



LEAP Youth Training Parent Confirmation Packet

**Monday - Thursday
June 12 – 15, 2023**

Dear Parent or Guardian,

Welcome! We are so excited to have your son or daughter with us for this LEAP Youth Training! Thank you for letting us share some time with your teen.

All of the information you should need will be in this Confirmation Packet.

Here is some important contact info if you have any questions.

PRIMARY CONTACT

Michael & Rachelle Bennie
LEAP Youth Training Sponsors
leapidylwild@gmail.com
M: 909-528-6356 / R: 909-528-6357

Aida Hensley
LEAP Youth Team Support Call Captain
aidahensley@gmail.com
760-898-5325

Julie Estrella
LEAP Youth Team Captain
julievirginia@gmail.com
909-583-3437

Pine Springs Ranch
Christian Camp and Conference Center
951-659-4131
58000 Apple Canyon Rd.
Mountain Center, CA 9256
<https://www.pinespringsranch.org/contact>



Dear Parent/Guardian,

Your teen's registration in the LEAP Youth Training is confirmed for **Monday – Thursday, June 12-15, 2023, at Pine Springs Ranch Christian Camp and Conference Center.**

In the weeks prior to the training, a member of our team will call you and schedule a time to go over a few things and discuss the material you've received in this packet. Included in your packet is a duplicate of the information being sent to your teen at the email provided in the registration form. Your teen will also participate in a separate phone call with a team member. This call is to encourage your teen in what they want to accomplish.

Check-in at **Pine Springs Ranch** will be **between 8:00 a.m. and 9:30 a.m.** on **Monday morning, June 12.** Parents/guardians, please bring your teens with their bags to the check-in at the lodge. All teen and parent forms are required prior to the training. The parent is not required to check the teen in personally, however all parent forms will need to have been submitted by that time.

The LEAP Training is an overnight experience and the teen will have accommodations and meals **starting Monday – Thursday.** They will not stay overnight on **Thursday.** If your teen is flying in from out-of-state and requires additional logistics the day before and the day following the training, please reach out to the LEAP Training Sponsor directly to see what important info might be needed and what possibilities there may be to support you. There is no guarantee that additional support can be provided for your teen before and after the 4 training days.

REQUIRED FORMS PRIOR TO THE LEAP TRAINING

Teen Required Forms:

- Campground Rules Agreement
- Personal Assessment Form
- Pre-LEAP Homework

Parent Required Forms:

- Info & Medical Questionnaire
- Hold Harmless Agreement
- Camp Facility Release
- Ropes Course Release
- *Physician Release Form (only for some based on the instructions in the Medical Questionnaire)*

All forms must be completed prior to the training or the teen will NOT be able to start or participate at all in the LEAP Training, no exceptions!

MOST REQUIRED FORMS CAN BE FOUND AT:

www.gapcommunity.com/leapforms

PLEASE COMPLETE ALL ONLINE FORMS BY JUNE 4, 2023

This training will be held at Pine Springs Ranch in Mountain Center, CA, near Idyllwild. It begins promptly at 10:00 a.m. on Monday morning, and at 9:00 a.m. on Tuesday, Wednesday, and Thursday mornings. All meals are provided through Thursday dinner. Please make sure your teen eats breakfast before arriving on Monday morning.

On Thursday, June 15th at 5:30 p.m., there will be a one-hour parent meeting, then at 7:00 p.m. the doors will be open in the Chaparral Room of the Lodge for a *Graduation Celebration* for teens, their parents and guests. *We strongly encourage parents to attend both sessions.* If other family members come early with the parents, they can attend the 5:30 p.m. Parent Meeting as well.

Monday Drop-off Spot:

Pine Springs Ranch Lodge (just above the roundabout, in the reception area)

Thursday Evening Location for the 5:30 p.m. Parent Meeting & the 7 p.m. Public Celebration:
Pine Springs Ranch Chaparral Room (on the ground floor on the right side of the lodge when facing the lodge from the parking lot)

The LEAP Youth Training will conclude at approximately 8:30 p.m. on Thursday evening after the Graduation Celebration.

