

# The Resolution

TRAIN. CULTIVATE. ADVANCE.

*You therefore must endure hardship as a good soldier of Jesus Christ. No one engaged in warfare entangles himself with the affairs of this life, that he may please him who enlisted him as a soldier. And also if anyone competes in athletics, he is not crowned unless he competes according to the rules. The hardworking farmer must be first to partake of the crops. Consider what I say, and may the Lord give you understanding in all things.*

*2 Timothy 2:3-7*



LAMPLIGHTER



# Welcome TO THE RESOLUTION!

## TRAIN. CULTIVATE. ADVANCE.

Grow in your Christian walk and character as you train like an Athlete, cultivate like a Farmer, and advance like a Soldier! It's not always easy— muscles may ache, drought may hit, or enemies may advance—but God is for you.

*Make it an  
Unforgettable  
Summer!*



This summer we will be studying the unique challenges faced by the **Athlete**, the **Farmer**, and the **Soldier**, and we will learn the specific character traits that propel each one forward as we complete specific activities related to each.

The Athlete, the Farmer, and the Soldier each have different activities listed under three categories: **Mental**, **Physical**, and **Spiritual**. Try to pick one activity from each category to accomplish daily! For example, as an Athlete you could pick the Mental category and read a portion of a Lamplighter book, then as a Farmer pick the Physical category and go for a hike while paying special attention to God's creation, then as a Soldier pick the Spiritual category and do a study on the word soldier. Each activity is worth points.

Track your points and keep a **daily journal entry** (journal page downloads available on registration page).





## THE ATHLETE

Grow strong in  
faith, love, joy,  
and service.

PG. 04



## THE FARMER

Be on time and  
work with joy and  
excellence. Use  
resources wisely.

PG. 07



## THE SOLDIER

Take a stand,  
wearing full armor  
and carrying the  
Sword.

PG. 10



# The ATHLETE

...love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.

-Mark 12:30

*"An athlete is not crowned unless he competes according to the rules."*  
-2 Timothy 2:5



## Mental

### BIBLE MEMORY

(25 pts. per passage)

Joshua 1:8-9  
1 Corinthians 16:13-14  
Psalm 31:23-24  
2 Timothy 1:7  
Isaiah 40:29-31  
Psalm 73:26  
Philippians 4:13  
2 Corinthians 12:9-10  
1 Chronicles 16:11-12  
Habakkuk 3:19

Ephesians 6:10  
Mark 12:30  
2 Peter 1:3-4  
2 Timothy 2:5

(or memorize a Bible passage found in a Lamplighter book you are reading.)

### CREATIVITY

(50 pts. per activity)

- Set Scripture to music to help you memorize it.
- Write a story that teaches about the importance of training.
- Draw, paint, or color something that motivates you to train.
- Paint an abstract painting that conveys how it feels to train.
- Create a space where you can train without interruption.
- Build a model from legos, Lincoln Logs, or other materials, to portray an important scene from a book.
- Dress up as the characters from a Lamplighter book, then pose for a picture.

### READING

(1 pt. per page)

Any Lamplighter Book(s)

Read as many as you can during the challenge, Be sure to write down what you learn from each story and include it in your daily journal.

