



WORTHY LIFE AWARD



Name: _____

Complete all requirements to earn the Worthy Life Cross. Group activities will be covered in troop meetings and events; others are at home completion. **All requirements must be completed by May 1 of your second year. Requirements marked with a “****” must be submitted/recited for review by your Trail Guide.**

GROUP ACTIVITIES: (plus four Values Electives)

Participate in at least three of the following:

_____ **Lesson – Prayer**

Trailman will be taught the basics of prayer, and answering the question, “Who is God?”

_____ **Lesson – Faith**

Trailman will be taught the basics of Faith, and what the gospel “good news” is all about.

_____ **Lesson - The Story of the Good Samaritan**

Trailman will be taught what acting like Jesus is all about, and the importance of loving others as we are loved by God.

_____ **Lesson - Standing up for our Faith (the life of Daniel)**

Trailman will be looking at the story of Daniel, and discussing the importance of putting God first in all areas of our life.

_____ **Lesson – The Fall of a King (the life of David)**

Trailman will be looking at the story of King David, and discussing the importance of recognizing God’s mercy and grace is available even in the most difficult circumstances.

_____ **Lesson – Journey to Mt Sinai (the life of Moses)**

Trailman will be looking at the story of Moses and the Ten Commandments, and discussing the importance of God’s rules and commands.

Participate in at least three of the following:

_____ **Lead a Prayer for a meal at a camp or a Hit the Trail! outing.**

_____ **Memorize Psalms 107:1.*****

Questions for discussion:

To whom and why should we give thanks?

How is God good? Why/how does His love endure forever?



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_____ Write a paragraph (8-12 sentences) on the Trail Life motto:
"Walk Worthy".***

_____ Memorize Psalms 119:9-11.***

Questions for discussion:

What tool do we have to help us as Christians?

What are the benefits of memorizing Scriptures?

_____ Discuss the Lord's Prayer

Find where the Lord's prayer is in the gospels, and explain "Our Father in heaven"

Question: What does it mean to call God "Father"? (*Matthew 6:9-15, Luke 11:2-4*)

AT HOME ACTIVITIES TO COMPLETE:

(complete maximum of one per month, except for Church attendance steps and new year 2 Trailman)

_____ Read a story or watch a video about the life of a church leader or missionary.

Discuss what you learned with your family.

_____ Lead a Prayer for a meal or devotions with your family.

_____ Study the Lord's Prayer with your family and discuss.

Question: Explain what the phrase "Forgive us our debts" means.

How can we actually do that? (*Matthew 6:9-15, Luke 11:2-4*)

_____ Study Psalms 51 with your family and discuss.

Questions: Explain what "being cleansed from sin" means. What do verses 16-17 mean?

(hint: discuss old sacrifice system compared with a contrite heart and personal confession)

_____ Memorize Psalms 51:10.***

_____ Memorize I Peter 5:7.***

Questions: Explain what "casting your anxiety/fear/cares upon Jesus" means

Discuss the concept of "Providence" as outlined in the Trail Life USA Christian Worldview #6 as it relates to the following: God is sovereign over all history. God actively intervenes in peoples' lives for His purposes. He mysteriously uses all things, good and bad, for His glory. God is good and can be trusted in all things.

_____ Develop a prayer list, pray over it consistently (e.g. daily) and update it regularly (e.g., answers to prayer, new requests) over an agreed upon period of time (recommended 2-4 weeks) and discuss what you learned with your family.



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_____ **Perform an act of service for your church** or the charter organization church, which may include any active ministries of those organizations.

_____ **Hawk Family Activity on Teamwork and Cooperation.** (*Discussion sheet attached*)

The following may be completed at the same time as another step:

_____ **Regularly attend church services for at least two months** and discuss at least 2 new truths you studied at church with your family.

_____ **Attend a special Christmas, Easter, or other church holiday service** and discuss what you learned with your family.

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HAWK — **FAMILY TEAMWORK AND COOPERATION ACTIVITY**

Ecclesiastes 4:9–12 (ESV)

“Two are better than one, because they have a good reward for their toil. 10 For if they fall, one will lift up his fellow. But woe to him who is alone when he falls and has not another to lift him up! 11 Again, if two lie together, they keep warm, but how can one keep warm alone? 12 And though a man might prevail against one who is alone, two will withstand him—a threefold cord is not quickly broken.”

Do you think of your family as a team? Have you ever wanted your children to be a little more supportive of each other? Do you believe cooperation is important when accomplishing family goals? How does each family member contribute to the family? Are your children aware of their skills and talents? Do you ever feel as if your family is running in several different directions?

Most families have several different commitments so there isn't as much time to spend together. For this reason, it is important, now more than ever, to spend fun time together! When families are willing to listen to each other and work together to achieve a common goal, it creates a bond that lasts for a lifetime. The family unit is the perfect place to practice the following teamwork skills: trust, communication, listening, and cooperating with each other.

The Water Game is ideal to practice valuable life skills; you will need two blindfolds, two plastic cups, and a bottle of water.

- **Blindfold two family members;** have one sit down and hold the plastic cup on their head or lap.
- The other blindfolded family member will hold the plastic cup with the water and stand approximately three or four feet away.
- The third family member, using communication skills, will direct the family member with the cup of water to pour it into the other family member's empty cup.
- Everyone in the family will get a turn holding the empty cup, pouring the water into the empty cup, and directing where and how to pour the water into the empty cup.
- Measure the amount collected by a specific team (communicator and pourer) to declare a winner!

To encourage children to talk about their feelings, try asking these questions: How did you feel when you were waiting for the water to be poured into your cup? What were you thinking when you poured the water into the empty cup? When you got wet, how did you feel? How do you think the other family member felt when they got wet?

One definition of teamwork is **many hands, many hearts, many minds, one goal.** Throughout their lives, children will be involved in many different groups. Since the family unit is where your children will learn about teamwork, below are three fun activities you can do to practice working together.

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BONUS ACTIVITIES

Make a collage of various groups or teams! You will be able to get some old magazines at your local library to use. Have your family look for and cut out pictures of children or adults working as a team; then glue them onto a poster board. This will give you the opportunity to discuss how each person brings his or her own special talents and skills to the family, team, or group he or she is involved with.

Write a story together! Have an adult start the story; then each child will take a turn adding to the story. Either a child or adult will finish the story. With younger children, have them draw pictures and write what they say under the picture.

Do a random act of kindness for someone else! Have the family decide what you want to accomplish; what might stop you; how will each family member contribute, and when do you want to achieve your goal?

Play the M&M Game - How will each family member contribute? Since children sometimes have difficulty seeing their talents and skills, this simple game makes it easy to think practically about the skills, talents and abilities of each family member. Put a dish of candy in the middle of the table and spin an empty plastic bottle. When it stops in front of a family member, everyone else states one skill or talent the family member has. Then they take an M&M. Keep playing the game until all family members have an idea of their skills and talents.

Family night is a good time to try some of these games and activities! As a Family, plan several family nights where you can work on teamwork and cooperation. Use the Bible verses provided above to talk about how they fit into the family and how God really wants families to work together.