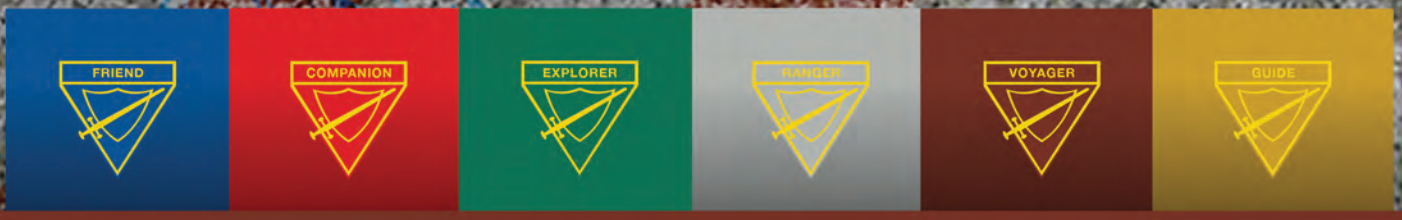
INVESTITURE
ACHIEVEMENT



INVESTITURE ACHIEVEMENT

Instructor's Helps

VOYAGER LEVEL

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PATHFINDER



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An Overview of the Investiture Achievement Curriculum

The Voyager level of Investiture Achievement is for Pathfinders in the 9th grade. As you review the requirements, you will see that they are aligned with our curriculum objectives, best practices in education and Pathfinder ministry goals. Throughout the curriculum special focus was given to creating age- appropriate requirements and building a series of requirements that is sequenced from year to year, allowing the Pathfinder to build on the skills previously learned.

The Investiture Achievement requirements are divided into eight sections. Requirements can be met in a variety of ways based on how the individual Pathfinder learns best. Each year that a Pathfinder is Invested and advances to the next level the sections remain the same as the previous year. However, the activities to fulfill the requirements change in order to allow each Pathfinder the opportunities to participate in new experiences and challenges and to practice skills and use information previously learned.

This Investiture Achievement curriculum is designed to create an ongoing learning environment. To maximize the success for each Pathfinder, club directors, instructors and all Pathfinder staff must intentionally:

- Inspire and motivate Pathfinders.
- Emphasize quality, not quantity, of learning.
- Build on knowledge that has been gained in earlier levels.
- Allocate time to practice new concepts and skills.
- Aim for understanding rather than memorization.
- Consider developmental and individual abilities of each Pathfinder.
- Employ effective and flexible strategies to aid learning.
- Use meaningful activities.

On the following pages you will see an overview of the entire curriculum followed by specific ideas you can use to complete each requirement for the Voyager Level.

Visit www.InvestitureAchievement.com for many more teaching ideas on the wiki. You will also find free downloads that will help you keep track of what each of your Pathfinders have completed
www.investitureachievement.com

Investiture Achievement Tracks

Personal Growth	1. Achievement levels are grade assigned 2. Develop a relationship with God through a daily study of His word and prayer 3. Embrace the Pathfinder/AY lifestyle.
Spiritual Discovery	1. Encourage spiritual growth through a discovery of the Bible and Christian history.
Serving Others	1. Engage participants in active service 2. Connect participants to the community 3. Engage participants in friendship evangelism 4. Connect participants to their church.
Making Friends	1. Develop a relationship with God that fosters positive friendships, strong moral values, and civic responsibility.
Health and Fitness	1. Apply health and fitness principles that will benefit the participant for a lifetime. 2. Learn and practice safety procedures, first aid, and rescue skills.
Personal Growth	1. Develop an understanding of God, the Creator of all things, through the study and observation of His creation.
Outdoor Living	1. Develop the skills needed for maximum enjoyment of the outdoors. 2. Build self-confidence through outdoor experiences. 3. Develop team building skills.
Honor Enrichment (Advanced Level Only)	1. Learn new skills. 2. Participate in or study content areas new to them.

Investiture Achievement Levels

GRADE	BASIC LEVEL	ADVANCED LEVEL
Grade 5	*Friend*	*Trail Friend*
Grade 6	*Companion*	*Trail Companion*
Grade 7	*Explorer*	*Wilderness Explorer*
Grade 8	*Ranger*	*Wilderness Ranger*
Grade 9	*Voyager*	*Frontier Voyager*
Grade 10	*Guide*	*Frontier Guide*

Voyager & Frontier Voyager
LEVEL REQUIREMENTS



Personal Growth

1. Be in Grade 9 or its equivalent.
2. a. Develop your devotional life by studying the Senior Weekly Devotional Guide (weeks 1 – 26) and the book of Romans utilizing printed or electronic resources.
   b. Journal your thoughts by asking questions like:
   - "What did I learn about God?"
   - "What did I learn about myself?"
   - "How can I apply this to my life today?"
   - "What in this text is meaningful to me?"
   - "What is the theme in the verses I read?"

   You may journal through writing, drawing or electronic process.
3. Memorize the AY Aim.
4. Illustrate the meaning of the AY Aim in an interesting way.

Spiritual Discovery

1. Review the Biblical reasons for the 28 Fundamental Christian Beliefs of the Seventh-day Adventist Church.
2. Memorize five Bible texts that support one of the 28 Fundamental Beliefs.
3. Prepare and present a Bible study on one of the 28 Fundamental Beliefs.
4. Read *The AY Story* (current edition).

Advanced for Spiritual Discovery

1. Complete Voyager requirements.
2. Read/listen to *Thoughts from the Mount of Blessings* or *Christ's Object Lessons*.
3. Study and discuss two of the following life issues with your Voyager group and an adult: Teen Pregnancy, Abortion, Aids, Homosexuality, Pornography.

Serving Others

1. Fulfill requirements #1, #2 and #3 of the Identifying Community Needs Honor.
2. Fulfill requirement #4 of the Identifying Community Needs Honor.

Advanced for Serving Others

1. Complete Voyager requirements.
2. Complete the Identifying Community Needs Honor, if not previously earned.

Making Friends

1. Discuss the needs, plan and participate in an activity for physically challenged individuals.
2. Fulfill requirements #3, #5 and #6 of the Stewardship Honor.

