Counselor Handbook

Cabin# _____

2026 Theme: Confident Courage

From humble beginnings to extraordinary leadership: David's transformation, from a shepherd chosen by God to a courageous king of Israel, inspires us to discover our own potential and purpose. God sees beyond appearances, valuing the heart and empowering us to fulfill our unique calling. As a true follower of God's heart, David's story teaches us that genuine repentance, obedience, and trust can lead to remarkable growth and impact. The legendary tale of David and Goliath reminds us that with faith and courage, we can overcome even the most daunting challenges and achieve greatness. David's life in full context teaches us to have Confident Courage through a relationship with the Lord.

Day 1:

From Shepherd to King:

Memory Verse:

1 Samuel 16:12 (NKJV)
"… And the LORD said, "Arise, anoint him; for this *is* the one!"

Sermon: The Anointing of David

David's journey shows us that God sees beyond appearances, choosing individuals based on their heart. Despite being overlooked by others, God chose David, a young shepherd, to be king, demonstrating that God sees and values each person uniquely. God saw David and sees us and our hearts and knows our purpose.

Day 2:

God's promises are fulfilled in His time not ours:

Memory Verse:

2 Corinthians 1:20
"For all the promises of God in Him are "yes" and "Amen."

Sermon: God's promises are fulfilled in His time not ours:

Story: David sent back out to the sheep but focuses on God.
David's journey to kingship began with his anointing by Samuel as a teenager and took 13-15 years of perseverance and trials before he ascended to the throne at age 30, during which his faith deepened as he navigated wilderness, wrote Psalms, and cultivated an unshakeable bond with God despite challenges.

Day 3:
A Man After God's own Heart:

Memory Verse:

Psalm 51:10
"Create in me a clean heart, O God, And renew a faithful spirit within me."

Sermon: David: A man after God's own heart

Story: David's many sins but he repentance and is known as a man after God's own heart
Despite making mistakes, David is remembered for his sincere repentance, obedience, and trust in God. We should also follow David's example and repent and receive salvation.

Day 4:
Courage and Faith:

Memory Verse:

Joshua 1:9
"Be strong and courageous. Do not be afraid for the Lord is with you wherever you go."

Sermon: David and Goliath

Story: David and Goliath
Samuel pours oil on David's head to signify that he has been chosen and set apart by God. From that day forward, the Spirit of the Lord comes powerfully upon David. God's presence and anointing on David gave him courage and faith. God can use anyone who trusts in Him and overcome fears and challenges with us in Him and Him within us.

Weekend groups please use day 1 and 3 for your cabin studies

Cabin Questions

Monday

1. Why do you think God chose David to be king even though he was just a young shepherd?
2. Have you ever felt overlooked or left out like David? How did that make you feel?
3. What do you think it means that God looks at our hearts instead of our outside appearance?
4. If God sees your heart and knows your purpose, how does that make you feel about who you are and what you can do?

Tuesday

1. David had to wait many years before becoming king. Why do you think God made him wait instead of making him king right away?
2. What are some hard things David went through while he was waiting? How do you think those challenges helped him grow?
3. David spent time in the wilderness and wrote Psalms to God. What are some ways we can stay close to God when we are going through hard times?
4. Have you ever had to wait a long time for something important? What can David's story teach us about trusting God while we wait?

Wednesday

1. David made mistakes, just like we all do. What do you think it means to truly say "I'm sorry" to God?
2. Why is it important to ask God for forgiveness when we do something wrong?
3. What does it mean to obey God, even after we've made a mistake?
4. How can David's example help us remember that God still loves us and wants us to come back to Him when we mess up?

Thursday

1. Why do you think Samuel poured oil on David's head? What did that show about David?
2. What do you think it means to be "chosen" or "set apart" by God?
3. The Bible says God's Spirit gave David courage. When have you needed courage, and how could God help you in those moments? 4. If God can use anyone who trusts Him, what are some ways He might use you to help others?

Weekday Schedule

MONDAY

2:30-4:00 pm	Arrive/Cabin Assignments
3:30-4:00	Counselor orientation
4:00-5:00 pm	Free Time
5:00-6:00 pm	**Dinner**,
6:00-6:50 pm	Chapel- Introductions
7:00-8:00 pm	Girls swim/ Lodge and outside activities- boats/lake
8:00-9:00 pm	Boys swim/ Lodge and outside activities
9:00-9:30 pm	**Snack**, Return to cabins for Group devotions
10:00 pm	Lights out!