Teens are requested to attend a *LEAP Graduate Meeting* about 3 weeks after the LEAP Youth Training. The Graduate Meeting will be Sunday, July 9, from 3:00-8:00 p.m. at 11590 Crafton Ave., Redlands, CA. This is a fun, extremely valuable time to extend and deepen the growth your teen experiences at LEAP.

Thank you so much for your cooperation. We're looking forward to seeing you and your teen.

Gratefully,

Michael & Rachelle Bennie, Sponsors

Hours of the LEAP Youth Training

The teen will be at camp and staying overnight the complete duration of the 4 days.

Monday, June 12th

8:00 a.m. - 9:30 a.m.: Check-in at Pine Springs Ranch Lodge

10:00 a.m. - approx. 10:00 p.m.: Youth training

Tuesday, June 13th

9:00 a.m. - approx. 10:00 p.m.: Youth training

Wednesday, June 14th

9:00 a.m. - approx. 10:00 p.m.: Youth training

Thursday, June 15th

9:00 a.m. - 8:30 p.m.: Youth training and graduation

5:30 p.m. - 7:00 p.m.: Parent Meeting

7:00 p.m. - 8:30 p.m.: Graduation Celebration (parents and guests strongly encouraged to attend)

Each day of the training, there will be a lunch break and a dinner break. Breakfast is also provided on days 2, 3, and 4. It is important that the teen take responsibility for getting enough rest and eating well during the training. All meals and snacks are provided. Additional outside activities or appointments are not possible during this time.

What's Up With Your Teen's Four Days?!

(This section is written for your teen, but we wanted to include it here for you, the parent/guardian, as well.)

Ground Rules: The purpose of these rules is to help you and the group work together to accomplish your goals. On the first day, the Trainer will ask that you agree to several simple ground rules.

Mini-Lectures: The Trainer or teens may offer points of view about different subjects. Whether you agree or disagree is your choice. Be willing to discuss and explore your perspective with others in the group. The value will be in getting clear about what you really do believe and testing out how you stand for what you believe. The Trainer will speak about things that relate to a Christian's life of love and forgiveness. The main standard to measure our relationships with is "love your neighbor as yourself." It is a starting place, a foundation for us to learn how to live and love other people.

Sharing: Sharing is voluntary. Sharing can happen one-on-one, in small groups or with the whole group. All during the training you will have a chance to know yourself better by sharing, talking about what you are thinking, what you are learning and hearing about your own and other's experiences. Just like in life, participation equals value! The more you participate, the more value you experience and the more you create for others.

Small Group Exercises: You will, at different times, meet with a group of about 4-6 other participants for casual discussions or specific relational exercises.

One-On-One Interaction: In order to make progress, you may be asked to answer a number of questions, tell a story, complete sentences or take on a particular body position (like standing up). You will have an opportunity to see new solutions for the problems and issues that you struggle with and to support the other participants to do the same. Sometimes teens find this an intense or emotional experience. Please be honest about your feelings at all times.

Listening: To increase your ability to listen carefully and to discover how well you listen, occasionally the Trainer will request that you close your eyes.

Interaction with the Trainer: At times you may be talking directly with the Trainer. The Trainer will challenge you to look at your life in terms of personal responsibility, to consider what prices you and others pay for your decisions, to consider where you play the "victim" and where you take responsibility for your choices. You may feel challenged, anxious and uncomfortable when looking at your life and your choices from other perspectives or working with things that you are not used to addressing.

Ropes Course: The awesome outdoor part of the training will be held on a ropes challenge course. The physical challenges are designed to reveal how you deal with obstacles in your life. Some activities require personal motivation and courage. Others depend on teamwork and solving problems together. You will have the opportunity to experience how valuable you are to those around you. Note that any work up in the trees is done with full-body safety harnesses.

Music: Music is an important part of the LEAP Youth Training. The music is adapted to many preferences and styles and is always thematic. You are encouraged to listen to the words as well as the tune.

Homework: During evening or meal breaks throughout the training you will be asked to complete written homework. The homework is designed to prepare and support you for the next phase of the training. It will usually take at least 30-45 minutes to complete each time.

