



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 - Hero of Faith - Timothy**

Trailman will be taught the 5 lessons Timothy gives about being a “Man of God”

_____ **Lesson - Hero of Faith - Peter**

Trailman will be looking at Peter, and how He chose to keep following Jesus (even after having an epic failure).

_____ **Lesson – Hero of Faith – Solomon**

Trailman will be looking at how Solomon’s wisdom came from obedience to God

_____ **Lesson – Hero of Faith – Paul**

Trailman will be looking at the life of Paul, from persecutor to transformed proclaimer, the path of redemption and being used of God

_____ **Lesson – Hero of Faith – Matthew**

Trailman will be looking at how Jesus chose this unlikely disciple and used his unique abilities to further the Kingdom

_____ **Lesson – Hero of Faith – Noah**

Trailman will be looking at the importance of faithfulness and obedience

Participate in at least three of the following:

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



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_____ **Study Parable of the Lost Sheep (Luke 15) and discuss with your Trail Guide what it means.**

_____ **Study the Apostles Creed and discuss with your Trail Guide what it means.**

_____ **Memorize Proverbs 3:5-6.*****

Questions for discussion:

What does trusting and acknowledging God look like?

AT HOME ACTIVITIES TO COMPLETE:

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

_____ **Read one book of the Bible. Make 2 notes about each chapter you read.*****

For example, what the chapter means/saying and how you can apply it in your life.

_____ **Memorize a passage of 6 verses from the book of the Bible above.*****

_____ **Read a book about a Christian martyr (someone who died proclaiming their faith)**

_____ **Lead a Prayer for a meal with your family.**

_____ **Write a one-page discussion over the Trail Life USA “Christian Worldview” point #1 TRUTH with your family.*****

Note: this is not quoting material already written. This is your thoughts on what the concept of Biblical Truth means to you! For example, here are some sample questions that might be discussed:

Why does Truth matter?

Why can't people just do whatever they want?

Why should the Bible be our source of Truth versus other good books or people?

How do you remain firm in what you believe when confronted with temptation or people who ridicule your beliefs?

How does a foundation of Truth give us purpose?

How does embracing Truth in this life give us confidence to face death?

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

_____ **Participate in a weekend mission trip or Christian retreat (Note: WT Summer Adventure may be counted as this activity)**



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

Explain "give us this day our daily bread" — How does God provide for me daily? How can I place my trust that he will provide?

How does God work to lead us away from temptation?

Temptation to do wrong things, have bad attitudes or choose our own way can be very strong, so how does my faith work with my decision making?

Think about the following and discuss: **DOING GOD'S WILL**— when I make decisions, how would these questions help me do a better job of choosing God's way over my own?

How is this going to affect me?

How will this affect my family?

How will this affect my walk with Jesus? (Talk about what it means to "Walk Worthy")

_____ **Mountain Lion Family Activity on Obstacles of Faith** (*Discussion sheet attached*)

_____ **Family Devotional — Care for the Community as Family**

Think about ways to impact the community as a family as Jesus did. (Discussion sheet is attached)

_____ **Family Devotional — What does the Bible say about family and honoring your father/mother?**

Complete the lesson on what the Bible says about family. (Discussion sheet is attached)

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

_____ **Regularly attend church services for at least four months** and discuss at least **4** 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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MOUNTAIN LION — **FAMILY OBSTACLES OF FAITH ACTIVITY**

INTRODUCTION: What common obstacles can get in the way of our pursuit of Jesus? Do you sometimes think it is hard or difficult to make good choices?

The walk of a Christian is not easy. In fact, in Scripture Jesus himself said that you will face trials, persecution and temptations that will try to take you away from the “narrow path” which leads to salvation. For this reason, it is important, now more than ever, to spend time openly discussing challenges you might be facing! When families are willing to share and 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 transparency skills: honesty, trust, communication and listening to each other.

How does your family work together to ensure a collective goal of overcoming obstacles to faith?

As a family, read Hebrews 12:1 (NIV)

“Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us”

The **Obstacle Game** is ideal to practice valuable life skills; you will need any form of challenge course or any creative structure you can turn into various competitive activities such as those found at nearby parks or schools.