Please see the Camp Director with any problems or questions during your stay.

Please be flexible, but also be respectful of time.

Restrooms are available in the lodge, snack shack, pool house, and each cabin.

It is important for the children's safety that you stay with them at all times, including meals, activities, and chapel time.

9:00 am cabin check by staff Tuesday through Friday.

Thank you!
Camp Penuel Staff

TUESDAY

8:00-9:00 am	**Breakfast**
9:00-9:40 am	Chapel
9:45-10:45 am	Group 1(G)- Crafts- Library Group 2(G)- Sports/ Confidence Course Group 3(B)- Lodge Group 4(B)- Choice-Outdoor
10:50-11:50 am	Group 1(G)- Org. Sports/ Confidence Course Group 2(G)- Crafts- Library Group 3(B)- Choice Outdoor Group 4(B)- Lodge
12:00-1:00 pm	**Lunch**
1:00-2:30 pm	1-2-Swim/ 3-4-Water Slide
2:30-3:00 pm	**Snack**
3:00-4:30 pm	3-4-Swim/ 1-2-Water Slide
4:30-5:00 pm	Free Time
5:00-6:00 pm	**Supper**
6:00-6:50 pm	Chapel
7:00-8:00 pm	1-2-Swim 3-4-Fishing & Water Front
Activities	
8:00-9:00 pm	3-4-Swim 1-2-Fishing & Water Front
Activities	
9:00-9:30 pm	**Snack**, Return to Cabins for Group Devotions
10:00 pm	Lights Out!

WEDNESDAY

8:00-9:00 am	**Breakfast**
9:00-9:40 am	**Chapel**
9:45-10:45 am	Group 1(G)- Choice Outdoor Group 2(G)- Lodge Group 3(B)- Crafts- Library Group 4(B)- Conf. Course
10:50-11:50 am	Group 1(G)- Lodge Group 2(G)-Choice Outdoor Group 3(B)-Conf. Course Group 4(B)-Crafts- Library
12:00-1:00 pm	**Lunch**
1:00-2:30 pm	Boys-Swim/Girls-Water Slide
2:30-3:00 pm	**Snack**
3:00-4:30 pm	Girls-Swim/Boys-Water Slide
4:30-5:00 pm	Free Time
5:00-6:00 pm	Supper
6:00-6:50 pm	Chapel
7:00-8:00 pm	Girls-Swim/Boys-Water Front Activities
8:00-9:00 pm	Boys-Swim/Girls-Water Front Activities
9:00-9:30 pm	**Snack**, Bonfire, Return to Cabins for Group Devotions
10:00 pm	Lights Out!

THURSDAY

8:00-9:00 am	**Breakfast**
9:00-9:40:00 am	**Chapel**
9:45-10:45 am 10:45-11:45 am	Field Day
12:00-12:30 pm	Lunch
12:30-1:00 pm	Parachute Play/Choice
1:00-2:30 pm	Boys-Swim/ Girls- Nature Trail or Water Games
2:30-3:00 pm	**Snack**
3:00-4:30 pm	Girls- Swim/ Boys-Nature Trail or Water Games
4:30-5:00 pm	Free Time
5:00-6:00 pm	**Supper**
6:00-6:50 pm	Chapel
7:00-8:00 pm	Girls-Swim/Boys-Carnival
8:00-9:00 pm	Boys-Swim/Girls-Carnival
9:00-9:30 pm	**Snack**, Talent Show, Return to Cabins for Group Devotions
10:00 pm	Lights Out!

FRIDAY

8:00-9:00 am	**Breakfast**
9:00-10:00am	Pack, CLEAN CABINS, Load luggage for departure

FINAL CABIN CHECK!!!

Weekend Schedule

FRIDAY

4:00 pm	Arrive/Assign
4:30 pm	Cabins/Orientation
5:00-6:00 pm	**Supper**
6:00-6:45 pm	Chapel
7:00-8:00 pm	Girls-Swim
	Boys-Boats, Water Front Activities
8:00-9:00 pm	Boys-Swim
	Girls-Boats, Water Front Activities
9:00 pm	**Snack**
10:00 pm	Lights Out!