Worship: You will discover and explore your own creative and powerful expressions of worship and have the opportunity to be involved in individual and group worship during the training.

Challenge: During the training all parts of your being will be engaged and challenged: intellectually, emotionally, physically and spiritually. You may experience thoughts, feelings or sensations that are new or unique. This is an exciting learning experience that will include a high degree of personal challenge. Your participation is your choice. Think about the opportunity to confront your struggles, fears and limitations head-on and go for it!

Benefits and Concepts of the LEAP Youth Training

1. Giving and receiving honest feedback.
2. Exploring how we think people perceive us and how people REALLY DO perceive us.
3. Seeing what it takes to listen to people, receiving feedback and having it contribute to our lives.
4. Exploring the value of feedback and its purposes.
5. Experiencing the healing of confessing to one another and praying for one another.
6. Experiencing and examining how one makes promises and how one keeps one's word and the prices and rewards for breaking and keeping promises in relationships.
7. Working with communicating honestly in a way that can make a difference with people.
8. Experiencing and exploring how repentance is directly related to promise and how we are connected by our promises. We experience the connection keeping promises has with self-esteem.
9. Experiencing and examining the difference between forgiving someone and excusing them and between apologizing and asking for forgiveness.
10. Experiencing and examining the difference between being in control and giving control to God.
11. There are exercises on personal discipline and how one relates to the world around us and the results they are producing.
12. We dissect who neighbor is and how one relates to one's neighbor.
13. Examining the power of judgments and how they affect what one hears or doesn't hear and examining the difference between what is being heard and what is being said.
14. There is an exercise on how one decides who one will give love to and who one will not give love to and the criteria one uses to decide this in life. We inquire into the depth of caring and how often one's concern for oneself blocks really knowing other people except for what they can do for us.
15. Exploring the difference between preferential love and unilateral love; between selfish love and other-centered love.
16. There are a couple of exercises on forgiveness and the impact of not forgiving in relationships. In these exercises we explore the disciplines of repentance and the power of forgiving. We examine bitterness and unfulfilled revenge and how that works and doesn't work in life. We examine and experience in detail the prices and rewards of forgiving and not forgiving.
17. Exploring the prices others pay to be in relationship with you and the prices you are willing to pay to be in relationship with others.
18. Exploring the conditions that are put on others and the conditions we put on ourselves. The impact of guilt, shame, blame, greed and resentment.
19. Exploring the power of commitment, promise, unilateral love and authentic communication has in shaping one's life.
20. Exploring the power of standing responsible in situations where one has been victimized—the difference between being victimized and being a victim. How one has control in how they stand in relationship to that victimization. We examine and experience the practices and disciplines of repentance, forgiveness and reconciliation

in relationship to being victimized.

21. Experiencing the Word of God to such depths where it sheds light on the thoughts and intents of the heart.

LEAP Parent "Last Message" Letter Request

Dear Parent,

As part of the LEAP Youth Training, we ask each parent to write a letter to your teen in the form of a last message, something that you would want them to have if you were never to see them again.

The best way to think about this is to imagine that this message is the last message your teen will ever receive from you. This is a chance to tell your teen anything and everything you want to communicate to them!

Please keep this confidential so your teen can be surprised by it. To help us get this letter to your teen, please do one of the following:

- Email your "last message" letter to Aida Hensley at aidahensley@gmail.com no later than Wed., June 7, or
- Handwrite the letter and mail it to Aida at 1724 E Speedway Blvd, Tucson, AZ 85719, no later than Fri., June 2, or
- Bring the letter in a sealed envelope to check-in on Monday morning, June 12.

If any single teen does not have a letter written to them, no letters will be distributed to any of the participants.

This will be a beautiful surprise to your teen that will make a big impact. Thank you!

