



## KOZ Monthly Outdoor Training© Open - Hike it Out!

**7:30 Leader Meeting and Prayer time.** This time is imperative and gives the leadership time to prepare their hearts for the meeting and time with the kids. Do not take this time lightly. Be on-time, meet with God first.

**8:30 Kids begin to arrive.** Meet parents or guardian (CHECK ALL PAPER WORK).

### BEGINNING YOUR MEETING WITH KOZ STRUCTURE

**8:45 Begin Meeting.**

All together say the *American Pledge of Allegiance*.

**KOZ Prayer:** Lord, Thank you for making us strong and fierce warriors for you. We hunt, we fish and we share our faith with others. God Bless America. -Amen

*Work to get the boys to memorize the KOZ Prayer and use it as a tool for kids who have little experience in praying or are afraid to pray. (Before meals, before an adventure or other times as a reminder of who they are and what they represent).*

### LEADING INTO YOUR OUTDOORS SKILLS TRAINING

#### Leader's first questions/discussion. Outdoors Training

How many steps is it to the top? What is the altitude? How long is this trail? Hiking can be one of the best outdoor activities. Some people think that hiking is no fun without a firearm or bow but it is the same challenge. Can I go to the top, can I get there. Dark green wooded areas and rocky cliffs are amazing. Hot temperatures at the beginning and cold jacket weather at the top, wow. Pick a hiking stick, put on you walking shoes and get outside!

- How high is the highest you have ever hiked?
- What is the highest place in your state?
- How far is a long day hike.
- What are some important things you should bring with you on a hike?



## LEADING INTO YOUR HEART TRAINING

### Leader's first questions/discussion: Scripture Training

This Month's Scripture: **Scripture: Ephesians 5:15**, Therefore be careful how you walk, not as unwise men but as wise.

### Leader's first questions/discussion, bible training:

There are so many things we need to be careful about. How we act, how we talk, places we go and people we hang out with.

- What is something you have to be careful about in your life?
- Have you ever hung out with the wrong people?
- Do you think God helps you make good choices? If yes how has he done that? (Leader's chime in!)

**NOTE: Let them talk – leave time between when you say something and they can speak – let it be silent for a while if you have to – they grow close in times of quiet – allow Him to come**

## STOP & BEGIN OUTDOOR SKILLS TRAINING

### BEGIN OUTDOOR SKILLS TRAINING: IDEA TRAIL

#### Things to do this month:

- Talk about shoes and hiking boots, water and other gear for hiking.
- Talk about different hikes you can take in your area.
- Get out a Topographical map and look at your area.
- Look at a road map and talk about it.
- Teach how to use a compass. Try Geocaching.
- Hike your local park.
- Take backpack lunches and waters for your lunches and eat out on the trail.
- Go to a rock climbing area or an indoor climbing wall.
- Tour an outdoor shop that specializes in hiking and outdoor trekking

*\*Note always add an EXTREME element to your KOZ day. Be creative.*



**FIELD NOTES:** If you teach a small group of topics they can take away lifelong skills. Try creating several different areas and break the boys up into teams. Have a competition.

**Other places for good information and literature.** The internet always has resources but be careful there are some bad sites with poor information.



National Park Service  
<http://www.nps.gov/grba/planyourvisit/hiking-information.htm>

Back Packer Magazine  
<http://www.backpacker.com/>

Your State Parks and Wildlife Department

Hiking can be a true lifestyle adventure. Few things create the feeling of accomplished goals as the topping of a peak or the completion of a long day hike. Gear is a super cool element of the hiker lifestyle and add over night and it just

keeps getting better. Long hike or short - the web has tons of maps and info.

**Got other plans for this month?**

**IMPORTANT: Use the opening/use the close, prayer/ sit spots and prayer cards.**

Lots of groups use the foundation of KOZ on some months and provide other opportunities for their kids. Everything from sledding to swimming, hiking to fly fishing. The key to going off the trail is to keep the structure in place.