Advanced for Making Friends

1. Complete Voyager requirements.
2. Complete the Stewardship Honor, if not previously earned.

Health and Fitness

1. Earn the Physical Fitness Honor, if not previously earned.
2. Earn the CPR Honor.
3. Complete the Basic Water Safety **OR** Beginner Swimming Honor, if not previously earned.

Advanced for Health and Fitness

1. Complete Voyager requirements.
2. Participate in a lifestyle fitness program for your age such as:
   - President's Challenge Active Lifestyle Program
   - Live Healthy Bermuda Kids
   - Or similar program

Nature Study

1. a. Read a book or at least four articles on Intelligent Design in nature.
   b. do one of the following:
   - Review the story of Nicodemus and relate it to the lifecycle of the butterfly.
   - Draw a lifecycle chart of the caterpillar giving the spiritual significance.
   - Watch a video relating to Intelligent Design and discuss its spiritual significance.
2. **House Plants/Moth & Butterflies**
   Raise a plant using hydroponic principles. **OR** Draw, collect or photograph 10 species of butterflies, and identify correctly.

Advanced for Nature Study

1. Complete Voyager requirements.
2. **Edible Wild Plants/ Environmental Conservation**
   Identify, prepare and eat 10 varieties of edible wild plants.
   OR Investigate and write a report on a small stream.
3. Complete a nature honor, not previously earned. (Skill level 2 or 3)

Outdoor Living

1. Earn the Fire Building & Camp Cookery Honor.

Advanced for Outdoor Living

1. Complete Voyager requirements.
2. Complete one of the following honors not previously earned:
   - Orienteering
   - Camp Craft
   - Backpacking
   - Winter Camping
   - Hiking

Honor Enrichment

1. Complete one honor at your skill level, not previously earned, in the area of Arts & Crafts or Household Arts. (Skill level 2 or 3)
2. Complete one honor at your skill level, not previously earned, in the area of Recreational, Vocational, or Outdoor Industries. (Skill level 2 or 3)

Personal Growth



Goals for this Track:

- Achievement levels are grade assigned
- Develop a relationship with God through a daily study of His word and prayer
- Embrace the Pathfinder/AY lifestyle

1. **Be in grade 9 or its equivalent.**
   Voyager is written on a ninth grade level and follows the voted action of the North American Division Pathfinder Committee that Voyager begin for those going into the ninth grade.

2. **Develop your devotional life by studying the Senior Weekly Devotional Guide (weeks 1-26) and the book of Romans utilizing printed or electronic resources. (See appendix)**

Teaching Tip

The purpose of this requirement is to have the Pathfinders connect with God each day and to help them establish a lifelong habit of personal devotions. Encourage the Pathfinders to reflect on the Bible passages and not simply rush through this requirement. By reading the thirteen week devotional guide for Voyager, the Pathfinders should gain a broader view of the Bible. The purpose of reading the book of Romans is to deepen the Pathfinder's understanding of faith and what Jesus Christ means for the life of the ordinary Christian.

   a. **Journal your thoughts by asking these questions:**
      "What did I learn about God?
      "What did I learn about myself?
      "How can I apply this to my life today?"
      "What in this text is meaningful to me?
      "What is the theme in the verses I read?

      You may journal through writing, drawing or electronic process.

Teaching Tip

Encourage the Pathfinders to journal in a way that reflects their creative style. By responding to the study questions, they will need to think about the meaning of the verses and how they may apply what they have learned to their lives.

Resource

- *Pathfinder Bible*, published by Thomas Nelson (Advent*Source* #001140)
- www.Biblegateway.com

3. Memorize the AY Aim

AY AIM:

The Advent message to all the world in my generation.

Teaching Tip

Encourage the Pathfinders to complete this requirement using a memorization technique that fits their learning style.

Examples of Memorization Techniques:

- Acronyms
- Acrostics
- Flash cards
- Grouping
- Keywords
- Repetition
- Visualization
- Word association

4. Illustrate the meaning of the AY Aim in an interesting way.

Teaching Tip

Meaning of the AY Aim

My relationship to Jesus Christ is of such a nature that it compels me to share with any who will receive it, the gospel—the good news of His soon return."
(Source: General Conference Youth Ministries Department website,
http://gcyouthministries.org/Ministries/Ambassadors/AimMotto/tabid/149/Default.aspx)

Encourage the Pathfinders to complete this requirement in a way that reflects their creative style. Foster a non-competitive atmosphere by reminding the Pathfinders that their work will not be judged or compared with that of others.

Here are a few suggestions for completing this requirement:

- Art projects
- Written composition
- Panel discussions
- Role playing
- Musical interpretation
- Slide show
- Video
- Skit/Drama
- Poster
- Games

Resource

- *The AY Story*, by Robert Holbrook

Spiritual Discovery



Goals for this Track:

- Encourage spiritual growth through a discovery of the Bible and Christian History