Michael & Rachelle Bennie, Sponsors
LEAP Youth Training, June 14-17, 2017

Directions to



Physical address:

58000 Apple Canyon Rd., Mountain Center, CA 92561

Tel: (951) 659-4131

Fax: (951) 659-5692

From Riverside:

North on CA 91 to East CA 60. Continue on CA 60 East to Gilman Springs Road. Follow Gilman Springs Road to Hwy 79, take the first ramp to the right to get on Hwy 79 South towards Hemet. At the next traffic light turn Left on Ramona Expressway, continue until it ends at Florida Avenue (Highway 74). Turn left and follow Hwy. 74 up the mountain to Mountain Center. At junction, stay to the right on Hwy. 74 for approximately 3 1/2 miles. Turn left onto Apple Canyon Road (look for the large green sign). Pine Springs Ranch is at the end of Apple Canyon Road, three miles from Hwy. 74.

From San Diego:

Freeway 15 North to Highway 79 South (at Temecula). Follow Highway 79 to junction with Highway 371 and turn left. Stay on Highway 371 through Anza to Highway 74 and turn left. Follow Highway 74 to Apple Canyon Road (which is just past Lake Hemet) and turn right. Pine Springs Ranch is at the end of Apple Canyon Road, three miles off Highway 74.

From Los Angeles / Ontario:

Take Freeway 10 East to Highway 79 exit. Follow Highway 79 South (towards Hemet) to Ramona Expressway and turn left. Follow Ramona Expressway until it ends at Florida Avenue (Hwy. 74). Turn left and follow Highway 74 up the mountain to Mountain Center. At the junction, stay to the RIGHT on Highway 74 for approximately three miles. Turn LEFT onto Apple Canyon Road (large green road sign). Pine Springs Ranch is at the end of Apple Canyon Road, three miles from Highway 74.

From Palm Springs/Palm Desert (Desert Communities):

From Palm Springs follow Hwy. 111 South to Hwy. 74. From East of Desert Communities, take Freeway 10 West to Monterey Exit. Stay on Monterey until it becomes Hwy. 74 (West). Follow Hwy. 74 up the mountain (approx. 25 miles) and continue just past Lake Hemet to Apple Canyon Road. Turn Right on Apple Canyon Road. Pine Springs Ranch is at the end of Apple Canyon Road, three miles from Hwy. 74.