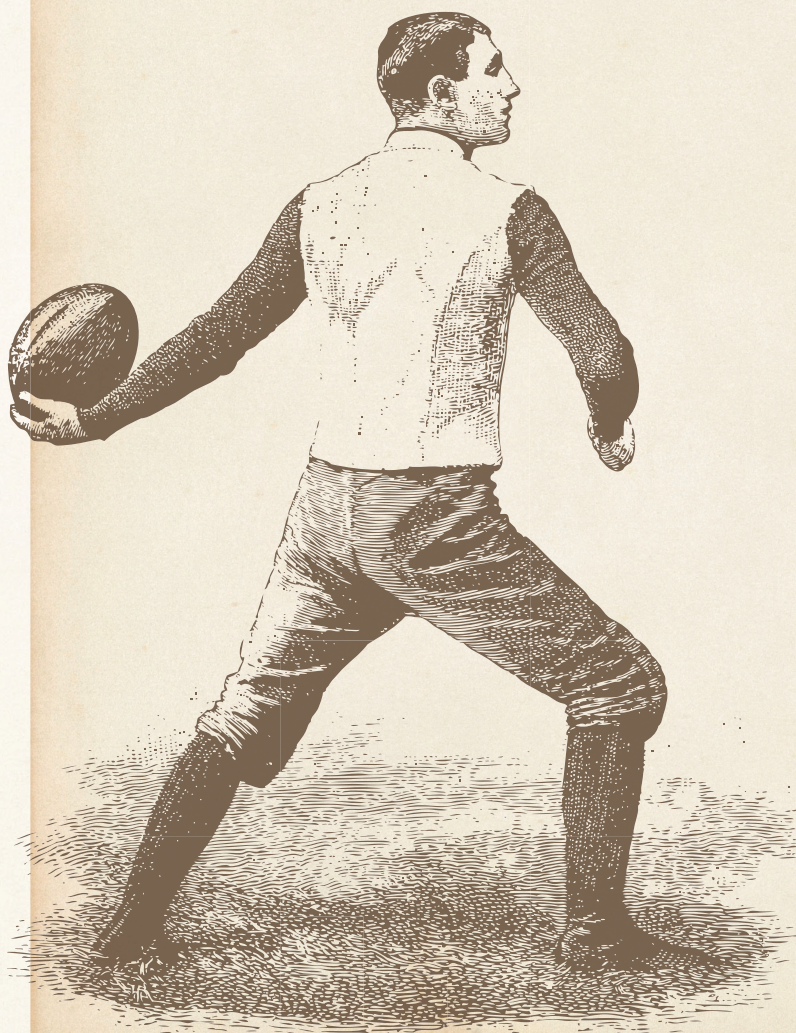


# Physical

## SERVICE

(50 pts. per activity)

- Write encouraging letters, notes, or cards for others.
- Participate in community service.
- Pick up trash from the side of the road (with supervision).
- Be involved at your church (work with the younger kids, participate in music, or help clean the building(s)).
- Clean out and organize your room. Donate items you no longer need.
- Encourage others with sincere compliments.
- Help others anonymously.
- Read a Lamplighter story to a shut-in or to someone in a nursing home that is not a grandparent (or have grandparent read, for pre-readers)
- Use a Lamplighter resource to share the gospel with someone who does not yet know the Lord.



*Study to shew thyself  
approved unto God,  
a workman that  
needeth not to  
be ashamed, rightly  
dividing the word of  
truth.*

*2 Timothy 2:15*

## CHORES

(25 pts. per completed chore - Do all of your chores without any grumbling or complaining - do all that you do as unto the Lord (this is a spiritual discipline))

- Sweep all the hard floors
- Vacuum all carpets and rugs
- Dust all furniture (even under and behind things)
- Clean up clutter/toys/laundry around the house (put it where it goes!)
- Clean a bathroom (toilet, sink, shower/tub, and floor)
- Wash the dishes (dry them and put them away too!)
- Clear off kitchen counters and wipe them down (clean the kitchen sink while you're at it!)
- Help out with or do the laundry (wash, dry, fold, and put away)
- Empty all trash cans and take all the trash out

## EXERCISE

(15 pts. per activity)

- Do 10 minutes of full-body stretches.
- Do 3 rounds of jumping jacks, squats, and lunges.
- Run each day, increasing time and distance as you're able. Cool down with a 10-min walk.



# Spiritual

## APPLY-JOURNAL IT

(50 pts. per completed journal page used to describe how you've applied the following activities)

- As you work, sing songs of praise and thanksgiving.
- Thank God for His faithfulness and love for you. Be specific. Share with others.
- Find a friend to share about how your Scripture reading is affecting you.
- Share your favorite worship music with others.
- Ask the Lord to show you how to share His love with others.
- What is a lesson you learned in your Lamplighter book reading? Find a way to apply it.
- What was significant in your Scripture memorization? Find a way to apply this.
- Memorize the Romans Road.
- Write an entry on how powerful words can be and how you learned to use words wisely that day
- Watch how someone else trains. Is there anything you can learn from them?