1. Review the Biblical reasons for the 28 Fundamental Christian Beliefs of the Seventh-day Adventist church.

Teaching Tip

28 Fundamental Beliefs

1. **Holy Scriptures**
   The Holy Scriptures, Old and New Testaments, are the written Word of God, given by divine inspiration through holy men of God who spoke and wrote as they were moved by the Holy Spirit. In this Word, God has committed to man the knowledge necessary for salvation. The Holy Scriptures are the infallible revelation of His will. They are the standard of character, the test of experience, the authoritative revealer of doctrines, and the trustworthy record of God's acts in history. (2 Peter 1:20, 21; 2 Tim. 3:16, 17; Ps. 119:105; Prov. 30:5, 6; Isa. 8:20; John 17:17; 1 Thess. 2:13; Heb. 4:12.)
2. **Trinity**
   There is one God: Father, Son, and Holy Spirit, a unity of three co-eternal Persons. God is immortal, all-powerful, all-knowing, above all, and ever present. He is infinite and beyond human comprehension, yet known through His self-revelation. He is forever worthy of worship, adoration, and service by the whole creation. (Deut. 6:4; Matt. 28:19; 2 Cor. 13:14; Eph. 4:4-6; 1 Peter 1:2; 1 Tim. 1:17; Rev. 14:7.)
3. **Father**
   God the eternal Father is the Creator, Source, Sustainer, and Sovereign of all creation. He is just and holy, merciful and gracious, slow to anger, and abounding in steadfast love and faithfulness. The qualities and powers exhibited in the Son and the Holy Spirit are also revelations of the Father. (Gen. 1:1; Rev. 4:11; 1 Cor. 15:28; John 3:16; 1 John 4:8; 1 Tim. 1:17; Ex. 34:6, 7; John 14:9.)
4. **Son**
   God the eternal Son became incarnate in Jesus Christ. Through Him all things were created, the character of God is revealed, the salvation of humanity is accomplished, and the world is judged. Forever truly God, He became also truly man, Jesus the Christ. He was conceived of the Holy Spirit and born of the virgin Mary. He lived and experienced temptation as a human being, but perfectly exemplified the righteousness and love of God. By His miracles He manifested God's power and was attested as God's promised Messiah. He suffered and died voluntarily on the cross for our sins and in our place, was raised from the dead, and ascended to minister in the heavenly sanctuary in our behalf. He will come again in glory for the final deliverance of His people and the restoration of all things. (John 1:1-3, 14; Col. 1:15-19; John 10:30; 14:9; Rom. 6:23; 2 Cor. 5:17-19; John 5:22; Luke 1:35; Phil. 2:5-11; Heb. 2:9-18; 1 Cor. 15:3, 4; Heb. 8:1, 2; John 14:1-3.)
5. **Holy Spirit**
   God the eternal Spirit was active with the Father and the Son in Creation, incarnation, and redemption. He inspired the writers of Scripture. He filled Christ's life with power. He draws and convicts human beings; and those who respond He renews and transforms into the image of God. Sent by the Father and the Son to be always with His children, He extends spiritual gifts to the church, empowers it to bear witness to Christ, and in harmony with the Scriptures leads it into all truth. (Gen. 1:1, 2; Luke 1:35; 4:18; Acts 10:38; 2 Peter 1:21; 2 Cor. 3:18; Eph. 4:11, 12; Acts 1:8; John 14:16-18, 26; 15:26, 27; 16:7-13.)

Teaching Tip, Con't

6. **Creation**
   God is Creator of all things, and has revealed in Scripture the authentic account of His creative activity. In six days the Lord made "the heaven and the earth" and all living things upon the earth, and rested on the seventh day of that first week. Thus He established the Sabbath as a perpetual memorial of His completed creative work. The first man and woman were made in the image of God as the crowning work of Creation, given dominion over the world, and charged with responsibility to care for it. When the world was finished it was "very good," declaring the glory of God. (Gen. 1; 2; Ex. 20:8-11; Ps. 19:1-6; 33:6, 9; 104; Heb. 11:3.)

7. **Nature of Man**
   Man and woman were made in the image of God with individuality, the power and freedom to think and to do. Though created free beings, each is an indivisible unity of body, mind, and spirit, dependent upon God for life and breath and all else. When our first parents disobeyed God, they denied their dependence upon Him and fell from their high position under God. The image of God in them was marred and they became subject to death. Their descendants share this fallen nature and its consequences. They are born with weaknesses and tendencies to evil. But God in Christ reconciled the world to Himself and by His Spirit restores in penitent mortals the image of their Maker. Created for the glory of God, they are called to love Him and one another, and to care for their environment. (Gen. 1:26-28; 2:7; Ps. 8:4-8; Acts 17:24-28; Gen. 3; Ps. 51:5; Rom. 5:12-17; 2 Cor. 5:19, 20; Ps. 51:10; 1 John 4:7, 8, 11, 20; Gen. 2:15.)

8. **Great Controversy**
   All humanity is now involved in a great controversy between Christ and Satan regarding the character of God, His law, and His sovereignty over the universe. This conflict originated in heaven when a created being, endowed with freedom of choice, in self-exaltation became Satan, God's adversary, and led into rebellion a portion of the angels. He introduced the spirit of rebellion into this world when he led Adam and Eve into sin. This human sin resulted in the distortion of the image of God in humanity, the disordering of the created world, and its eventual devastation at the time of the worldwide flood. Observed by the whole creation, this world became the arena of the universal conflict, out of which the God of love will ultimately be vindicated. To assist His people in this controversy, Christ sends the Holy Spirit and the loyal angels to guide, protect, and sustain them in the way of salvation. (Rev. 12:4-9; Isa. 14:12-14; Eze. 28:12-18; Gen. 3; Rom. 1:19-32; 5:12-21; 8:19-22; Gen. 6-8; 2 Peter 3:6; 1 Cor. 4:9; Heb. 1:14.)

9. **Life, Death, and Resurrection of Christ**
   In Christ's life of perfect obedience to God's will, His suffering, death, and resurrection, God provided the only means of atonement for human sin, so that those who by faith accept this atonement may have eternal life, and the whole creation may better understand the infinite and holy love of the Creator. This perfect atonement vindicates the righteousness of God's law and the graciousness of His character; for it both condemns our sin and provides for our forgiveness. The death of Christ is substitutionary and expiatory, reconciling and transforming. The resurrection of Christ proclaims God's triumph over the forces of evil, and for those who accept the atonement assures their final victory over sin and death. It declares the Lordship of Jesus Christ, before whom every knee in heaven and on earth will bow. (John 3:16; Isa. 53; 1 Peter 2:21, 22; 1 Cor. 15:3, 4, 20-22; 2 Cor. 5:14, 15, 19-21; Rom. 1:4; 3:25; 4:25; 8:3, 4; 1 John 2:2; 4:10; Col. 2:15; Phil. 2:6-11.)

10. **Experience of Salvation**
    In infinite love and mercy God made Christ, who knew no sin, to be sin for us, so that in Him we might be made the righteousness of God. Led by the Holy Spirit we sense our need, acknowledge our sinfulness, repent of our transgressions, and exercise faith in Jesus as Lord and Christ, as Substitute and Example. This faith which receives salvation comes through the divine power of the Word and is the gift of God's grace. Through Christ we are justified, adopted as God's sons and daughters, and delivered from the lordship of sin. Through the Spirit we are born again and sanctified; the Spirit

the Spirit renews our minds, writes God's law of love in our hearts, and we are given the power to live a holy life. Abiding in Him we become partakers of the divine nature and have the assurance of salvation now and in the judgment. (2 Cor. 5:17-21; John 3:16; Gal. 1:4; 4:4-7; Titus 3:3-7; John 16:8; Gal. 3:13, 14; 1 Peter 2:21, 22; Rom. 10:17; Luke 17:5; Mark 9:23, 24; Eph. 2:5-10; Rom. 3:21-26; Col. 1:13, 14; Rom. 8:14-17; Gal. 3:26; John 3:3-8; 1 Peter 1:23; Rom. 12:2; Heb. 8:7-12; Eze. 36:25-27; 2 Peter 1:3, 4; Rom. 8:1-4; 5:6-10.)