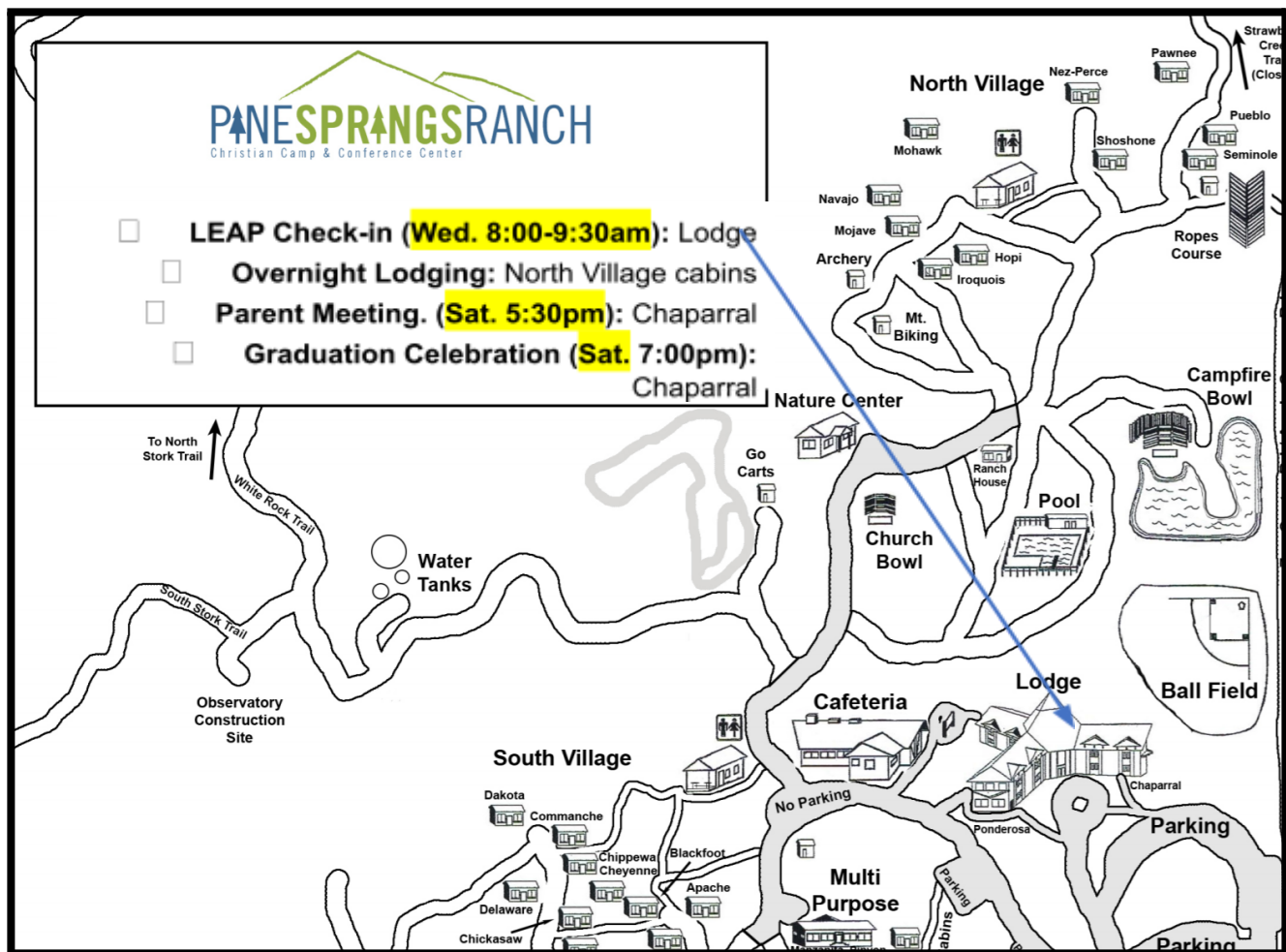
Map of



58000 Apple Canyon Rd., Mountain Center, CA 92561

Tel: (951) 659-4131

Fax: (951) 659-5692



Parent's Disclosure Statement

LEAP Youth Training is an emotionally and physically intense four-day (approximately 50-hour) experiential training designed from a Biblical worldview to afford teens the opportunity to evaluate their life honestly using the yardstick of their stated values. LEAP Youth Training is offered by The GAP Youth Training Services, Inc. (GYTS, DBA "GAP Community"), a non-profit Christian organization.

Key areas explored are loving your neighbor as yourself, following through on your promises and taking responsibility for your life. The length of the days and/or the emotional impact of confronting some life issues may be challenging, stressful or potentially uncomfortable for some teens. In registering for LEAP Youth Training, individuals should consider the challenges and make their decisions about taking the training accordingly.

The experience will include listening to short lectures and music, candid dialogue with and feedback from the trainer and other teens, small group techniques designed to confront the defense mechanisms that stop teens from addressing issues in their lives and homework assignments to be done at night and during longer meal breaks.

The teens are asked to make several promises regarding the training. Most significant among these are promises of maintaining confidentiality of other teen's experiences and completing the training. Likewise, The GAP Youth Training Services, Inc. promises to maintain confidentiality of teen's experiences, except in the case of reported abuse of a minor, reported danger to self and others, in which case the appropriate authorities will be notified or for internal training purposes.

The LEAP Youth Training is an experiential educational program. It is not psychotherapy, group therapy or medical therapy. The training is not intended to be a substitute or an alternative to psychotherapy, therapy or counseling in general. We are not trained to treat psychological problems. The team and trainers are not trained to provide expert treatment to an emotionally or psychologically distressed teen. The LEAP Youth Training is not a psychological support group or a therapeutic environment. Psychological disorders, such as phobias and schizophrenia, are not addressed in the training. If that is what you are looking for, LEAP Youth Training cannot serve your teen.

Teens who mistake the LEAP Youth Training for an alternative to therapy may experience adverse consequences. If your teen has a problem requiring psychological treatment, please do not have him/her attend the training. We urge you to consult a qualified professional.

The facilities hosting your teen carry their own liability insurance. Due to the recent increases in the cost of insurance, we are unable to secure this type of coverage for itself without greatly increasing the registration fee. Therefore, we ask you to read and e-sign the Hold Harmless Agreement.