SATURDAY

8:00-9:00 am	**Breakfast**
9:00 am	Chapel/Small Groups
10:00-10:45 am	Group 1-Lodge/Waterfront
	Group 2- Sports/ Conf. Course
	Group 3-Nature Trail
	Group 4-Crafts
11:00-11:45 am	Group 1- Sports/Conf. Course
	Group 2-Lodge/Waterfront
	Group 3-Crafts Library
	Group 4-Nature Trail
12:00-1:00 pm	**Lunch**
1:00-2:30 pm	Boys-Swim/Girls-Boating, Water Slide

SATURDAY CONT.

2:30-3:00 pm	**Snack**
3:00-4:30 pm	Girls-Swim/Boys-Water slide
4:30-5:00 pm	Free Time
5:00-6:00 pm	**Supper**
6:00-6:45 pm	Chapel
7:00-8:00 pm	Girls-Swim
	Boys-Carnival
8:00-9:00 pm	Boys-Swim
	Girls-Carnival
9:00-10:00 pm	Campfire/ Talent Show
10:00 pm	Lights Out!

SUNDAY

8:00-9:00 am	**Breakfast**
9:00-9:45 am	Chapel/Small Groups
10:00-10:45 am	Group 1-Nature Trail
	Group 2-Crafts
	Group 3- Sports/Confidence Course
	Group 4-Lodge/Waterfront
11:00-11:45 am	Group 1-Crafts Library
	Group 2-Nature Trail
	Group 3-Lodge/Waterfront
	Group 4- Sports/Confidence Course
12:00-1:00 pm	**Lunch**
1:00 pm	Pack, CLEAN CABINS, Load

Luggage for departure--- ***FINAL CABIN CHECK!!!***

Please see the Camp Director with any problems or questions during your stay.

Please be flexible, but also be respectful of time.

Restrooms are available in the lodge, snack shacks, pool house, and each cabin.

It is important for the children's safety that you stay with them at all times, including meals, activities, and chapel time.

9:00 am cabin check by staff Tuesday through Friday.

Thank you!

Camp Penuel Staff

CAMPER DISCIPLINE

1. Preventative
   Review rules before leaving the cabin.
   Talk about rules.
   Prepare the children for the next activity.
   "When we go to the pool remember. ...."

2. Keep campers busy with supervised activities.

3. Stress positive rewards/consequences.

4. Time out-sit out of an activity.
5. Talk to them about responsible behavior, expect their obedience and cooperation.
6. Write about proper behavior.

Disobedience

Don't understand rules	> explain the rule
Don't remember rules	> remind them
Don't want to obey rules	> miss an activity
Won't obey rule	> sent home

CABINS

Respect:

1. Go only in your assigned cabin

2. Boys stay away from girl's dorm and cabins
   Girls stay away from boy's cabins

3. Use rest rooms indoors

Order:

1. Cabin inspection daily

2. Curfew-in cabin at 10:00 pm
   lights out at 11:00 pm
   a night security guard is on duty

3. Keep lights off when not in cabins

4. Daily showers with soap are required before swimming

Safety:

1. Do not jump on or off bunks

2. Side exits in dormitory are for emergency exit only

CABIN HOUSEKEEPING

Cabin inspection each morning

CABIN CHECK LIST

1. Clean under bed
2. No trash on floor
3. Floor swept
4. Lights off
5. Water off
6. Room organized (no junk on dressers or sink)
7. Beds made
8. Electrical appliances off (except fans)
9. No wet clothes hanging on furniture in cabins
10. Trash around outside of cabin picked up

Note:

1. Brooms/mops/dust pans are available
2. Clothes lines and porch rails may be used to hang up wet towels and clothes
3. Ask at the front desk for toilet paper and light bulbs

POOL RULES

1. Rules apply to all
   (Campers, counselors and staff)
2. Lifeguard must be present to swim
3. Shower first
4. Use rest room when needed
5. No glass containers in pool area
6. No running-no horse playing-no spitting
7. Deep water swim test required
8. Floats allowed only in shallow end
9. No life jackets allowed in pool
10. No swimming during lightning

Consequences of breaking rules:

1st. Offense		warning or sit out
2nd. Offense		sit out
3rd. offense	-	loss of swim privilege for the day

WATER ACTIVITIES

Counselors Follow the Same Rules as Children

Pool:

Respect-obey the life guard

Order-shower first using
soap Ages 7-9 small
pool Ages 10-12
large pool

Safety
No running
Follow posted pool rules

Waterfront:

Respect-water front guard is in charge

Order-you got it out-you put it back

Safety
Wear life jackets on the dock and on the boats, stay where you can see the dock.

