




# TRAIL LIFE USA<sup>®</sup>

THE WORTHY LIFE PROGRAM FOR WOODLANDS TRAIL



## SPIRITUAL PROGRESSION

|  | FOXES  | HAWKS  | MOUNTAIN LIONS   |
|---|--|--|--|
| <b>PRINCIPLES</b>   | God loves me!  | My neighbor -<br>The good Samaritan  | My community   |
|   | Basic verses on God's love:<br>John 3:16   | My family -<br>responsibility,<br>teamwork,<br>cooperation   | Spiritual disciplines  |
|   |  | Basic verses on faith<br>and belief  | Basic verses on<br>sharing my faith with<br>others   |
|   |  |  | Biblical manhood -<br>beginnings   |
| <b>SERVICE</b>  | Perform an act of service for your church, your Troop's church, or through one of their ministries. May be repeated with a different act of service. | Perform an act of service for your church, your Troop's church, or through one of their ministries. May be repeated with a different act of service. | Perform an act of service for your church, your Troop's church, or through one of their ministries. May be repeated with a different act of service. |
| <b>WORSHIP</b>  | Basics of prayer   | Teach your family or unit a song for grace or prayer before a meal   | Perform the invocation or benediction for a Troop awards ceremony or special event   |

|                     |   |   |   |
|---------------------|---|---|---|
|                     | Participate in a camp prayer - Hit the Trail! prayer  | Perform or lead grace before a meal on a campout  | Perform or lead grace before a meal on a campout  |
| WORSHIP             | Explain "Our Father who art in heaven" - what it means to call God "Father"                                       | Explain what the phrase "Forgive us our debts (trespasses) as we forgive our debtors (those who trespass against us)" means to you. | Explain "Give us this day our daily bread" and "lead us not into temptation, but deliver us from evil"            |
|                     | Attend a special Christmas, Easter, or other church holiday service and discuss what you learned with your family | Attend a special Christmas, Easter, or other church holiday service and discuss what you learned with your family                   | Attend a special Christmas, Easter, or other church holiday service and discuss what you learned with your family |
| RELATIONSHIP TO GOD | What is faith?  | How do I live out my faith?   | Obstacles to growing in my faith  |
|                     | Family values of faith  | My personal values of faith   | Worldview vs. My view of faith  |
|                     |   |   | Biblical Manhood - Beginnings   |
| HEROES OF FAITH     | Abraham - Faith and righteousness   | Good Samaritan Story  | Matthew 25:31 - 46<br>Sheep vs. Goats   |
|                     | Joseph - Making the best out of Life  | Deut. 6:5-6 Family responsibility   | Matthew 28:19-20<br>Great Commission  |
|                     | Moses - Doing things God's way  | Paul - Standing for my faith  | Timothy - Learning to be a leader   |
|                     | Jesus - Son of God - building faith   | Nehemiah - Faith to do great things   | Peter - Denying Christ but returning to Christ  |
|                     |   | Esther - Faith during tough times   | Samson - Staying within God's plan  |



## Worthy Life Program for Foxes

**SPIRITUAL THEME: Who is God? And...God Loves Me!**

**KEY GOAL:** To develop faith in the Lord through learning (discipleship) and activities (worship and ministry).

**TRAIL GUIDE INSTRUCTIONS:** The requirements listed below are to help the Trailmen develop their faith in the Lord through learning (discipleship) and activities (worship and ministry). The requirements are to be included in regularly scheduled or *Hit the Trail!* meetings or at a campout as the Trail Guide would plan them. A suggestion in planning would be to divide the requirements into sections so that they will be completed according to a certain timeline that can fit in a one or two year period. The Family Values of Faith are created for the Trailmen to work with their Family in these areas of discipleship in the home.

**What You'll Need:**

- Bible for the Trail Guide (Required for each activity)
- Bible for each Fox (Recommended that each Fox have his personal Bible, so he can learn and practice finding reference points in God's Word)
- See individual requirements for additional materials needed



**FOX REQUIREMENTS:** Complete all 8 requirements.

1. \_\_\_\_\_ Memorize John 3:16.

**TRAIL GUIDE:** Lead a discussion with the Foxes about God's love for us and what that means.

**Let's talk about it:**

- Why did Jesus have to be "sent" for us and why do we need to "believe" in Him?
- What is "eternal life"?

2. \_\_\_\_\_ Perform an act of service for your church, the charter organization church, or through any other church ministry.

3. \_\_\_\_\_ Understand the basics of prayer using the "ACTS" concept below.

**TRAIL GUIDE:** A prayer bookmark is located at the end of this Worthy Life section. Make a copy of the Bookmark and distribute to each Trailman. The bookmark is used to help teach the "ACTS" concept. Remind the Trailmen to place the bookmark in his Bible to help him remember how to pray when he talks with God.

Discuss what each word that forms the acronym means, using the information provided.

A—Adoration

C—Confession

T—Thanksgiving

S—Supplication

**Adoration is another word for love.** When we pray, we need to rememb'er to tell God how much we love Him and why we love Him so much.