Your local sponsors, **Michael and Rachelle Bennie**, provide the LEAP Youth Training. Your fee goes toward the following: four full days at the camp facility, 11 meals, ropes challenge course, administrative costs, and travel and accommodations for the Trainer. GAP Youth Training Services, Inc. (DBA "GAP Community") who provides the Trainer, will receive a freewill offering at the end of the training. Your contribution is tax deductible and goes toward the Trainer's compensation and to further the work of GAP Community. We request that you prayerfully consider and discuss with your child the value the training has been to him or her in the process of determining the amount of your donation.

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Teen Application Requirements

1. Register: Fill out and submit a registration form online at www.gapcommunity.com/register along with the registration fee. (Already done, if you're receiving this.)
2. Parent forms: The teen's parent or legal guardian will be required to sign and fill out the following:
 - a. Info & Medical Questionnaire
 - b. Hold Harmless Agreement
 - c. Campground Release Form the on-site location may require
 - d. Ropes Course Release Form
 - e. (If applicable) Parent/Therapist/Physician Release based on instructions from the Medical Questionnaire.
 - f. Current Medications - If your teen is taking any medication, please check it in at the registration table. It will be dispensed by the "special needs" person to your teen according to your instructions. If your teen has any medical needs that may affect his or her participation in the Training, please contact the Training Sponsor.
3. Teen forms:
 - a. Personal Assessment
 - b. Pre-Training Homework
 - c. Campground Rules Agreement
4. Both teen and parent support calls: This is an opportunity to talk through what teens are hoping to gain as well as to review the logistics and paperwork.
 - a. Parent/guardian will participate in a telephone call with a team member of the LEAP Youth Training.
 - b. Teens will participate in a telephone call with a team member about their purposes in attending LEAP.

Note: The registration fee is non-refundable with one exception. GAP Community will refund a participant's registration fee if they complete the training and do not believe they received value commensurate with the fee.

MOST REQUIRED FORMS CAN BE FOUND AT
www.gapcommunity.com/leapforms

PLEASE COMPLETE ALL ONLINE FORMS BY JUNE 4,
2023.

Paper forms can be returned to Support Call Captain, Lawren Evans at

LawrenEvans12@gmail.com by **Sunday, June 4** or handed in personally at registration.

Parental Checklist

1. Registration and check-in is between **8:00 a.m. and 9:30 a.m.** on **Monday, June 12th, 2023**, at the **Pine Springs Ranch Lodge**. All paperwork must be completed (including parent letter), and all medications turned in.
2. Teen's completed information and homework forms, including:
 - a. Pre-LEAP Homework
 - b. Personal Assessment
 - c. Campground Rules Agreement
3. Parent/guardian's completed forms, including:
 - a. Info & Medical Questionnaire
 - b. Physician Release Form (if applicable, according to instructions on the Medical Questionnaire)
 - c. Any required camp release form(s).
 - d. Ropes Course Release Form
 - e. Current Medications - If your teen is taking any medication, please check it in at the registration table. It will be dispensed by the "special needs" person to your teen according to your instructions. If your teen has any medical needs that may affect their participation, please contact the Training Sponsor.
 - f. Hold Harmless Agreement
 - g. Parent Letter
4. Dress for your teen is casual—shorts, jeans, sweats—whatever is comfortable for them. Have them bring a sweatshirt or jacket as the training room will be air-conditioned and evenings may be cool.
5. Long pants, T-shirts and sturdy closed shoes (athletic shoes or hiking boots) are required for the ropes course.
6. In case of rain, a poncho or any kind of rain gear for the ropes course.
7. Pillow, bedding or sleeping bag with (optional) twin size sheet or covering.
8. Toiletries - shampoo, soap, toothpaste, toothbrush, etc.
9. Towel(s)
10. Flashlight
11. Insect repellent, lip balm and sunscreen for the ropes course
12. Labels on all belongings
13. Parent meeting begins at **5:30 p.m.** on the final day, **Thursday, June 15th**
14. Graduation Celebration begins **7:00 p.m.** on the final day, **Thursday, June 15th**
15. The LEAP Youth Training concludes at **8:30 p.m.** on the final day, **Thursday, June 15th**

Note: No expensive jewelry or valuables that may be at risk of being stolen.