## OBSERVE

(15 pts. each)

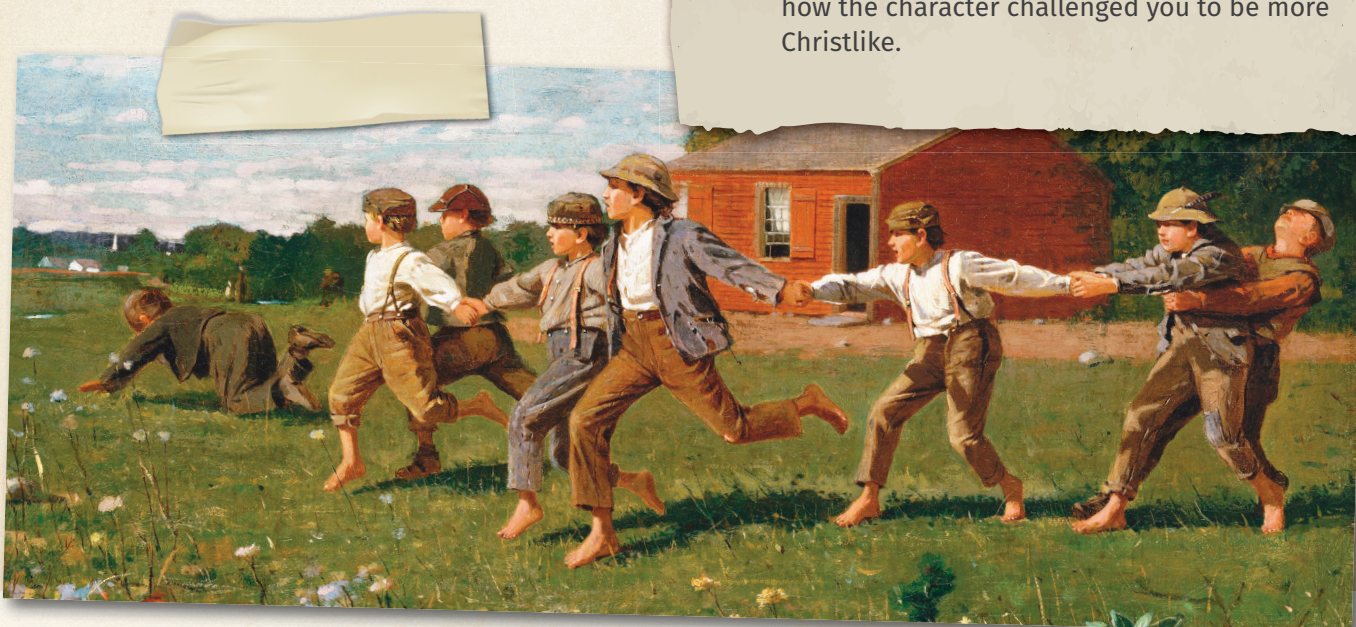
- Watch your family members and find a way to bless them in a specific way
- Listen to a Lamplighter Theatre audio drama
- Get your Sunday School class (or similar group) to listen to the matching Lamplighter Theatre dramatic audio for a book that you read.



## STUDY

(75 pts. for each written activity)

- Word Study—use a concordance to look up any references to athletes or athletics in the Bible.
- Read sermons from great preachers of the past (Charles Spurgeon, D. L. Moody, Jonathan Edwards, George Whitefield). Take notes.
- Do a study on the word *perseverance*. Look up this word in the dictionary and in the original Greek and Hebrew. Using a concordance, find all the references that use this word or a form of it.
- Take a character comprehension quiz after you read a book (Email [mail@lamplighter.net](mailto:mail@lamplighter.net) to request a coupon code to download all available quizzes.)
- Read a book of the Bible. (Points are not awarded per page, but per book read in its entirety.)
- Write a three-paragraph poem or character description of an admirable character from a Lamplighter book. Be sure to include what traits made this character admirable and how the character challenged you to be more Christlike.





# The FARMER

He that abides in me, and I in him,  
the same brings forth much fruit.