11. **Growing in Christ**
By His death on the cross Jesus triumphed over the forces of evil. He who subjugated the demonic spirits during His earthly ministry has broken their power and made certain their ultimate doom. Jesus' victory gives us victory over the evil forces that still seek to control us, as we walk with Him in peace, joy, and assurance of His love. Now the Holy Spirit dwells within us and empowers us. Continually committed to Jesus as our Saviour and Lord, we are set free from the burden of our past deeds. No longer do we live in the darkness, fear of evil powers, ignorance, and meaninglessness of our former way of life. In this new freedom in Jesus, we are called to grow into the likeness of His character, communing with Him daily in prayer, feeding on His Word, meditating on it and on His providence, singing His praises, gathering together for worship, and participating in the mission of the Church. As we give ourselves in loving service to those around us and in witnessing to His salvation, His constant presence with us through the Spirit transforms every moment and every task into a spiritual experi¬ence. (Ps 1:1, 2; 23:4; 77:11, 12; Col 1:13, 14; 2:6, 14, 15; Luke 10:17-20; Eph 5:19, 20; 6:12-18; 1 Thess 5:23; 2 Peter 2:9; 3:18; 2 Cor. 3:17, 18; Phil 3:7-14; 1 Thess 5:16-18; Matt 20:25-28; John 20:21; Gal 5:22-25; Rom 8:38, 39; 1 John 4:4; Heb 10:25.)

12. **Church**
The church is the community of believers who confess Jesus Christ as Lord and Saviour. In continuity with the people of God in Old Testament times, we are called out from the world; and we join together for worship, for fellowship, for instruction in the Word, for the celebration of the Lord's Supper, for service to all mankind, and for the worldwide proclamation of the gospel. The church derives its authority from Christ, who is the incarnate Word, and from the Scriptures, which are the written Word. The church is God's family; adopted by Him as children, its members live on the basis of the new covenant. The church is the body of Christ, a community of faith of which Christ Himself is the Head. The church is the bride for whom Christ died that He might sanctify and cleanse her. At His return in triumph, He will present her to Himself a glorious church, the faithful of all the ages, the purchase of His blood, not having spot or wrinkle, but holy and without blemish. (Gen. 12:3; Acts 7:38; Eph. 4:11-15; 3:8-11; Matt. 28:19, 20; 16:13-20; 18:18; Eph. 2:19-22; 1:22, 23; 5:23-27; Col. 1:17, 18.)

13. **Remnant and Its Mission**
The universal church is composed of all who truly believe in Christ, but in the last days, a time of widespread apostasy, a remnant has been called out to keep the commandments of God and the faith of Jesus. This remnant announces the arrival of the judgment hour, proclaims salvation through Christ, and heralds the approach of His second advent. This proclamation is symbolized by the three angels of Revelation 14; it coincides with the work of judgment in heaven and results in a work of repentance and reform on earth. Every believer is called to have a personal part in this worldwide witness. (Rev. 12:17; 14:6-12; 18:1-4; 2 Cor. 5:10; Jude 3, 14; 1 Peter 1:16-19; 2 Peter 3:10-14; Rev. 21:1-14.)

14. **Unity in the Body of Christ**
The church is one body with many members, called from every nation, kindred, tongue, and people. In Christ we are a new creation; distinctions of race, culture, learning, and nationality, and differences between high and low, rich and poor, male and female, must not be divisive among us. We are all equal in Christ, who by one Spirit has bonded us into one fellowship with Him and with one another; we are to serve and be served without partiality or reservation. Through the revelation of Jesus Christ in the Scriptures we share the same faith and hope, and reach out in one witness to all. This unity has its source in the oneness of the triune God, who has adopted us as His children. (Rom. 12:4, 5; 1 Cor. 12:12-14; Matt. 28:19, 20; Ps. 133:1; 2 Cor. 5:16, 17; Acts 17:26, 27; Gal. 3:27, 29; Col. 3:10-15; Eph. 4:14-16; 4:1-6; John 17:20-23.)

Teaching Tip, Con't

15. **Baptism**
    By baptism we confess our faith in the death and resurrection of Jesus Christ, and testify of our death to sin and of our purpose to walk in newness of life. Thus we acknowledge Christ as Lord and Saviour, become His people, and are received as members by His church. Baptism is a symbol of our union with Christ, the forgiveness of our sins, and our reception of the Holy Spirit. It is by immersion in water and is contingent on an affirmation of faith in Jesus and evidence of repentance of sin. It follows instruction in the Holy Scriptures and acceptance of their teachings. (Rom. 6:1-6; Col. 2:12, 13; Acts 16:30-33; 22:16; 2:38; Matt. 28:19, 20.)

16. **Lord's Supper**
    The Lord's Supper is a participation in the emblems of the body and blood of Jesus as an expression of faith in Him, our Lord and Saviour. In this experience of communion Christ is present to meet and strengthen His people. As we partake, we joyfully proclaim the Lord's death until He comes again. Preparation for the Supper includes self-examination, repentance, and confession. The Master ordained the service of foot washing to signify renewed cleansing, to express a willingness to serve one another in Christlike humility, and to unite our hearts in love. The communion service is open to all believing Christians. (1 Cor. 10:16, 17; 11:23-30; Matt. 26:17-30; Rev. 3:20; John 6:48-63; 13:1-17.)