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www.gapcommunity.com/leapforms

PLEASE COMPLETE ALL ONLINE FORMS BY **JUNE 4, 2023.**

Paper forms can be returned to Support Call Captain, **Lawren Evans** at LawrenEvans12@gmail.com by **Sunday, June 4** or handed in personally at

registration.

*Please understand that ALL signatures and documentation MUST be completed
for participation.*

Copy of Teen Confirmation Packet



LEAP Youth Training
Teen Confirmation Packet

Monday - Thursday
June 12 – 15, 2023

LEAP Youth Training

Monday – Thursday: June 12th – 15th

Dear Participant,

Welcome! And get ready for an AMAZING 4 days!

Check-in at Pine Springs Ranch Christian Camp and Conference Center will be between 8:00 a.m. and 9:30 a.m. on Monday, June 12th. All meals and snacks are provided during the camp except Monday breakfast.

BRING YOUR BAGS, bedding and any remaining paperwork to the registration table at the Pine Springs Ranch Lodge.

Complete all online forms prior to attending:

- ☐ Pre-LEAP homework
- ☐ Personal Assessment
- ☐ Campground Rules
- ☐ All the forms your parent or guardians have signed

All this paperwork must be completed prior to attending the training. After you check-in, get your nametag and room assignment and settle in. The LEAP Youth Training begins exactly at 10:00 a.m. on Monday morning in the Chaparral Room (downstairs on the right side of the Lodge when looking from the parking lot).

Graduation Celebration is on Thursday, June 15th from 7:00 p.m. to 8:30 p.m. Invite your parents and guests. The LEAP Youth Training ends at approximately 8:30 p.m. on Thursday evening. You won't want to leave!

Graduate Meeting: A LEAP Graduate Meeting will be held about 3 weeks after the training, on Sunday, July 9, from 3:00-8:00 p.m., at 11590 Crafton Ave., Redlands, CA. This is a fun, extremely valuable time. You'll want to plan to be there!

Support Phone call: Before you attend LEAP, a member of our team will schedule a time to call and talk with you. This call is to encourage you in what you want to accomplish during the four days and to answer any questions that you may have. This call could last as long as 1 hour.

Ground Rules: We ask you to honor these during the LEAP Youth Training. They are very simple. Here are a few examples of them:

1. Participants will be on time.
2. Participants will attend all sessions.
3. Participants are required to hold other people's experiences in confidence.

This third ground rule helps us honor each other and to create a safe and loving place where

you can talk openly and honestly. You are, however, free to tell others what you have personally experienced and learned during your time here. (A complete list of the ground rules is just below).

We're excited you'll be there. *Expect to have an amazing time!*

LEAP Participant Ground Rules

1. Maintain absolute confidentiality of other people's experience.
2. Be on time. A one-minute warning will be given. Be in your seat by the end of the one minute.
3. Ask questions, talk and share only when acknowledged by the trainer(s) or during designated sharing periods. Do not side talk.
4. Eat, chew gum and drink beverages outside the training room only.
(There is no smoking permitted on the camp grounds.)
5. Complete the training.
6. Wear your nametag visibly at all times during the training. Turn your nametag in at meals and at the end of each day.
7. Abide by the curfew provided each evening.
8. Keep cell phones off inside the training room.
(Note the emergency number posted on the door.)
9. Hold each other to the ground rules.

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Hours of the LEAP Youth Training

You will be at camp and staying overnight the complete duration of the 4 days.