**Confession is a word for admitting when we've done something bad.** God wants us to behave like Jesus did. He also wants us to do what Jesus said to do. He was always nice, always respectful, always trusting God, and did everything with love towards God and others. When we disobey what God and Jesus taught us in the Bible and behave a different way, it is called a sin. So when we commit a sin, it's important to tell God about it and ask for His forgiveness. Then we need to try not to repeat the same mistake.

**Thanksgiving is a word for giving thanks for our blessings, which are special gifts from God.** Some of our gifts from God are a healthy body, a



family that loves us, the bunny in the backyard that brings a huge smile to our face, and, yes, our friends. God gives many blessings to us and we should thank Him every day for them.

**Supplication is a big word that is a little like a wish list.** Yes, sort of like a Christmas list, except not asking God for toys. Instead, asking God for things that are more meaningful. At night we pray for God to help us sleep well and not to have bad dreams because getting a good night of rest is vital to growing and having the ability to learn new things in school. It is good to ask God to help us and others with things we need in our lives and to guide us in making wise choices.

**ACTIVITY:** Use the bookmark provided at the end of this section. Print the bookmark on cardstock for each Fox. You may choose to have the boys decorate their bookmarks and/or add a tassel with a leather strip or yarn.

**What you'll need:**

- One copy on cardstock of the bookmark design at the end of this section for each Fox.
- Scissors to cut out the design for each Fox
- Glue stick to adhere the back to the front
- *Optional:* markers, colored pencils, etc., to decorate the bookmark
- *Optional:* hole punch and string, yarn, or thin leather strip to make a tassel' on the bookmark.

4. \_\_\_\_\_ Participate in a camp prayer or a *Hit the Trail!* prayer.
5. \_\_\_\_\_ Find where the Lord's Prayer is located in the Gospels, and explain "Our Father who art in heaven." What does it mean to call God "Father"? (Matthew 6:9-15, Luke 11:2-4)
6. \_\_\_\_\_ Attend a special Christmas, Easter, or other church holiday service and discuss what you learned with your family.
7. \_\_\_\_\_ Understand the concept of Faith in God. Complete parts (a), (b), (c), (d), and (e) below.

**TRAIL GUIDE:** Lead a discussion on faith. Help the Foxes explore and understand the following:

- What is Faith? Use the information below to aid you in this discussion.
- The Children's dictionary defines faith as "trusting in something or someone."
- What about faith in God?
- How is it that we believe in God? (Refer the Foxes to John 3:16 and the word "believe" in Jesus)



The Bible defines faith as “the evidence of things not seen.” “Now faith is the assurance of things hoped for, the conviction of things not seen.” (Hebrews 11:1) This Bible verse means that faith cannot be seen through the human eye but that faith works in a way that only God knows and sees. Faith sometimes takes great determination (strength of mind and character), and God gives us faith as a free gift - to those who ask for it.

**Activity:** Show the Foxes a Chair. Ask - how they would know that the Chair will hold them up when they sit in it. Explain that they have faith that the Chair will hold them up with sturdy legs and a seat for them to sit on. They see it and believe it. Sit in the Chair to demonstrate putting your faith into action.

**FAMILY VALUES OF FAITH:** In order for their children to develop FAITH, it is important that parents possess, model, and practice their faith in front of the children. Choose to read the Bible, discuss a passage of scripture, or pray with your child or children several times in one week.

**FAITH CAN BE DEVELOPED AND LEARNED IN THIS MANNER:**

**Purpose:** To encourage the Foxes to elevate (lift up) their thoughts to an unseen God, whom we must love, praise, and thank with all our hearts.

a) \_\_\_\_\_ Awareness of God in Creation

Visit a place where God’s creation (nature) can be seen all around. Look at the beauty of the plants, flowers, trees, rivers, mountains, fields, etc. Make the Foxes aware that these cannot exist or continue to exist without someone (God) taking care of them. They need to consider who is making this possible. Gardeners and farmers may water the plants and trees, but it is God who allows them to grow or maintain their beauty. These things of nature provide our food, water, medicine, houses and many other useful things. By developing this awareness, the children will be led to lift up their thoughts to an unseen God whom we should to praise and thank with all our hearts.

b) \_\_\_\_\_ Telling of Stories about Persons Who Had Strong Faith in God

There are many available stories from the Bible about the lives of grown-ups who had a deep faith in God. They were rewarded because of their faith, not only by material reward but also by peace, joy, love, good friends, and protection from danger. They would receive all that they would wish for as long as it was for their good. These men practiced their faith from the time they





were very young. As they grew to adulthood so did their faith. Many of these men had great success because of their faith and devotion to God.

*Example: Abraham - Faith and Righteousness*

And God said to Abraham, "As for you, you shall keep my covenant, you and your offspring after you throughout their generations. - (Genesis 17:9) - Here is a call for faith in God to do as God says.