17. **Spiritual Gifts and Ministries**
    God bestows upon all members of His church in every age spiritual gifts which each member is to employ in loving ministry for the common good of the church and of humanity. Given by the agency of the Holy Spirit, who apportions to each member as He wills, the gifts provide all abilities and ministries needed by the church to fulfill its divinely ordained functions. According to the Scriptures, these gifts include such ministries as faith, healing, prophecy, proclamation, teaching, administration, reconciliation, compassion, and self-sacrificing service and charity for the help and encouragement of people. Some members are called of God and endowed by the Spirit for functions recognized by the church in pastoral, evangelistic, apostolic, and teaching ministries particularly needed to equip the members for service, to build up the church to spiritual maturity, and to foster unity of the faith and knowledge of God. When members employ these spiritual gifts as faithful stewards of God's varied grace, the church is protected from the destructive influence of false doctrine, grows with a growth that is from God, and is built up in faith and love. (Rom. 12:4-8; 1 Cor. 12:9-11, 27, 28; Eph. 4:8, 11-16; Acts 6:1-7; 1 Tim. 3:1-13; 1 Peter 4:10, 11.)

18. **The Gift of Prophecy**
    One of the gifts of the Holy Spirit is prophecy. This gift is an identifying mark of the remnant church and was manifested in the ministry of Ellen. G. White. As the Lord's messenger, her writings are a continuing and authoritative source of truth which provide for the church comfort, guidance, instruction, and correction. They also make clear that the Bible is the standard by which all teaching and experience must be tested. (Joel 2:28, 29; Acts 2:14-21; Heb. 1:1-3; Rev. 12:17; 19:10.)

19. **Law of God**
    The great principles of God's law are embodied in the Ten Commandments and exemplified in the life of Christ. They express God's love, will, and purposes concerning human conduct and relationships and are binding upon all people in every age. These precepts are the basis of God's covenant with His people and the standard in God's judgment. Through the agency of the Holy Spirit they point out sin and awaken a sense of need for a Saviour. Salvation is all of grace and not of works, but its fruitage is obedience to the Commandments. This obedience develops Christian character and results in a sense of well-being. It is an evidence of our love for the Lord and our concern for our fellow men. The obedience of faith demonstrates the power of Christ to transform lives, and therefore strengthens Christian witness. (Ex. 20:1-17; Ps. 40:7, 8; Matt. 22:36-40; Deut. 28:1-14; Matt. 5:17-20; Heb. 8:8-10; John 15:7-10; Eph. 2:8-10; 1 John 5:3; Rom. 8:3, 4; Ps. 19:7-14.)

Teaching Tip, Con't

20. Sabbath

The beneficent Creator, after the six days of Creation, rested on the seventh day and instituted the Sabbath for all people as a memorial of Creation. The fourth commandment of God's unchangeable law requires the observance of this seventh-day Sabbath as the day of rest, worship, and ministry in harmony with the teaching and practice of Jesus, the Lord of the Sabbath. The Sabbath is a day of delightful communion with God and one another. It is a symbol of our redemption in Christ, a sign of our sanctification, a token of our allegiance, and a foretaste of our eternal future in God's kingdom. The Sabbath is God's perpetual sign of His eternal covenant between Him and His people. Joyful observance of this holy time from evening to evening, sunset to sunset, is a celebration of God's creative and redemptive acts. (Gen. 2:1-3; Ex. 20:8-11; Luke 4:16; Isa. 56:5, 6; 58:13, 14; Matt. 12:1-12; Ex. 31:13-17; Eze. 20:12, 20; Deut. 5:12-15; Heb. 4:1-11; Lev. 23:32; Mark 1:32.)

21. Stewardship

We are God's stewards, entrusted by Him with time and opportunities, abilities and possessions, and the blessings of the earth and its resources. We are responsible to Him for their proper use. We acknowledge God's ownership by faithful service to Him and our fellow men, and by returning tithes and giving offerings for the proclamation of His gospel and the support and growth of His church. Stewardship is a privilege given to us by God for nurture in love and the victory over selfishness and covetousness. The steward rejoices in the blessings that come to others as a result of his faithfulness. (Gen. 1:26-28; 2:15; 1 Chron. 29:14; Haggai 1:3-11; Mal. 3:8-12; 1 Cor. 9:9-14; Matt. 23:23; 2 Cor. 8:1-15; Rom. 15:26, 27.)

22. Christian Behavior

We are called to be a godly people who think, feel, and act in harmony with the principles of heaven. For the Spirit to recreate in us the character of our Lord we involve ourselves only in those things which will produce Christlike purity, health, and joy in our lives. This means that our amusement and entertainment should meet the highest standards of Christian taste and beauty. While recognizing cultural differences, our dress is to be simple, modest, and neat, befitting those whose true beauty does not consist of outward adornment but in the imperishable ornament of a gentle and quiet spirit. It also means that because our bodies are the temples of the Holy Spirit, we are to care for them intelligently. Along with adequate exercise and rest, we are to adopt the most healthful diet possible and abstain from the unclean foods identified in the Scriptures. Since alcoholic beverages, tobacco, and the irresponsible use of drugs and narcotics are harmful to our bodies, we are to abstain from them as well. Instead, we are to engage in whatever brings our thoughts and bodies into the discipline of Christ, who desires our wholesomeness, joy, and goodness. (Rom. 12:1, 2; 1 John 2:6; Eph. 5:1-21; Phil. 4:8; 2 Cor. 10:5; 6:14-7:1; 1 Peter 3:1-4; 1 Cor. 6:19, 20; 10:31; Lev. 11:1-47; 3 John 2.)

23. Marriage and the Family

Marriage was divinely established in Eden and affirmed by Jesus to be a lifelong union between a man and a woman in loving companionship. For the Christian a marriage commitment is to God as well as to the spouse, and should be entered into only between partners who share a common faith. Mutual love, honor, respect, and responsibility are the fabric of this relationship, which is to reflect the love, sanctity, closeness, and permanence of the relationship between Christ and His church. Regarding divorce, Jesus taught that the person who divorces a spouse, except for fornication, and marries another, commits adultery. Although some family relationships may fall short of the ideal, marriage partners who fully commit themselves to each other in Christ may achieve loving unity through the guidance of the Spirit and the nurture of the church. God blesses the family and intends that its members shall assist each other toward complete maturity. Parents are to bring up their children to love and obey the Lord. By their example and their words they are to teach them that Christ is a loving disciplinarian, ever tender and caring, who wants them to become members of His body, the family of God. Increasing family closeness is one of the earmarks of the final gospel message. (Gen. 2:18-25; Matt. 19:3-9; John 2:1-11; 2 Cor. 6:14; Eph. 5:21-33; Matt. 5:31, 32; Mark 10:11, 12; Luke 16:18; 1 Cor. 7:10, 11; Ex. 20:12; Eph. 6:1-4; Deut. 6:5-9; Prov. 22:6; Mal. 4:5, 6.)