Get them outside move their bodies, adventure and exploration. Keep it exciting, keep it real, be intentional about bringing them into a relationship with Christ.

## OUTDOOR TRAINING CONCLUSIONS

**Ask pointed questions on the outdoor skills they learned today.**

**Drive home a point, hand out literature or take home materials, brochure from parks dept. or other.... A gallon plastic Ziplock bag with their name on it works great each month to collect their take home materials.**



- What was your favorite part of your KOZ day today?
- How are your feet?
- What was the hardest part of the hike?
- What gear would you like to have next time you hike? (Camelback, shoes, hiking sticks)
- Did you use a map, compass or GPS. Did you learn something?
- If you could hike anywhere where would you like to go? (tallest peak, country, state?)
- Did you get to spend some quiet time on the trail?

### SCRIPTURE TRAINING AND HEART TAKEAWAY

This Month's Scripture: **Scripture: Ephesians 5:15**, Therefore be careful how you walk, not as unwise men but as wise.

**KOZ:** Life can be hard. Some days it seems like just getting out of bed is so hard. But it is at just those moments, those times you have to "do hard things." How many times have you faced something you thought you would never be able to push through and you made it. As a matter of fact they become hard to even remember what they were. And that is what it can be like when you are getting close to the top of a peak or the end of a long hike. You had to push through something hard, you saw lots of cool stuff, you had fun. You were careful not to step over the edge, walk into a cactus or take the wrong trail. You were smart. your thought about it.

That is how your walk with Christ needs to be. You need to think about it, be mindful, spend time thinking about Him and how you are doing. He wants to help you with the hard things, the things that hurt and confuse you, but you have to do your part too. Walk with Him, talk to Him, listen to Him. He cares.

**REMIND THEM:** God has made you as an amazing person. Individual, special and unique. If you have not heard that for a while, I want to tell you that. I care about you, you matter to me. Talk to me if you need to talk.

### THE SIT SPOT AND GOD

#### **SIT SPOT Purpose:**

- Pass out a blank index card and pen. Tell them if they want you to pray for them or something going on to please write it on the card and you will pray for them this week. *It is a private prayer between your leaders and them, they don't have to put their name on the card. If they don't have a prayer, tell them to just put their name on the cards.*

**TO PONDER:** Give the boys something to ponder, use the questions above, and ask them to go to a sit spot - let them stay while you prepare lunch (quietly without distracting the quiet moment) - (15-30 min.)



- **SEND LEADERS TO SIT SPOTS!** If a leader is not assigned a task have them also find a sit spot. It is good for the boys to see the adult leaders doing the same as they are asked to do. **QUIET TIME IS ESSENTIAL**

## LUNCH & KOZ LEADERSHIP TAG GUIDANCE

**CALL BACK FOR LUNCH** - While they are eating lunch –

**DOG TAGS ARE A HUGE MOTIVATOR** Ask boys if they are working toward KOZ TAGS. Greenhorn, Coyote, LIT, HTL. This is a good time to teach this material.

**GIVE A BOY HIS NAME IN KOZ** We have found that giving boys a nickname is a huge tool for them. Giving a boy a “New Name” has been a game changer for many. A strong, fierce name is important. Jesus and His Father both gave new names. Ask prayerfully what name a boy should have. The leaders decide **NOT** the boys. It is an honor bestowed, even if funny.



**As you wait for the parents to arrive:**

- Tell the boys you love them. That they are important. That if they have not prayed to ask Christ into their hearts to come talk to a KOZ HTL (**ROMANS 10:9**).
- If a kid wants to be baptized, have them talk to you about it - you can do it somewhere really cool!

**Perform a service project on site.** Clean up any trash or debris. Teach the boys to ALWAYS leave your area BETTER than it was when you got there. **Parents arrive. Greet them, tell them how good their kid did.**

**TELL THEM TO INVITE A FRIEND NEXT MONTH!**