Camp Penuel Emergency Procedures

Note: If no camp staff is around ring the bell at the food court
Pastor Larry's phone # 573 366-8063

Fire- (573) 546-3473

1. Evacuate immediately and call 911 if needed.
2. All campers and staff will report to the basketball court for attendance and accountability.
3. Do not re-enter any building until cleared by emergency personnel.

Severe Weather

1. Move campers immediately to bathrooms in the nearest building or the shower house by the pool, whichever is closest and safest.
2. Conduct headcounts and keep campers away from windows.
3. Cell phones should only be used for emergency communication or flashlight use if needed.

Flooding

1. Move campers away from low-lying or flood-prone areas immediately.
2. Relocate all campers to the pool house and remain there.
3. Wait for instructions from the Camp Director or emergency services regarding parent contact and evacuation.

Lockdown / Intruder-

1. Move campers into secure rooms, lock doors, turn off lights, and remain quiet.
2. Alert Director or Camp Caretakers.
3. Do not open doors for anyone unless law enforcement or the Camp Director provides clearance.
4. Conduct attendance checks once the situation is secure.

Missing Child

1. Notify the Camp Director immediately. All campers remain in their current supervised area while counselors conduct headcounts.
2. Camp staff will search assigned areas while counselors remain with their groups and search only their immediate area.
3. Walkie-talkies are for missing-child communication only. Only the Camp Director or emergency services will contact parents or guardians. Once the child is found, conduct a full attendance check.

Snake Bite

1. Report the bite immediately to the Camp Nurse and Camp Director, and keep the camper calm and still.
2. Call EMS (911) immediately.
3. Follow the Camp Nurse's instructions regarding first aid and waiting for emergency responders.
4. Try to identify the snake.

CAMPER RULES

	RESPECT	ORDER	SAFETY
POOL	1. Obey lifeguard	I. Shower first with soap	I. Follow posted pool rules
WATERFRONT	1. Waterfront guard in charge	I. If you get it out, put it back	1. Wear life jackets on the dock and boats. 2. Stay where you can see the dock
CABINS	1. **Do not** go in anyone else's cabin except your own 2. Boys stay away from girl's dorm, girls stay away from boy's cabins	l. Inspection during chapel 2. In cabins at IO p.m. 3, Keep lights off when not in the room 4. No food in cabins	I. Do not jump on or off of the bunks 2. Side doors are for emergency exit only in dormitory
MEALS	1. Quietly wait for prayer and announcements	1. Line up in circle 2. Sit at your assigned table 3. Leave food in dining area	
CHAPEL	t. Be quiet during **service**	1. Use restroom before going to chapel 2. Sit in assigned area	
GENERAL	l. Keep grounds clean 2. Camp Penuel pets stay here	1. Stay with your counselor 2. Stay with the planned schedule	I. Wear shoes 2. Stay off golf cart 3. Rocks stay on the ground

CHECK OUT PROCEDURE

Check off when completed

[ ] I. Pick up any trash around the outside of your cabin
[ ] 2. Empty inside trash can to outside trash can
[ ] 3. Clean up your assigned area
[ ] 4. Campers take their gear to the circle by the lodge
[ ] 5. Complete evaluation form
[ ] 6. Give evaluation form and this page to camp director **before** loading the bus

Cabin#_____

_____
Cabin Counselor Signature

_____
Camp Director Signature

NAMES OF YOUR CAMPERS

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

11. _____

12. _____

Make a note of any medical problems on any camper.

EVALUATION

(To be filled out on the last day)

Name _____ Date _____

	Poor				Excellent
Facilities	1	2	3	4	5
Crafts	1	2	3	4	5
Chapel	1	2	3	4	5
Water Activity	1	2	3	4	5
Sports	1	2	3	4	5
Staff	1	2	3	4	5
Food	1	2	3	4	5

Comments: _____

_____

_____

_____

_____

Would you be interested in volunteering at some future time?

Yes No

Name _____

Address _____

City _____ State ____Zip ____

Phone# (____) _____