24. Christ's Ministry in the Heavenly Sanctuary

There is a sanctuary in heaven, the true tabernacle which the Lord set up and not man. In it Christ ministers on our behalf, making available to believers the benefits of His atoning sacrifice offered once for all on the cross. He was inaugurated as our great High Priest and began His intercessory ministry at the time of His ascension. In 1844, at the end of the prophetic period of 2300 days, He entered the second and last phase of His atoning ministry. It is a work of investigative judgment which is part of the ultimate disposition of all sin, typified by the cleansing of the ancient Hebrew sanctuary on the Day of Atonement. In that typical service the sanctuary was cleansed with the blood of animal sacrifices, but the heavenly things are purified with the perfect sacrifice of the blood of Jesus. The investigative judgment reveals to heavenly intelligences who among the dead are asleep in Christ and therefore, in Him, are deemed worthy to have part in the first resurrection. It also makes manifest who among the living are abiding in Christ, keeping the commandments of God and the faith of Jesus, and in Him, therefore, are ready for translation into His everlasting kingdom. This judgment vindicates the justice of God in saving those who believe in Jesus. It declares that those who have remained loyal to God shall receive the kingdom. The completion of this ministry of Christ will mark the close of human probation before the Second Advent. (Heb. 8:1-5; 4:14-16; 9:11-28; 10:19-22; 1:3; 2:16, 17; Dan. 7:9-27; 8:13, 14; 9:24-27; Num. 14:34; Eze. 4:6; Lev. 16; Rev. 14:6, 7; 20:12; 14:12; 22:12.)

25. Second Coming of Christ

The second coming of Christ is the blessed hope of the church, the grand climax of the gospel. The Saviour's coming will be literal, personal, visible, and worldwide. When He returns, the righteous dead will be resurrected, and together with the righteous living will be glorified and taken to heaven, but the unrighteous will die. The almost complete fulfillment of most lines of prophecy, together with the present condition of the world, indicates that Christ's coming is imminent. The time of that event has not been revealed, and we are therefore exhorted to be ready at all times. (Titus 2:13; Heb. 9:28; John 14:1-3; Acts 1:9-11; Matt. 24:14; Rev. 1:7; Matt. 24:43, 44; 1 Thess. 4:13-18; 1 Cor. 15:51-54; 2 Thess. 1:7-10; 2:8; Rev. 14:14-20; 19:11-21; Matt. 24; Mark 13; Luke 21; 2 Tim. 3:1-5; 1 Thess. 5:1-6.)

26. Death and Resurrection

The wages of sin is death. But God, who alone is immortal, will grant eternal life to His redeemed. Until that day death is an unconscious state for all people. When Christ, who is our life, appears, the resurrected righteous and the living righteous will be glorified and caught up to meet their Lord. The second resurrection, the resurrection of the unrighteous, will take place a thousand years later. (Rom. 6:23; 1 Tim. 6:15, 16; Eccl. 9:5, 6; Ps. 146:3, 4; John 11:11-14; Col. 3:4; 1 Cor. 15:51-54; 1 Thess. 4:13-17; John 5:28, 29; Rev. 20:1-10.)

27. Millennium and the End of Sin

The millennium is the thousand-year reign of Christ with His saints in heaven between the first and second resurrections. During this time the wicked dead will be judged; the earth will be utterly desolate, without living human inhabitants, but occupied by Satan and his angels. At its close Christ with His saints and the Holy City will descend from heaven to earth. The unrighteous dead will then be resurrected, and with Satan and his angels will surround the city; but fire from God will consume them and cleanse the earth. The universe will thus be freed of sin and sinners forever. (Rev. 20; 1 Cor. 6:2, 3; Jer. 4:23-26; Rev. 21:1-5; Mal. 4:1; Eze. 28:18, 19.)

28. New Earth

On the new earth, in which righteousness dwells, God will provide an eternal home for the redeemed and a perfect environment for everlasting life, love, joy, and learning in His presence. For here God Himself will dwell with His people, and suffering and death will have passed away. The great controversy will be ended, and sin will be no more. All things, animate and inanimate, will declare that God is love; and He shall reign forever. Amen. (2 Peter 3:13; Isa. 35; 65:17-25; Matt. 5:5; Rev. 21:1-7; 22:1-5; 11:15.)

Teaching Tip, Con't

Resource

- *What We Believe for Teens* by Seth J. Pierce (Advent*Source* #602665)
- *Seventh-day Adventist Church Manual* (2010 Edition) *(*Advent*Source* #520380)

2. Memorize five Bible texts that support one of the 28 Fundamental Beliefs.

Teaching Tip

Encourage the Pathfinders to complete this requirement using a memorization technique that fits their learning style.

Examples of Memorization Techniques:

- Acronyms
- Acrostics
- Flash cards
- Grouping
- Keywords
- Repetition
- Visualization

Bible texts that support the 28 Fundamental Beliefs

1. **HOLY SCRIPTURES**
   - 2 Peter 1:20, 21
   - 2 Tim. 3:16, 17
   - Ps. 119:105
   - Prov. 30:5, 6
   - Isa. 8:20
2. **TRINITY**
   - Deut. 6:4
   - Matt. 28:19
   - 2 Cor. 13:14
   - Eph. 4:4-6
   - 1 Peter 1:2
3. **FATHER**
   - Gen. 1:1
   - Rev. 4:11
   - 1 Cor. 15:28
   - John 3:16
   - 1 John 4:8
4. **SON**
   - John 1:1-3, 14
   - Col. 1:15-19
   - John 10:30
   - John 14:9
   - Rom. 6:23
5. **HOLY SPIRIT**
   - Gen. 1:1, 2
   - Luke 1:35
   - Luke 4:18
   - Acts 10:38
   - 2 Peter 1:21
6. **CREATION**
   - Gen. 1; 2
   - Ex. 20:8-11
   - Ps. 19:1-6
   - Ps. 33:6, 9; 104
   - Heb. 11:3
7. **NATURE OF MAN**
   - Gen. 1:26-28
   - Ps. 2:7
   - Ps. 8:4-8
   - Acts 17:24-28
   - Gen. 3
8. **GREAT CONTROVERSY**
   - Rev. 12:4-9
   - Isa. 14:12-14
   - Eze. 28:12-18
   - Gen. 3
   - Rom. 1:19-32