Read the story in Genesis 22:1-18 - Talk about what was required of Abraham. When Abraham obeyed God - God fulfilled His promise and blessed Abraham for his faith. (Genesis 22:16-18)

**Let's talk about it:**

- How can we be "faithful" like Abraham was?  
*Answer: Keep trusting God every day and do what God asks of us.*
- Is it easy?  
*Answer: No, it's not. Abraham made mistakes along the way. The best way is God's way.*
- Should we do what God says for us to do in the Bible? If so, how?  
*Answer: Yes, absolutely. It is by faith that we can do what God tells us to do - we have a loyalty and allegiance to Him - we trust Him*
- Should we do things in faith for God, thinking we are going to get something for being "good"?  
*Answer: No. God wants us to be faithful first. If we are faithful, from that faith we will want to do "good" things but expect nothing in return.*

c) \_\_\_\_\_ Responding to the Goodness of God

Doing everything that God expects us to do, as asked by Him in the Ten Commandments, would be a good way of responding to God's goodness. The Ten Commandments should be explained to the children. Encourage them also to pray daily from their hearts, **in their own words, using the "ACTS" concept (adoration, confession, thanksgiving, and supplication)** as a helpful guide. Their activities during the day could, likewise, be offered to God as prayer.

*Example: Joseph - Making the Best out of Life*



This story presents God at work helping Joseph, through his suffering, to bring about the best possible outcome. Even though **Joseph was the victim of his brother's sin, God was with him and blessed him.** Be sure to emphasize that God was keeping his promise through saving Joseph and the promised family. Review the story of Joseph in Genesis 37-50 and discuss these things with the Foxes:

**Let's talk about it:**

- **What bad thing did Joseph's brothers do?**  
*Answer: Joseph's brothers hated him and tried to get rid of him.*
- **Was Joseph alone in Egypt?**  
*Answer: No, God was with him.*
- **How did God take care of Joseph?**  
*Answer: God gave Joseph wisdom and made him ruler of that land.*
- **How did God make Joseph a helper to the Egyptians?**  
*Answer: God let Joseph know about the coming famine and gave Joseph the job of storing up food.*
- **When Joseph's brothers came for food, how did he respond?**  
*Answer: He forgave them and welcomed them.*

d) \_\_\_\_\_ Developing Love and Care for Self and Others

God wants us to take good care of ourselves and others as much as we are able. The Foxes could be guided to take care of their - health, physically, mentally, and spiritually. Here are some examples that you can use: eating properly, getting enough rest, studying well, doing religious duties, helping around the house, and trying to behave... all to be done for the love of God. They must always be conscious of trying to help others, especially those in need.

*Example: Moses - Doing things God's Way (Exodus 16)*

Moses took a step of faith by leading God's people. Moses led the Israelites out of Egypt. But God led them into the desert. What are some of the problems with living in the desert? They walked around and camped there for forty years. Would it be hard to have faith that God will take care of us and provide for us?

Summarize and read the appropriate parts of Exodus 16 to the Foxes. Moses was a man of faith and knew that God would take care of His people even though they griped and complained. God



provided a blessing for them in a big way - manna. Explain that the people were hungry and God provided them food from Heaven (manna). What if the Israelites wanted to do things their way instead of God's way? Would they receive God's blessings?

**Let's talk about it:**

- What are some of the problems with living in the desert?  
*Answer: It's dry, hot, sandy, sandstorms, hard to build a house, sand gets everywhere, etc.*
- Do you think it was hard for the Israelites to have faith that God would take care of them and provide for their needs?  
*Answer: Yes. You have to have water and food to live in the desert. There is not much to eat or drink in the desert.*
- What if the Israelites had wanted to do things their way instead of God's way?  
*Answer: They whined and griped about not having food or water, but God took care of them. He gave them food (manna) and water (from the split in the rocks).*
- Is it hard for us to have faith that God will take care of us and provide for us?  
*Answer: Yes, it is. We should trust in Him all the time.*

e) \_\_\_\_\_ Continuing Faith in God Through Little Trials

Sometimes, the children may encounter difficulties, in spite of trying their best to maintain a strong faith in God. They should know that they can trust God when they pray to *help* them through the "trials" of life. Their parents know what is best for them, and God, who loves them very much, does too. They will soon see *why*, as they grow up and they grow in their faith.

**FAMILY VALUES OF FAITH:** Parents are encouraged to find both simple and ingenious ways of training their sons and daughters to develop a strong faith in God. If all children are guided to have a strong faith in God, there will be no doubt that this world can become a better place in which to live! If more young people learn to put their faith in God while they are young, they can practice their faith and will be better grown-ups and better citizens in the years to come!

*Example: Jesus - Son of God - Building Faith*

Jesus taught: "But seek first the kingdom of God and his righteousness, and all these things will be added to you. Therefore, do not be anxious about tomorrow, for tomorrow will



be anxious for itself. Sufficient for the day is its own trouble.”  
(Matthew 6:33-34) How does the Lord want us to “live by faith” here?