- Taking turns; have each member of the family name an obstacle to faith and then complete the activity. You should probably make a suggestion/idea list of common obstacles to faith in advance to have as backup. You can use sins mentioned in the Bible, use your own personal experiences or various research tools to help you develop an extensive list.
- Note: You can add virtually any sort of physical exercise as one of your challenge steps. For example, perform 20 pushups or do jumping jacks for 2 minutes.
- Recommended: 8-10 activities should be sufficient
- The other family members should encourage and assist when needed so that everyone completes each challenge.
- This is not a race to the finish! It is steady, cooperative and engaging discussion.
- At the end, the most important thing is to make your last discussion question personal:
What obstacle are you facing right now? How can our family help you overcome?
- End with prayer as a family.
- Go out for a dessert treat to celebrate!

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MOUNTAIN LION — *CARE FOR THE COMMUNITY AS A FAMILY*

INTRODUCTION: Do you think children can help others? What are some ways you can help your friends? Can moms and dads help care for other people? There are many ways we can help. We can share a lunch with a friend or do extra chores at home. God can use adults like our parents and children, too, to care for other people and share God's love. In our story today, Jesus and a little boy together helped thousands of people!

As a family, read John 6:5-13.

When Jesus looked up and saw a great crowd coming toward him, he said to Philip, "Where shall we buy bread for these people to eat?" He asked this only to test him, for he already had in mind what he was going to do. Philip answered him, "It would take more than half a year's wages[a] to buy enough bread for each one to have a bite!" Another of his disciples, Andrew, Simon Peter's brother, spoke up, "Here is a boy with five small barley loaves and two small fish, but how far will they go among so many?" Jesus said, "Have the people sit down." There was plenty of grass in that place, and they sat down (about five thousand men were there). Jesus then took the loaves, gave thanks, and distributed to those who were seated as much as they wanted. He did the same with the fish. When they had all had enough to eat, he said to his disciples, "Gather the pieces that are left over. Let nothing be wasted." So, they gathered them and filled twelve baskets with the pieces of the five barley loaves left over by those who had eaten.

DISCUSSION: Let's take a closer look at the story we heard today.

How many men came to see Jesus? (5,000 men)

Who gave Jesus his lunch? (A boy)

What did the boy have for his lunch? (5 loaves of bread and 2 fish)

POINT: The boy had no idea what was about to happen. Can you imagine having someone take your small lunch and trying to feed 5,000 hungry men? With the faith of the boy and the help of the disciples, Jesus performed a miracle and fed the 5,000! The boy and the disciples served God by helping to feed the people.

What are some ways you can help others? How can we help others in our neighborhood? Why is it important to help people?

We should pray for God to show us ways that we can serve Him. Serving God is a way of showing our obedience to Him. He wants us to care and share with other people. There are so many things you can do for others even though you are a child, just like the boy in the story. We need to find things that we are good at and use those things to serve God.

PRAYER: Dear God, help me to find things that I am good at and use those things to help others. Show me ways I can help people and share Your love. Help me to obey You in - Amen.

TO DO: Find a project your family can do for a neighbor.

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MOUNTAIN LION — *WHAT DOES THE BIBLE SAY ABOUT FAMILY?*

INTRODUCTION: The concept of family is extremely important in the Bible, both in a physical sense and in a theological sense. The concept of family was introduced in the very beginning, as we see in Genesis 1:28, *"God blessed them and said to them, 'Be fruitful and increase in number; fill the earth and subdue it. Rule over the fish of the sea and the birds of the air and over every living creature that moves on the ground.'"* God's plan for creation was for a man and a woman to marry and have children, creating a family, the essential building block of human society.

The importance of family can be seen in the provisions of the Mosaic covenant. For example, two of the Ten Commandments deal with maintaining the cohesiveness of the family. The fifth commandment regarding honoring parents is meant to preserve the authority of parents in family matters, and the seventh commandment protects the sanctity of marriage. From these two commandments flow all of the various other stipulations in the Mosaic Law which seek to protect marriage and the family.