Teaching Tip, Con't

9. LIFE, DEATH, AND RESURRECTION OF CHRIST
- John 3:16
- Isa. 53
- 1 Peter 2:21, 22
- 1 Cor. 15:3, 4,
- Rom. 1:4

10. EXPERIENCE OF SALVATION
- 2 Cor. 5:17-21
- John 3:16
- Gal. 1:4
- Titus 3:3-7
- John 16:8

11. GROWING IN CHRIST
- Ps 1:1, 2
- Col 1:13, 14
- Luke 10:17-20
- Eph 5:19, 20
- 1 Thess 5:23

12. CHURCH
- Gen. 12:3
- Acts 7:38
- Eph. 4:11-15
- Matt. 28:19, 20
- Eph. 2:19-22

13. REMNANT AND ITS MISSION
- Rev. 12:17
- 2 Cor. 5:10
- Jude 3, 14
- 1 Peter 1:16-19
- 2 Peter 3:10-14 ; Rev. 21:1-14

14. UNITY IN THE BODY OF CHRIST
- Rom. 12:4, 5
- 1 Cor. 12:12-14
- Matt. 28:19, 20
- Ps. 133:1; 2
- Cor. 5:16, 17

15. BAPTISM
- Rom. 6:1-6
- Col. 2:12, 13
- Acts 16:30-33
- Acts 22:16
- Matt. 28:19, 20

16. LORD'S SUPPER
- 1 Cor. 10:16, 17
- Matt. 26:17-30
- Rev. 3:20
- John 6:48-63
- John 13:1-17

17. SPIRITUAL GIFTS AND MINISTRIES
- Rom. 12:4-8
- 1 Cor. 12:9-11
- Eph. 4:8
- Acts 6:1-7
- 1 Tim. 3:1-13

18. THE GIFT OF PROPHECY
- Joel 2:28, 29
- Acts 2:14-21
- Heb. 1:1-3
- Rev. 12:17
- Rev. 19:10

19. LAW OF GOD
- Ex. 20:1-17
- Ps. 40:7, 8
- Matt. 22:36-40
- Deut. 28:1-14
- Matt. 5:17-20

20. SABBATH
- Gen. 2:1-3
- Ex. 20:8-11
- Luke 4:16
- Isa. 56:5, 6
- Matt. 12:1-12
- Ex. 31:13-17

21. STEWARDSHIP
- Gen. 1:26-28
- 1 Chron. 29:14
- Haggai 1:3-11
- Mal. 3:8-12
- 1 Cor. 9:9-14

22. CHRISTIAN BEHAVIOR
- Rom. 12:1, 2
- 1 John 2:6
- Eph. 5:1-21
- Phil. 4:8; 2
- Cor. 10:5

23. MARRIAGE AND THE FAMILY
- Gen. 2:18-25
- Matt. 19:3-9
- John 2:1-11
- 2 Cor. 6:14
- Eph. 5:21-33

24. CHRIST'S MINISTRY IN THE HEAVENLY SANCTUARY
- Heb. 8:1-5
- Dan. 7:9-27
- Num. 14:34
- Eze. 4:6
- Rev. 14:6, 7

25. SECOND COMING OF CHRIST
- Titus 2:13
- Heb. 9:28
- John 14:1-3
- Acts 1:9-11
- Matt. 24:14

26. DEATH AND RESURRECTION
- Rom. 6:23
- 1 Tim. 6:15, 16
- Eccl. 9:5, 6
- Ps. 146:3, 4
- John 11:11-14

27. MILLENNIUM AND THE END OF SIN
- Rev. 20
- 1 Cor. 6:2, 3
- Jer. 4:23-26
- Rev. 21:1-5
- Mal. 4:1

28. NEW EARTH
- 2 Peter 3:13
- Isa. 65:17-25
- Matt. 5:5
- Rev. 21:1-7
- Rev. 22:1-5

3. Prepare and present a Bible study on one of the 28 Fundamental Beliefs.

Teaching Tip

Invite your Pastor, Elder, or Interest Coordinator to help the Pathfinders with this activity. Have the Pathfinders prepare their Bible study by following the steps listed below:

a. Choose one of the 28 fundamental beliefs to present as a Bible study.

b. Define the objective for the Bible study.

c. Understand the central truth of that fundamental belief.

d. Find 5 -8 Bible verses that support the fundamental belief.

e. Find 3 – 4 other references that explain the biblical principle of the fundamental belief.

f. Formulate 10 questions for the study.

g. Formulate answers for each question.

Resource

- *Hey Youth! Preach the Word*, by James Black (Advent*Source* #625780)
- *Let's Study Together*, by Mark Finley
- *Bible Study Basics*, by Dan Day (Advent*Source* #417771)

4. Read The AY Story (current edition).

Teaching Tip

Resource

- *The AY Story*, by Robert Holbrook (Advent*Source* #602040)

Advanced for Spiritual Discovery

1. **Complete Voyager requirements.**
   The Frontier Voyager requirements may be done simultaneously with the Voyager requirements. However, both the Frontier Voyager and the Voyager requirements must be completed in order to be invested as a Frontier Voyager.

2. **Read/listen to *Thoughts from the Mount of Blessings* or *Christ's Object Lessons*.**

Teaching Tip

Resource
- *Thoughts from the Mount of Blessings* - **http://www.whiteestate.org/books/mb/mb.asp**
- *Christ's Object Lessons* - **http://www.whiteestate.org/books/col/col.asp**

3. **Study and discuss two of the following life issues with your Voyager group and an adult: (See appendix)**
   - **Teen Pregnancy**
   - **Abortion**
   - **AIDS**
   - **Homosexuality**
   - **Pornography**

Teaching Tip

Resource

Teen Pregnancy
- Centers for Disease Control and Prevention: Teen Pregnancy Fact Sheets (http://www.cdc.gov/teenpregnancy/)
- *Love, Sex, and God* (Chapter 9) by Bill Ameiss and Jane Graver

Abortion
- Seventh-Day Adventist Church Official Statements: Abortion (http://www.adventist.org/information/official-statements/guidelines/article/go/0/abortion/en/)