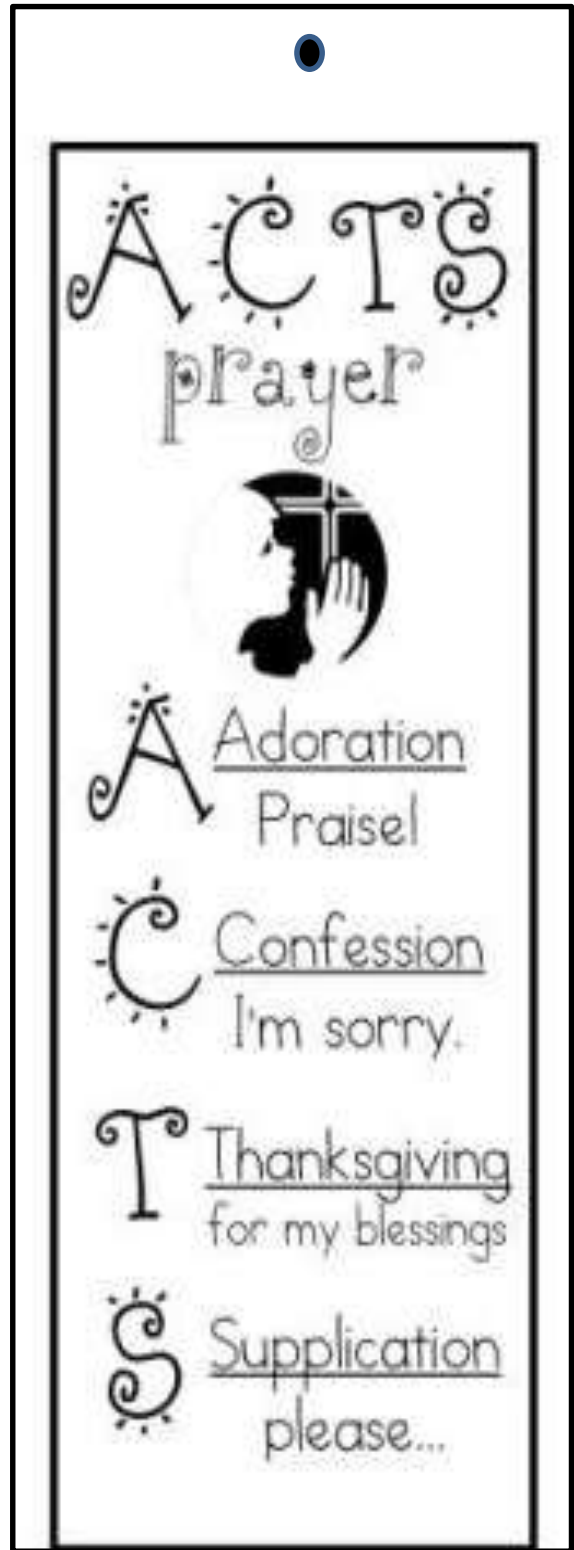
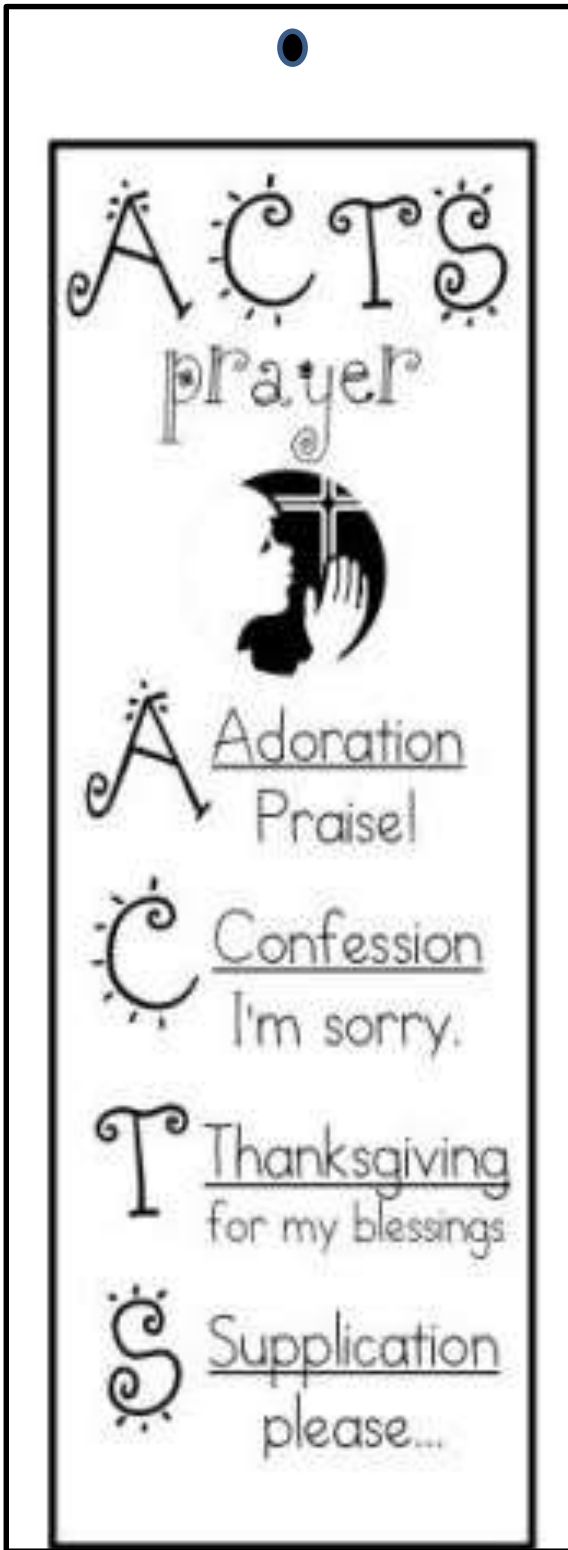
**Let’s talk about it:**

- How does the Lord want us to “live by faith” here?  
*Answer: Jesus wants us to look to God first all the time.*  
*Don’t worry about things because God will take care of us.*

8. \_\_\_\_\_ Summary for the Fox Worthy Life Program - Talk to the Fox about what he learned during this stage of the Worthy Life Program.

