

## WHAT'S IN YOUR PACK?

*A service for a Cub Scout Parade at Church.*

*Wonder in complaining loudly about heavy pack, and the way it is digging in.*

Welcome people (Cub pack)

Pray

Songs My life is in Lord Put on the Garment of Praise

Everyone knows that when you go on a trip the first thing you need to do is pack your bag. Bags come in many different shapes and sizes. When you have to walk one of the best bags to use is a pack. Because with a pack you can place it on your back while your walking. But oh this pack is not so comfortable. It's very heavy and it has things that are sticking into me. Lets see what's in here

Cans of baked beans, Large bottle of ice cream topping

Are these the things that I should be taking on a tramp? What do you think? *(Wait for answers)*

Have you ever thought about the way that we not only pack our bags to go on trips but we also pack our lives with all sorts of things for the journey of life. Some things that are helpful and other things are like the things we pulled out of our pack and they are not so helpful..

A helpful thing we could pack in our life might be the idea that we can be a helper not only to our family but also others that are in need. Like the person in the class that does not know how to do something.

An example of something that is not so helpful or can hinder, our enjoyment and others might be a competitive spirit that means we have to always be first no matter what. This can cause anguish and hurt to others.

Can you think of things that are in your pack , your life that are not so helpful, things that hurt others, or can destroy the resources of the earth?

Jesus promises to forgive all who are sorry for their wrongs. So lets pray. OHP

Dear God, we often do wrong things that hurt other people and hurt ourselves. Remind us of those things now by speaking into our hearts.. Pause

We are sorry God please forgive us. Help us to tell those we have hurt that we are sorry too, and help us by your Spirit to grow everyday more like Jesus Amen.

There is much to learn in this life. No one comes into this life an expert and this means that as we grow up there is a lot of learning we need to do. The people we learn the most from is our parents but we do learn from other people as well.

Who do you think we could ask for help in packing a pack like this one?

*Accept answers -- Akelha, other scouts extra*

We need help also in learning what to pack into our life packs. We can learn what is good to pack into our life from our parents, from the church and most importantly by having a friendship with Jesus and reading our bibles.

We're going to sing some songs now that focus on our need to make room in our lives for Jesus. Because as we make room for Jesus in our lives, Jesus can begin to show us what is important and what is not important for our lives.

Songs Turn your eyes upon Jesus. Chorus only

Seek ye first the kingdom of God.

As we look to Jesus he will lead us into a life that is characterised by Joy, Peace and Love. So let's ask him to give us these things.

Song Give me Joy in my heart

Readings Philippians 4:4-8, Luke 10:25 - 28

When I was much younger I was a cub and it was in the scouting movement that I learnt how to pack a pack when I went tramping.

I was told how weight was all important because whatever I put in my pack I was the one that was going to carry it. It was explained to me that there are 5 basic things that go into a tramping pack OHP

Food, Clothing, Shelter, Cooking gear, Hygiene requirements

Each of these things are important and must be balanced in relation to the type of trip you are going on. You would pack differently for a 7 day tramp in a national park to a weekend camp on the back of the farm.

For the purpose of this exercise let's think about packing for a long trip.

## FOOD

Tinned food is out of the question because it is too heavy to carry. Some people like to take lots of sweets, chocolate and biscuits but you need to have something more substantial. I like to take de-hydrated food either brought from the shops or prepared at home because it is light and I can plan some rather yummy dinners using dehy.

Most food doesn't taste that good until it's cooked. I normally carry a white spirit cooker. This is small and easily used. It provides heat and used correctly there is little chance of setting the bush alight.

In life the sort of food we can pack is varied. We can pack ourself with a diet of TV, comics etc but this is the equivalent of junk food. A little is fine but too much is rather harmful.

We need a more balanced diet to grow in a healthy way. Jesus says that he is the bread of life and the way we eat of him is to read our bible and chew on it's message. Seeking to understand and apply it to our life, if you like cooking it and eating it.

## SHELTER

Shelter is very important when you go tramping because you can never guarantee the weather or that you will get to where you are going. I have been places where we thought we were going to stay in huts but because of the weather the rivers came up and we were not able to get to the huts. That's why almost always I carry a tent.

A tent or a hut provides a warm dry safe environment to live and rest, so we can recharge our batteries again to tramp the next day.

