



# POST-CAMP SURVIVAL GUIDE

Living for Jesus when the hype fades  
and real life begins

# "So, camp is over... Now what?"



**"I loved the buzz of Christian camps.**

**But then remember going back home and feeling pretty flat. The friends I'd made on camp lived miles away, the leaders who'd spurred me on weren't around either. I felt pretty isolated. I would ask myself "Did I imagine it all? How do I live out the Bible stuff I was taught at home?"**

**How do I live the Christian life when everything seems so ordinary?"**

# Watch

what Alistair has to say  
about the post-camp blues...



## Chat to your camp friends using Alistair's questions:

1. What **habits** will help you keep walking with Jesus instead of just living off memories of camp?
2. Which part of your everyday life at home, school, online, or with friends is **hardest** to live for Jesus in?
3. If someone watched your life for a week after camp, what **evidence** would they see that Jesus is really changing you?
4. What will you do when following Jesus feels **difficult, boring, lonely, or costly**?
5. What can you do to **spur each other on** in Jesus?

# Resolve to...

...Keep talking to God (short, honest prayers)

...Stay in the Bible (even small amounts)

...Read Alistair's book together

... live for Jesus