-John 15:5

*It is the hard-working farmer who ought  
to have the first share of the crops.  
2 Timothy 2:6*



## Mental

### BIBLE MEMORY

(25 pts. per passage)

James 1:17-18  
Ecclesiastes 3:11  
2 Corinthians 9:10  
Matthew 6:33  
Malachi 3:10  
Jeremiah 17:7-8  
Galatians 5:22-23  
Matthew 3:8  
James 3:18  
Hebrew 12:11

John 15:5  
Matthew 13:22  
Hebrew 10:24-25  
Leviticus 26:3-4  
2 Timothy 2:6

(or memorize a Bible  
passage learned in  
Sunday School or  
church.)

### CREATIVITY

(50 pts. per activity)

- Draw, paint, or color something that motivates you to care for creation.
- Create a space where you can cultivate some plants of your own (this can be as small as a window sill or as big as a garden plot in your yard).
- Organize your living area in a way that looks clean and is efficient.
- Write a song (lyrics and music) about creation.
- Draw a picture that portrays an important scene from a biography you're reading.
- Learn to sew! You can create beautiful things
- Act out a favorite scene from a book for your siblings, your parents, or others.
- Research the time period and location in which a Lamplighter book is set and create a meal that the characters would've eaten.

### READING

(1 pt. per page)

#### Biographies and Nonfiction

Read biographies and nonfiction. Write what you've learned in your daily journal. We highly recommend *The Beggar's Blessing*, *Girls of Courage*, and *Boys of Grit* for kids. *Bruchko*, *If I Perish*, and *Gladys Aylward: The Little Woman* for teens and adults.





# Physical

## SERVICE

(50 pts. per activity)

- Babysit your younger siblings (or babysit for a friend).
- Mow a neighbor's lawn (with permission).
- Help your siblings or a friend with chores (with a joyful attitude).
- Rake and weed a neighbor's property (with permission).
- Volunteer at your local pet shelter, homeless shelter, or soup kitchen.
- Do an extra chore without being told.
- Give a Lamplighter book as a gift for a birthday or other occasion.
- Find 3 friends who have never heard of Lamplighter and who would like to hear about the Lamplighter Summer Reading Challenge. Get their permission and send their names and email addresses to [mail@lamplighter.net](mailto:mail@lamplighter.net). (You will receive 50 points for every 3 friends interested in hearing from us.)
- Bake or cook a treat and take it to a neighbor or someone you know who needs encouragement.
- Read a Lamplighter book to a younger sibling. (These 50 points are in addition to the points awarded for reading the book.)

## CHORES

(25 pts. per completed chore - Do all of your chores without any grumbling or complaining - do all that you do as unto the Lord (this is a spiritual discipline)

- Care for pets (feed/water/groom/clean up after).
- Weed your garden and any other landscaping.
- Sweep off all sidewalks, patios, and porches.
- Water indoor and outdoor plants as needed.
- Prepare a meal for your family or another family.
- Start and maintain a compost pile.
- Do your chores on time, with minimal waste, with excellence and joy.
- Rake up leaves and debris from your yard.

## EXERCISE

(15 pts. per activity)

- Go for a hike and observe new plants and animals.
- Walk a trail and pick up any trash you see along the way.
- Add a new workout to your exercise routine.





# Spiritual

## APPLY-JOURNAL IT

(50 pts. per completed journal page used to describe how you've applied the following activities)

- Look for ways to serve and then do so with joy (others will notice and this is a legitimate form of evangelism!)
- Leave encouraging and biblical notes in fun places to be found by others
- Ask the Lord to give you His eyes that you may love others in the same selfless and unconditional way he does
- What is a lesson you learned from one of your biographies? How can you apply it?
- Suggest one of the biographies you've read and be ready to lend yours out to a friend
- Sing a new song unto the Lord



*He that abides in me, and I in him,  
the same brings forth much fruit.  
- John 15:5*

## OBSERVE

(15 pts. each)

- Listen to the sounds of creation. Now think of ways to care for and redeem the beauty of creation (prune trees/plants, water, weed, and fertilize, pick up waste and trash, start a compost pile to reduce waste, etc.)
- Watch the birds and remember that if God takes care of their needs, he will meet yours as well
- Watch documentaries or true stories of missionaries or church leaders and learn how they served others

## STUDY

(75 pts. for each written activity)

- Read the Bible in several different translations (ESV, KJV, NLT, The Passion, NKJV, NIV, etc). Notice the differences and pay attention to footnotes! Take notes.
- Do a study on the word *cultivate*. Look up this word in the original Greek and Hebrew. Using a concordance, find all the references that use this word or a form of it. Read these passages in multiple different Bible versions.
- Do a Bible study on corporate worship
- Read a biography and write a three-paragraph essay on the person you read about. Be sure to tell what made him/her great and how this person's life inspired you. (These points are in addition to the points awarded for reading the book).