Monday, June 12th

8:00 a.m. - 9:30 a.m.: Check-in at Pine Springs Ranch Lodge

10:00 a.m. - approx. 10:00 p.m.: Youth training

Tuesday, June 13th

9:00 a.m. - approx. 10:00 p.m.: Youth training

Wednesday, June 14th

9:00 a.m. - approx. 10:00 p.m.: Youth training

Thursday, June 15th

9:00 a.m. - 8:30 p.m.: Youth training and graduation

5:30 p.m. - 7:00 p.m.: Parent Meeting

7:00 p.m. - 8:30 p.m.: Graduation Celebration (parents and guests strongly encouraged to attend)

After breakfast, each day of the training begins at 9:00 a.m. There will be a lunch break and a dinner break. It is important that you take responsibility for getting enough rest and eating well during the training. All meals and snacks are provided except for breakfast **on Monday**. Outside activities or appointments are not possible during this time.

What's Up With Your 4 Days?!

Ground Rules: The purpose of these rules is to help you and the group work together to accomplish your goals. On the first day, the Trainer will ask that you agree to several simple ground rules.

Mini-Lectures: The Trainer or teens may offer points of view about different subjects. Whether you agree or disagree is your choice. Be willing to discuss and explore your perspective with others in the group. The value will be in getting clear about what you really do believe and testing out how you stand for what you believe. The Trainer will speak about things that relate to a Christian's life of love and forgiveness. The main standard to measure our relationships with is "love your neighbor as yourself." It is a starting place, a foundation for us to learn how to live and love other people.

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Small Group Exercises: You will, at different times, meet with a group of about 4-6 other participants for casual discussions or specific relational exercises.

One-on-One Interaction: In order to make progress, you may be asked to answer a number of

questions, tell a story, complete sentences or take on a particular body position (like standing up). You will have an opportunity to see new solutions for the problems and issues that you struggle with and to support the other participants to do the same. Sometimes teens find this an intense or emotional experience. Please be honest about your feelings at all times.

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Homework: During evening or meal breaks throughout the training you will be asked to complete written homework. The homework is designed to prepare and support you for the next phase of the training. It will usually take at least 30-45 minutes to complete each time.

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Benefits and Concepts of the LEAP Youth Training

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12. We dissect who neighbor is and how one relates to one's neighbor.
13. Examining the power of judgments and how they affect what one hears or doesn't hear and examining the difference between what is being heard and what is being said.
14. There is an exercise on how one decides who one will give love to and who one will not give love to and the criteria one uses to decide this in life. We inquire into the depth of caring and how often one's concern for oneself blocks really knowing other people except for what they can do for us.
15. Exploring the difference between preferential love and unilateral love; between selfish love and other-centered love.
16. There are a couple of exercises on forgiveness and the impact of not forgiving in relationships. In these exercises we explore the disciplines of repentance and the power of forgiving. We examine bitterness and unfulfilled revenge and how that works and doesn't work in life. We examine and experience in detail the prices and rewards of forgiving and not forgiving.
17. Exploring the prices others pay to be in relationship with you and the prices you are willing to pay to be in relationship with others.
18. Exploring the conditions that are put on others and the conditions we put on ourselves. The impact of guilt, shame, blame, greed and resentment.
19. Exploring the power of commitment, promise, unilateral love and authentic communication has in shaping one's life.
20. Exploring the power of standing responsible in situations where one has been victimized—the difference between being victimized and being a victim. How one has control in how they stand in relationship to that victimization. We examine and experience the practices and disciplines of repentance, forgiveness and reconciliation

in relationship to being victimized.

21. Experiencing the Word of God to such depths where it sheds light on the thoughts and intents of the heart.

Things to Bring

- ☐ Casual clothing (shorts, jeans, sweats—whatever is comfortable) for 4 days and 3 nights. Bring a jacket or sweatshirt as the training room will be air-conditioned and evenings may be cool.
- ☐ Long pants or sweats, t-shirts and tennis shoes or hiking shoes for the ropes course.
- ☐ A rain poncho or other rain gear for the ropes course (just in case)
- ☐ Pillow, bedding, towels, sleeping bag
- ☐ Toiletries, shampoo, soap, toothpaste, toothbrush, etc.
- ☐ Flashlight
- ☐ Sunscreen and lip balm
- ☐ Insect repellent
- ☐ Labels on all your belongings
- ☐ Any extra snacks you desire
- ☐ Water Bottle
- ☐ Watch and an alarm

MOST REQUIRED FORMS CAN BE FOUND AT

www.gapcommunity.com/leapforms