Us”

How deep the Father's love for us  
How vast beyond all measure  
That He should give His only Son  
To make a wretch His treasure  
How great the pain of searing loss  
The Father turns His face away  
As wounds which mar the Chosen One  
Bring many sons to glory

Behold the man upon a cross  
My sin upon His shoulders  
Ashamed, I hear my mocking voice  
Call out among the scoffers  
It was my sin that held Him there  
Until it was accomplished  
His dying breath has brought me life  
I know that it is finished

I will not boast in anything  
No gifts, no power, no wisdom  
But I will boast in Jesus Christ  
His death and resurrection  
Why should I gain from His reward?  
I cannot give an answer  
But this I know with all my heart  
His wounds have paid my ransom