# The SOLDIER

Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm.

-Ephesians 6:13



## Mental

### BIBLE MEMORY

(25 pts. per passage)

John 15:13

Luke 9:24

Ephesians 6:11-20

Deuteronomy 31:6

Isaiah 54:17

Exodus 14:14

Proverbs 4:23

Isaiah 1:17

1 Corinthians 13:6-7

2 Timothy 4:18

2 Timothy 2:3-4

Nahum 1:7

(or memorize a Bible passage found in a non-fiction book you are reading)

### READING

(1 pt. per page)

#### Scripture/Books that Develop Spiritual Growth

Read books that develop spiritual growth. Write in your daily journal what you have learned. We highly recommend *A Tale of Three Kings*, *The Hidden Years of Nazareth*, *The Wild Goose Chase*, *Raising a Modern Day Knight*, *Reading Between the Lines*, and *When People Are Big and God Is Small*.

### CREATIVITY

(50 pts. per activity)

- Think of a creative way to share your testimony through story, art, music, poetry, or the spoken word.
- Design and build something practical and useful for your family.
- Create decorative notecards and include affirming Scriptural verses.
- Write a poem about your experience with putting on the full armor of God.
- Create an original stage play, screenplay, or audio drama that depicts what it means to be a soldier in the Lord's Army.
- Make an eye-catching book cover out of paper, fabric, or leather which portrays, in an intriguing way, an introduction to the plot of the story.



# Physical

*Thou therefore endure hardness, as a good soldier of Jesus Christ. No man that warreth entangleth himself with the affairs of this life; that he may please him who hath chosen him to be a soldier.*  
- 2 Timothy 2:3-4

## SERVICE

(50 pts. per activity)

- Write/send letters to men and women in the military.
- Learn a new skill to help someone (example: how to fix a leaky faucet).
- Learn about missionaries your church supports and do something special to meet their specific needs.
- Prepare care packages for the homeless, orphaned, and widowed.
- Does your community have a prison ministry? If so, see if you can be a part of putting together material that will help the inmates.
- Find someone in your church to minister to in a specific way.
- Partner with a sibling or friend to organize a food or toy drive, or host an event to raise money for missions.
- If your Pastor, Church Elder, Sunday School Teacher, Youth Pastor, etc. is unfamiliar with Lamplighter, share a review of a Lamplighter book and explain why these books have had a strong influence on your life.



- Start a reading club with a minimum of 3 local friends (not siblings who are still living at home with you) willing to read and discuss Lamplighter books together. Meet at least three times this summer and read and discuss at least three stories together. (These points may be awarded to each participant in the club, and are in addition to the points awarded for reading each book).

## CHORES

(25 pts. per completed chore - Do all of your chores without any grumbling or complaining - do all that you do as unto the Lord (this is a spiritual discipline))

- Organize the linen closet.
- Detail clean the family car.
- Add a new chore to your list of responsibilities.
- Organize all of the kitchen cupboards/drawers (with supervision).
- Organize a cluttered space in your house, garage, or shed.
- Train yourself to be a handyman/handywoman around the house.

## EXERCISE

(15 pts. per activity)

- Stretch for 10 min then do sit-ups and push-ups.
- Stretch for 10 min and then go for a run.
- Hold a plank position for as long as you can and then do some squats.
- Look up a new exercise and work on perfect form. Add it to your workout routine.



# Spiritual

## APPLY-JOURNAL IT

(50 pts. per completed journal page used to describe how you've applied the following activities)

- Learn how to play a new instrument for worshiping the Lord.
- Get up early and watch the sunrise. Worship the Lord with song and spend time in prayer.
- Always carry Gospel tracts and notecards with Scripture verses. Give them away whenever you can.
- Testify about what Jesus has done and is doing in your life! Speak about it to anyone and everyone.
- Listen for the still small voice of God in your life (especially while reading Scripture!)