- Understanding God’s Love in John 3:16
- Understanding a Basic Prayer Pattern
- Understanding who God is – “Our Father”
- Understanding what Faith is with examples of Abraham, Joseph, Moses, and Jesus

ACTS Prayer Bookmark: Requirement 3 - Activity





## Worthy Life Program for Hawk

**SPIRITUAL THEME:** My Faith and Belief, My Neighbor and My Family (responsibility, teamwork and cooperation)

**Key Goal:** To develop faith in the Lord through learning (discipleship) and activities (worship and ministry).

**TRAIL GUIDE INSTRUCTIONS:** The requirements listed below are to help the Trailmen develop their faith in the Lord through learning (discipleship) and activities (worship and ministry). The requirements are to be included in regularly scheduled or "Hit the Trail!" meetings or campouts, at the Trail Guide's discretion. A suggestion in planning would be to divide the requirements into sections so that they will be completed according to a certain timeline that can fit in a one or two year period. The Family Values of Faith/Family Point are created for the Trailmen to work with their Family in these areas of discipleship in the home.

**What You'll Need:**

- Bible for the Trail Guide (Required for each activity)
- Bible for each Hawk (Recommended that each Hawk have his personal Bible, so that he can learn and practice finding reference points in God's Word)
- See individual requirements for additional materials needed



**HAWK REQUIREMENTS:** Complete all 10 Requirements.

1. \_\_\_\_\_ Perform an act of service for your church, your charter organization, or through any other church ministry.
2. \_\_\_\_\_ Teach your family or unit a song for grace or a prayer before a meal.
3. \_\_\_\_\_ Perform or lead grace before a meal on a campout.
4. \_\_\_\_\_ **The Lord's Prayer Study (Matthew 6:9-15, Luke 11:2-4)** : Explain what the phrase "Forgive us our debts (trespasses) as we forgive our debtors (those who trespass against us)" means to you.
5. \_\_\_\_\_ Attend a special Christmas, Easter, or other church holiday service and discuss what you learned with your family.
6. \_\_\_\_\_ **PASTOR/MINISTER POINT: Do "Teaching and Focus: Faith in Jesus Christ"** below. This requirement is to be completed with a member of the clergy from the Charter Organization or your faith organization.

**Teaching and Focus: Faith in Jesus Christ**

Protestant – Talk to the Minister of the church you attend about faith in Jesus Christ and what that means. Invite the Minister to a meeting to talk with the Patrol members.

Catholic – Talk with your Priest about faith in Jesus Christ and what that means. Invite the priest to the meeting to talk with the Patrol members.

Eastern Orthodox - Talk with your Priest about faith in Jesus Christ and what that means. Invite the Priest to the meeting to talk with the Patrol members.

Church of Christ - Talk with your Minister of the church you attend about faith in Jesus Christ and what that means. Invite the Minister to the meeting to talk with the Patrol members.

7. \_\_\_\_\_ Good Samaritan Lesson: Knowing and Understanding the principle of the Parable of the Good Samaritan: Helping my family and my neighbor.

**These are some things you will need for this lesson:**

- Bibles (Luke 10)
- Small tube of hand lotion (choose a fragrance-free mild lotion to avoid allergies)
- One box of adhesive bandages
- One roll of sterile gauze
- Play money
- Children's coloring page from "The Good Samaritan" (find this online; there are plenty)





**Teaching the Good Samaritan Bible Story:** Read the story from the Gospel of Luke (Chapter 10) about the Good Samaritan. Become familiar with the story too so you are comfortable telling it aloud. As you read the Bible story to the Hawks, employ props like gauze and lotion to demonstrate how the Good Samaritan helped the injured man. Showing the story in a visual way engages most of the senses and helps the Hawks retain the Bible lesson better.

Here are some suggestions: Take turns pretending to be the injured man or one of the other characters of the Bible lesson.

- Have a child lie on the floor and pretend to be hurt. As you tell the story, have a “priest” walk by the injured child and hurry away.
- When you tell how the Good Samaritan helped the man, rub lotion on the Hawk’s hands and say: “This is how the Good Samaritan put oil on the hurt man.”
- Use the gauze and lightly bandage a Hawk’s arm while saying: “The Good Samaritan bandaged the man’s injury like this.”
- Select a Hawk to be the innkeeper and pay him with the play money. Say something like this: “My friend is hurt. Please take care of him. If he owes any money when he leaves, I will pay it when I return.”