In our life the church can be a place of shelter. A place that we can come and be sheltered from the coolness and the harshness of life, A safe place in which we can be built up ready for what lies ahead.

## CLOTHING

The clothes we pack are important. Many look at the weather and then pack clothes that suit what they can see. So if it is sunny they pack shorts and tee shirts. Forgetting to pack warm things just in case it gets cold. When ever I pack I always take what I call my storm gear, Raincoat, over trousers, mittens, hat, jacket as well as my shorts and tee shirt, my sun screen and hat. That way if the weather gets bad I will not get cold and possibly even exposure.

Recently I tramped up mount Tapu. We started in the morning, the sky was clear and blue, it was going to be a fine day. A day made for wearing tee shirt and shorts and yet by the time we got to the top the weather got so bad that I had my mittens, jacket, over trousers, rain coat and hat on because it was so cold it began to snow. One member of our party was even worried that she would get frost bitten on her nose.

In the bible in Ephesians Chapter 6:13-18 it tells us what clothing we require if we are to pack our life according to Jesus.

Be prepared. You're up against far more than you can handle on your own. Take all the help you can get, every weapon God has issued, so that when it's all over but the shouting you'll still be on your feet- Truth, righteousness, peace, faith, and salvation are more than words. Learn how to apply them. You'll need them through - out your life. God's word is an indispensable weapon. In the same way prayer is essential in this ongoing warfare. Pray hard and long. Pray for your brothers and sisters.

## HYGIENE

The last thing in the pack is the things that are there for hygiene, things like soap, towel, tooth paste & brush, . I often take a chux cloth instead of a full size towel because it is just as effective and it is lighter and smaller. I even have a friend that cuts of the handle of their tooth brush to save weight but I think that's going a bit to far..

When we are thinking of packing for life hygiene is the confession to God of the wrong things we do in our life and the asking of God to help us live more closely to Gods ways.

Gods way is summed up in the 10 commandments and to help us remember what these are lets do the 10 commandment rap.

### Song 10 commandment Rap

There are many things that we can pack into our packs our tramping packs and our life packs. As we are all born without experience we need to learn from others how to pack. We can learn how to pack a tramping pack by asking akela or an adult that has done some tramping

In life we can learn from Jesus and Gods bible what is good to pack into our lives.

Our parents, our bible in Schools teachers, our church can all help us to understand the way we can apply the things we read and learn from Jesus.

Lets pray.

Living God We thank-you for the beauty of the Islands that you have given us in New Zealand. The bush, the mountains and the sea that we can explore. Help us to always be mindful of what we pack & guard us from harm. We ask that you show us the good things we can pack into our lives Truth, righteousness, peace, faith, and salvation. Help us to use these in our life so that we and others might know and understand the life that they bring. Amen

Lets stand and sing

Song Oh where are you going.

Where going to spend some time praying for ourselves, for our country and for those that are less fortunate than ourselves As we do there will be times when I will pause so that you can contribute either in silence or allowed with your own prayers.

Let us pray

Blessed are you eternal God, to be praised and glorified for ever. Heavenly Father, hear us as we pray for the Church. (Pause)

May we the church all be one that the world may believe. Grant that every member of the Church may truly and humbly serve you, packing their life packs in such a way that the life of Christ may be revealed in us.

We pray for all those that we know that are finding life difficult Those who are sick, grieving or in trouble (Pause)

Have compassion on those who suffer from sickness, grief or trouble. Help us to show your love to these people. In your presence may they find strength. Look with your kindness on our homes and families. (Pause)

Grant that your love may grow in our hearts. Make us alive to the needs of our community and help us to share one another's joys and burdens. (Pause)

Inspire and lead those who hold authority in the nations of the world. Guide us and all people in the way of justice and peace. Strengthen all who minister in Christ's name. Give us courage to proclaim your Gospel.

We pray in silence for our own needs ...

Living God as we tramp through life help us to be mindful of you. To always seek to pack our lives in a way that is honouring to you and brings life not only to ourselves but also to others.

We bring our prayers together by praying the Lord's own prayer.

Our Father in heaven,....

Song I want to walk with Jesus Christ.

Dismissal

Go now and as you tramp through the many adventures of life remember to love and serve the Lord. Go in peace.

Amen. We go in the name of Christ.