This is not solely an Old Testament phenomenon. The New Testament makes many of the same commands and prohibitions. The apostle Paul talks about what Christian homes should look like when he gives the twin commands of "children, obey your parents" and "parents, don't provoke your children" in Ephesians 6:1–4 and Colossians 3:20–21.

DISCUSSION:

- Why did God design the "family" from the very beginning?
- What happens when people don't follow God's plan as it relates to family, including respecting parents and being faithful to your family/spouse?

A good Christian family is one that lines up with biblical principles and one in which each member understands and fulfills his or her God-given role. The family is not an institution designed by man. It was created by God for the benefit of man, and man has been given stewardship over it. One of the primary principles of the family unit is that it involves a commitment ordained by God for the lifetime of the members. Sometimes, families may look different because of adoption, loss of a family member or other circumstances. The good news is that God works in all things for our good according to His purpose for those that love Him!

The primary requirement for the members of a Christian family is that they choose to have a true relationship with Jesus Christ as their Lord and Savior. Ephesians 5:22–26 provides the guidelines for husbands and wives in a Christian family.

DISCUSSION: Discuss how a personal relationship with Jesus can impact your family?

The husband is required to love his wife as Christ loved the church, and a wife should respect her husband and willingly submit to his leadership in the family. The husband's leadership role should start with his own spiritual relationship with God and then flow to instructing his wife and children in scriptural values, leading the family into biblical truth. Fathers are instructed to bring up their children in "the training and instruction of the Lord" (Ephesians 6:4).

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MOUNTAIN LION — *WHAT DOES THE BIBLE SAY ABOUT FAMILY? (continued)*

A father is also to provide for his family. If he does not, he “denies the faith and is worse than an unbeliever” (1 Timothy 5:8). This does not mean a wife cannot assist in supporting the family—Proverbs 31 demonstrates that a godly wife may surely do so—but providing for the family is primarily the responsibility of the head of the home.

Woman was given to man for the purpose of being her husband’s helper (Genesis 2:18–20) and to bear children. The husband and wife in a Christian marriage are to remain faithful to one another for a lifetime. God declares equality of worth in that men and women are created in God’s image and are therefore equally valuable in His eyes. But God’s plan was that men and women would have unique roles in the life of their family.

Children are given two primary responsibilities in the Christian family: to obey their parents and to honor them (Ephesians 6:1–3). Obeying parents is the duty of children until they reach adulthood, but honoring parents is their responsibility for a lifetime. God promises His blessings on those who honor their parents.

DISCUSSION: How can children honor their parents?

When a husband, wife, and children all fulfill their God-appointed roles, then peace and harmony reign in the home. But, if we try to have a Christian family without Christ as Head or without adhering to the biblical principles the Lord has lovingly provided for us, the home will suffer.

Lastly, when we are born physically, we’re born into a physical family, but when we are “born again,” we are born into a spiritual family. To use Bible language, we are “adopted into God’s family” (Romans 8:15). When we are adopted into God’s spiritual family. This spiritual family is not bound by ethnicity, gender or social standing. As Paul says, “You are all sons of God through faith in Christ Jesus, for all of you who were baptized into Christ have clothed yourselves with Christ. There is neither Jew nor Greek, slave nor free, male nor female, for you are all one in Christ Jesus. If you belong to Christ, then you are Abraham’s seed, and heirs according to the promise” (Galatians 3:26-29).

The physical family is the most important building block to human society, and it should be nurtured and protected. But more important is the new creation that God is making in Christ, which is comprised of a spiritual family, the Church, made up of all people who call upon the Lord Jesus Christ as Savior. This is a family drawn “from every nation, tribe, people and language” (Revelation 7:9), and the defining characteristic of this spiritual family is love for one another: “A new command I give you: Love one another. As I have loved you, so you must love one another. By this all men will know that you are my disciples, if you love one another” (John 13:34-35).

The Biblical Family is defined as People loving God with all of their heart, soul, and mind. Parenting is to lead children to love the Lord with their heart, soul, and mind.

DISCUSSION: How do you relate and connect to your spiritual family (e.g., through church)?