**Discussion Questions:** Have the Hawks color the sheet you have brought with the picture of the Good Samaritan as you lead with these questions. Here are some suggested open-ended discussion questions. Listening to the answers allows an understanding of the group's grasp of the Bible story and the concepts taught.

- What did the priest do when he saw the injured man? (walked by fast)
- Who helped the hurt man? (The Good Samaritan)
- Where did the Good Samaritan take the man who was hurt? (The Inn)
- Why did the Good Samaritan help? (various answers)
- Which of the men showed love and kindness? (*The Good Samaritan*)

Here is a sample prayer to use as you close: "Dear Jesus: Thank you for teaching me with your stories. Help me to be a good helper just like the Good Samaritan. Amen."

8. \_\_\_\_\_ HERO OF THE FAITH: Daniel -Learn about Daniel in the Old Testament (Daniel 6:1-28) and what he did to “stand up” for his faith. The goal is to discuss the importance of standing up for what we believe in.





### Discussion Questions:

- What was written in the document the king signed? (*Anyone who makes a petition to any god or man besides you, O king, for thirty days, shall be cast into the Lions' Den.*)
- Why did Daniel get into trouble? (*He broke the new law...He prayed to God not the king*)
- What was the king's reaction when Daniel was arrested? (*He was upset and concerned that his friend was in trouble*)
- What happened to Daniel in the Lions' Den? (*Daniel prayed that God would protect and deliver him – he had faith that God was in control no matter what happened to him*)

**TRAIL GUIDE:** Act out the story. Be sure to assign some people to play the part of the lions! Use sound effects, if possible, for the lions. At the end of the lesson, take time to sit in a circle and pray with the Hawks. Show them how important it is to pray, just like Daniel did.

9. \_\_\_\_\_ **FAMILY POINT: TEAMWORK AND COOPERATION** – DO THIS AT HOME. *This is located on the last page of this section. Make copies as needed.*
10. \_\_\_\_\_ **SUMMARY FOR THE HAWK WORTHY LIFE PROGRAM** (Talk to the hawk about what he learned during this stage of the Worthy Life Program)
  - a. How do I live out my faith at home? (*By being a responsible part of my family and working together and keeping God first as a family – God likes it when I obey my parents*)
  - b. How do I live out my faith in my community? (*By helping others like the Good Samaritan – I have responsibility to help others.*)
  - c. How do I live out my faith at church? (*By participating in worship with other believers, ministering to the church and the community, growing through Bible study or Sunday School and/or children's ministry programs, pray and read the Bible.*)



## FAMILY TEAMWORK AND COOPERATION – ACTIVITY

**“Two are better than one because they have a good return for their labor. For if either of them falls, the one will lift up his companion. But woe to the one who falls when there is not another to lift him up. Furthermore, if two lie down together they keep warm, but how can one be warm alone? And if one can overpower him who is alone, two can resist him. A cord of three strands is not quickly torn apart.” (Eccl. 4:9-12 NASB)**

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 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.

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?

The 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.

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?

How will each family member contribute? Since children sometimes have difficulty seeing their talents and skills, play the M&M Game. 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.



## The Worthy Life Program for Mountain Lions

**SPIRITUAL THEME FOR MOUNTAIN LIONS:** My Family, My Community, and Biblical Manhood

**Key Goal:** To develop faith in the Lord through learning (discipleship) and activities (worship and ministry).

**TRAIL GUIDE INSTRUCTIONS:** The requirements listed below are to help the Trailmen develop their faith in the Lord through learning (discipleship) and activities (worship and ministry). The requirements are to be included in **regularly scheduled or "hit the trail" meetings or at a campout as the Trail Guide would plan them. A suggestion in planning would be to divide the requirements into sections so that they will be completed according to a certain timeline that can fit in a one or two year period.** The Family Values of Faith/Family Point are created for the Trailmen to work with their Family in these areas of discipleship in the home.

**What You'll Need:**

- Bible for the Trail Guide or Ranger (Required for each activity)
- Bible for each Mountain Lion (Recommended that each Mountain Lion have his personal Bible, so that he can learn and practice finding reference points in God's Word)
- See individual requirements for additional materials needed



**MOUNTAIN LIONS REQUIREMENTS:** Complete all 11 Requirements.

1. \_\_\_\_\_ Perform an act of service for your church, your Troop's church, or through one of their ministries.
2. \_\_\_\_\_ Perform or lead grace before a meal on a campout.
3. \_\_\_\_\_ **The Lord's Prayer Study (Matthew 6:9-15, Luke 11:2-4):** Explain "Give us this day our daily bread" – How does God provide for me daily? How do I place my trust in God that He will provide – and "lead us not into temptation, but deliver us from evil" - We are always tempted to do the wrong things, so how does my faith work with my decision making?
4. \_\_\_\_\_ Go over this - **DOING GOD'S WILL** – Think about the decision and ask yourself questions – How is this going to affect me? How will this affect my family? How will this affect my walk with Christ? (Talk about what it means to WALK WORTHY)
5. \_\_\_\_\_ Attend a special Christmas, Easter, or other church holiday service and discuss what you learned with your family.
6. \_\_\_\_\_ **FAMILY POINT: Obstacles of Faith:** Do this requirement at home with Parents. When talking about Obstacles of our Faith, here are several to go over with your Mountain Lion:

Warnings of What's Ahead – prepare your children for **what's ahead, what** they may face and what they may deal with.