Finally, be strong in the Lord and in the strength of his might. Put on the whole armor of God, that you may be able to stand against the schemes of the devil. For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers of this present darkness, against the spiritual forces of evil in the heavenly places.

-Ephesians 6:10-12

## OBSERVE

(15 pts. each)

- After learning about what it means to advance the kingdom of God, look for new ways to do it.
- Listen to a *Fastened Like Nails* podcast or a *Life Transforming Seminar* by Dr. Mark Hamby and apply what you learn.
- Listen to the matching dramatic audio of a book you read with an elderly friend or grandparent.

## STUDY

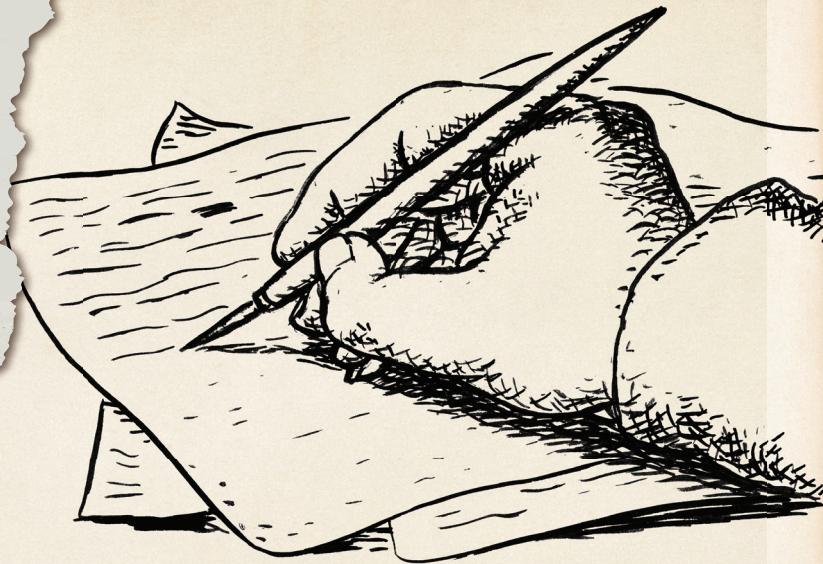
(75 pts. for each written activity)

- Do a Bible study on corporate worship. Start with 2 Chronicles 20:21-22.
- Write a devotion or a Bible study lesson and share it in a group setting.
- Do a study on the word *soldier*. Look up this word in the dictionary and in the original Greek and Hebrew. Using a concordance, find all the references that use this word or a form of it. Read these passages in various Bible versions.
- Write a three-paragraph devotional based on a lesson learned in one of the books you have read.





# Bonus Essay



## Questions

**For your essay, answer each of the following questions as thoroughly as possible using full sentences:**

1. In which role (Athlete, Farmer, Soldier) have you seen the most growth?
2. In which category (mental, physical, spiritual) did you see the most growth?
3. Was there a key turning point for you during the challenge? If yes, explain. If no, why do you think there wasn't?
4. What was the most difficult part of the challenge? Why?
5. What was your favorite part of the challenge? Why?
6. Share a particular book, passage of Scripture, or service opportunity that was most significant to you and why.
7. What are some key areas of growth that you experienced during the challenge?
8. How will you continue to apply what you've learned from this challenge in the future?

## Essay Guidelines

**Pre-reader** - 1-3 paragraphs\*

**Junior High, High School, and Adult** - one full page minimum

**Elementary** - 3-5 paragraphs\*

Your essay should not exceed 2 full pages. A paragraph should consist of a minimum of 3 sentences. If typed, use Times New Roman or Arial size 12 font double spaced. If handwritten, make sure it is neat and on lined paper. Include your full name in the upper right hand corner of the first page. Once you've written your essay, you may award yourself 100 bonus points! Be sure to submit it along with your activity sheets by August 18, 2023.

**Email Subject Line:** The Resolution Essay

**Title of Uploaded Document:** last name\_first name\_grade (Example: Smith\_John\_1st Grade)