Parents need to take an opportunity to set children up for success as teenagers by sharing how God sees them. Assure the children of their importance to God. Help them find their talents and spiritual gifts by reminding them they are wonderfully made (Psalm 139), encouraging them to do great things. (Jeremiah 29:11 and Ephesians 2:10)

For example, family ministry leaders today are sharing talks about purity and what the Bible teaches about purity. It is necessary to warn youth of **what's ahead in the teenage years and what they will face. Consider talking to your children's minister, youth leader, or minister regarding resources that will help communicate this information.**

Self: Temptations, selfishness, and pride are all obstacles to living a selfless Christian life. Sometimes we hear phrases like, "It's a constant **battle to do what's right.**"

The gospel is clear: We are to also deny ourselves. (Luke 9:23) This is hard when the culture is saying 'you' are the most important thing. This affects all aspects of life: how you pursue relationships, dating, marriage, and



also how you see God relationally. Putting God first in our decisions and thoughts will help when dealing with Pride. Go over the fruits of the Spirit in Galatians 5:22-25.

Peers: As a youth coordinator, Donna Thurston wrote, "I think the biggest obstacles are peers who don't value or aren't invested in spiritual development...If they're getting mixed messages from many other sources **inside or outside the church, this can be very confusing.**" (Children's Ministry Magazine 2005 – Stephanie Martin)

Our children may learn from friends that being a Christian means one who **can't have any fun.** "At my school," says Samantha, "there are so many things you hear, from swearing to gossip to nasty jokes. It's hard to stay on track when you have friends and people in your classes who enjoy that stuff, and you want to fit in." (Children's Ministry Magazine 2005 – Stephanie Martin)

*(Article Contribution - Stephanie Martin is a freelance writer and editor in Colorado. Originally published in March-April, 2005 in Children's Ministry Magazine)*

7. \_\_\_\_\_ HERO OF FAITH: Timothy: The Primary Role of a Man of God

**TRAIL GUIDE:** You can teach these lessons during an alternate meeting and get help from the Troop chaplain if you desire. Also, you may teach these lessons at a campout setting with father's teaching their sons, or you teaching them.

**INTRODUCTION:** Who is Timothy in the Bible? He was a disciple, a student of Paul. Paul wrote two letters to Timothy, and we can read what he said when he was teaching him.

Timothy had learned about Jesus when he was a little boy. His mother and grandmother taught him about Jesus and helped him learn what it meant to believe in Him. The Bible does not tell us exactly what happened to Timothy's father. All we know is that his mother and grandmother raised him. Paul knew that Timothy would be a good friend and helper as they traveled to tell people about Jesus. Paul asked Timothy to join him. Timothy traveled with Paul and Silas. He helped many people know about Jesus and grow in their faith in Jesus Christ.

What Lessons can I learn from Timothy's letters about being a Man of God?

**Lesson #1: INTEGRITY:** (2 Tim. 1:1-7): The quality of being honest and fair. Integrity is part of your faith, especially when you walk with God in an open and honest relationship. You are to be honest and fair with your parents, family, and friends.



**Lesson #2: CONVICTION:** (2 Tim. 1:8-12): It is what we accept and what we do not accept, according to the Bible. In our lives, that which we stand against and that which we stand for are very clear. Begin the foundation of what you believe. Your parents and clergy can help with that.

**Lesson #3: COURAGE:** (2 Tim. 1:13-18): If I have to give my life for my convictions, I am willing to do it. Think about the story of Shadrach, Meshach, and Abednego in the book of Daniel, saying that they weren't going to bow before this idol; we are not going to worship you; we are not going to pray to you to the king. Then they said our God is able to deliver us and if he does not, we still are not going to. That is courage.

**Lesson #4: PERSEVERANCE:** (2 Tim. 2:8-13): Perseverance is the key to the whole thing. Staying on course. Hebrews 12:1-3 (NASB) tells a story of what perseverance is: "Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God. Consider him who endured from sinners such hostility against himself, so that you may not grow weary or fainthearted." Running the race with endurance and fixing our eyes on Jesus.

**Lesson #5: FOCUS:** (2 Tim. 2:14-19): Focus needs to be the one thing that God has called you to do and to give your best. Paul said this one thing I do forgetting those things which are behind, I press toward those things which are in front. (Phil. 3:13)

8. \_\_\_\_\_ HERO OF FAITH: Peter (Mark 14:27-31 and John 21:15-25)

**Lesson:** The lesson comes from Mark Chapter 14 (show them in your Bible). This story is about the disciple Peter, one of Jesus' closest followers. Let's go back to the Last Supper. After Jesus shares His last meal with His disciples, he tells them they will all fall away and abandon Him, their Shepherd. Peter declares to Jesus, "Even if all the others fall away, I will not!" But Jesus knows all. He tells Peter, "Today, even this very night, before the rooster crows, you yourself will disown me three times." But Peter did not believe he would ever do such a thing! He kept insisting, "Even if I have to die with You, I will not deny You!" The others said the same thing also.

Now we are going to skip ahead. Remember that Peter kept falling asleep in the garden instead of praying like Jesus asked. Soon Judas came with a group of men who wanted to kill Jesus. Judas showed them who Jesus was by giving Him a kiss. They arrested Jesus, and all of the disciples fled because they were afraid! Peter decided to follow them at a distance to





see where they took Jesus. Peter came to a courtyard, and a servant girl of a high priest said, "You were with Jesus!" But Peter denied it, saying, "I do not know or understand what you are talking about." Then he went out onto the porch. The same servant girl saw him and began to tell others, "This is one of Jesus' followers!" But again, Peter denied that he followed Jesus. After a little while, others began saying to Peter, "Surely you are one of them, one of Jesus' followers!" Peter acted angry! He yelled, "I do not know this man you are talking about!!" Immediately a rooster crowed a second time....Peter remembered what Jesus said, "Before a rooster crows twice, you will deny me three times." Peter began to weep.

#### Discussion Questions:

- Did what Jesus say to Peter come true? (Yes)
- Why do you think Peter began to weep when he remembered what Jesus said? (He felt ashamed (bad, guilty) for what he had done)
- Was Peter guilty? (Yes) Should he have felt ashamed? (Yes)
- What do you think Jesus thinks of Peter? (Allow them to contemplate this without giving them an answer quite yet)
- When we sin, it makes us feel very bad sometimes too. Have you ever felt ashamed? Can you tell me about it? (*Allow time for them to discuss*)

**Closing Comments:** Peter wept because he felt ashamed and guilty. He saw how sinful he was. It embarrassed him to know what an awful sin he had done. We are sinners. We will always sin. This means we will often feel ashamed like Peter did in today's lesson. But Jesus was not angry with Peter. In fact, His love is so perfect, He chose to use Peter for great things even though Peter denied Him. Jesus forgave Peter - (read the passage in John 21) - Peter became a great man of God who shared the Gospel with many, many people later.

9. \_\_\_\_\_ FAMILY DEVOTIONAL: *Care For The Community as a Family* - Talk about ways to impact the community as a family as Jesus did. (This family devotional is located at the end of this section)
10. \_\_\_\_\_ FAMILY DEVOTIONAL: *What the Bible Has to Say About Family* - Lesson on what the Bible says about the family (This family devotional is located on the last page of this section.)
11. \_\_\_\_\_ SUMMARY FOR THE MOUNTAIN LIONS WORTHY LIFE PROGRAM: (Talk to the Mountain Lion about what he learned during this stage of the Worthy Life Program)
  - What is a biblical family? (People loving God with all their heart, mind, and soul)
  - What is parenting? (Parenting is to lead children to love the Lord with their heart, soul, and mind)





- What qualities about biblical manhood did I learn from Timothy? (Integrity, Conviction, Courage, Perseverance, and Focus) Why are these qualities important? (I need these to walk worthy with Christ in my life)
- What lesson did I learn from Peter's denial? (Sometimes we can make mistakes, but God can still use us, I can be forgiven for my sins through Christ....we get back up and start **WALKING WORTHY**)
- In doing God's will, what questions should I ask myself? (think about the decision and ask yourself questions – How is this going to affect me? How will this affect my family? How will this affect my walk with Christ?)
- How can my family help in the community? (They can give many reasons....and also talk about why we should help)



## FAMILY DEVOTIONAL: 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.

**The Bible says: "Bear one another's burdens." Galatians 6:2**

**Discussion Questions:** 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.

**Let's pray to God for His help:**

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 all I do. In Jesus' Name - Amen.

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



## FAMILY DEVOTIONAL:

### WHAT THE BIBLE HAS TO SAY ABOUT FAMILY

1. Families in the Bible were important to God. The role of the child was to learn about God! Home is to be the perfect school, and the parent is the perfect teacher. Father is preacher and priest, and the mother is teacher. Both of them are needed!
2. **Family mandate is biblical, and we should follow God's commands and God's ways, "...and that you may tell in the hearing of your son, and of your grandson, how I have dealt harshly with the Egyptians and what signs I have done among them, that you may know that I am the LORD."** (Exodus 10:2)
3. WHY??
  - a. **FAMILY is God's first way**
    - i. Adam and Eve was the beginning – man and woman
    - ii. Deut. 6 teaches about the role of the family
  - b. What was FAMILY compared to?
    - i. The church is a family (Eph. 2:19; 1 Cor. 1:10)
    - ii. The Biblical doctrine of adoption is for us all (Romans 8:14-17)
    - iii. The church is the bride of Christ (Eph. 5:22-32)
    - iv. The saints do the ministry (Eph. 4:11-12)

The Great Commandment: And Jesus said to the Pharisee, "You shall love the Lord your God with all your heart and with all your soul and with all your mind." (Matthew 22:37)

**Joined together with:** "And these words that I command you today shall be on your heart. You shall teach them diligently to your children, and shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise. You shall bind them as a sign on your hand, and they shall be as frontlets between your eyes. You shall write them on the doorposts of your house and on your gates." (Deut. 6:6-9)

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.