AIDS
- *Love, Sex, and God* (Chapter 3) by Bill Ameiss and Jane Graver
- Center for Disease Control and Prevention: Sexually Transmitted Diseases (STDs) Fact Sheets

Homosexuality
- *Love, Sex, and God* (Chapter 9) by Bill Ameiss and Jane Graver
- Seventh-Day Adventist Church Official Statements: Homosexuality (http://www.adventist.org/information/official-statements/statements/article/go/0/homosexuality/)

Pornography
- *I Want to Talk With my Teen About Additions* (Chapter 4) by Megan Hutchinson
- Seventh-Day Adventist Church Official Statements: Pornography (http://www.adventist.org/information/official-statements/statements/article/go/0/pornography/48/)

Serving Others



Goals for this Track:

- Engage particpants in active service
- Connect participants to the community
- Engage participants in friendship evangelism
- Connect participants to their church

1. Fulfill requirements #1, #2 and #3 of the Identifying Community Needs Honor (See appendix)

Requirement #1:
Jesus understood the needs of his community because he went out and saw their needs. Read Matthew 9:35-38.

Requirement #2:
Select an urban or suburban neighborhood, a small town or a rural region on which to focus in the completion of the requirements for this honor.

Requirement #3:
Compile a file folder of information on the selected community, which could include:

a. A map of the area
b. A demographic profile
c. Public health statistics
d. Economic indicators
e. Housing information
f. Environment and transportation

2. Fulfill requirements #4 of the Identifying Community Needs Honor.

Requirement #4:
With an adult sponsor, take an awareness walk of or drive around a specific part of the selected community with the goal in mind of seeing human needs. List all of the needs you see such as yards and public areas that could be cleaned up, litter that could be picked up, lonely or aged people that could be helped, low-income families with children that could be assisted, etc.

Advanced for Serving Others

1. **Complete Voyager requirements.**
   The Frontier Voyager requirements may be done simultaneously with the Voyager requirements. However, both the Frontier Voyager and the Voyager requirements must be completed in order to be invested as a Frontier Voyager.

2. **Complete the Identifying Community Needs Honor, if not previously earned. (See appendix)**

Making Friends



Goals for this Track:

- Develop a relationship with God that fosters positive friendships, strong moral values, and civic responsibility.

1. Discuss the needs, plan and participate in an activity for physically challenged individuals.

Teaching Tip

Please note that it is expected that the caregiver for the physically challenged individuals be involved in this activity

Resource

- *Disabilities Ministries Handbook*, by NAD Department of Human Relations (Advent*Source* #416495)
- *52 Things to Do On Sabbath*, by Glen Robinson (Review and Herald)

2. Fulfill requirements #3, #5 and #6 of the Stewardship Honor. (See appendix)

Requirements #3:

Learn what is done with the tithe in your local church, your local conference, your union, and the General Conference.

Requirements #5:

Keep a chart on how you spend your time for one weekend and one week day. In this chart make a list of how much time you spend in the following areas:

a. Work for pay
b. Family time
c. Personal devotions
d. Public worship
e. Family worship
f. Fun things
g. Reading
h. Television
i. Meals
j. Sleep
k. Personal needs
l. Class time
m. School study
n. Travel
o. Music lesson
p. Music practice
q. Home chores
r. Shopping

For each of the three days be sure your time adds up to 24 hours. After completing the chart, discuss with your pastor or counselor your responsibility in the stewardship of your time.

Requirements #6:

Do one of the following:

a. If you have an income-producing job or an allowance, make a list of how you spend your money for one month.
b. If you are not in the category above, make a list of how you would spend an income of $50 a month in the following categories:

(1) Clothes
(2) Entertainment
(3) Eating out
(4) Gifts
(5) Personal items (toiletries)
(6) School supplies
(7) Tithe and offerings
(8) Transportation

From your list determine what percentage of your total income is spent on each item. After completing the chart and percentages, discuss with your pastor or counselor the advantages of a budget and how to stay within a budget.

Advanced for Making Friends

1. **Complete Voyager requirements**
   The Frontier Voyager requirements may be done simultaneously with the Voyager requirements. However, both the Frontier Voyager and the Voyager requirements must be completed in order to be invested as a Frontier Voyager.

2. **Complete the Stewardship Honor, if not previously earned. (See appendix)**

Health and Fitness



Goals for this Track:

- Apply health and fitness principles that will benefit the participant for a lifetime.
- Learn and practice safety procedures, first aid and rescue skills.

1. **Earn the Physical Fitness honor, if not previously earned. (See appendix)**

2. **Earn the CPR Honor. (See appendix)**

3. **Complete the Basic Water Safety OR Beginner Swimming Honor, if not previously earned. (See appendix)**

Advanced for Health and Fitness

1. **Complete Voyager requirements.**
   The Frontier Voyager requirements may be done simultaneously with the Voyager requirements. However, both the Frontier Voyager and the Voyager requirements must be completed in order to be invested as a Frontier Voyager.

2. **Participate in a lifestyle fitness program for your age such as.**
   - **a.** President's Challenge Active Lifestyle Program – www.presidentschallenge.org
   - **b.** Live Healthy Bermuda Kids – http://www.livehealthybermuda.org
   - **c.** Or similar program

Nature Study



Goals for this Track:

- Develop an understanding of God, the Creator of all things, through the study and observation of His Creation.

1. a. Read a book or at least four articles on Intelligent Design in nature.

Teaching Tip

Books on Intelligent Design:

i. *Built to Last: Creation and Evolution: A thoughtful look at the evidence that a Master Designer created our planet* by Dwight Nelson (Pacific Press Publishing Assn)

ii. *Intelligent Design vs. Evolution* by Ray Comfort (Bridge-Logos Publishing)

iii. *Darwin's Black Box: The Biochemical Challenge to Evolution* by Michael J. Behe (Free Press; 2nd edition)

Articles on Intelligent Design:

i. "Expert Witness Sees Evidence in Nature for Intelligent Design" http://www.nytimes.com/2005/10/18/national/18evolution.html?_r=0

ii. "Intelligent Design and /or Scientific Creationism" by Henry Morris, Ph.D. http://www.icr.org/article/intelligent-design-or-scientific-creationism/

iii. "Defending Intelligent Design" by NOVA http://www.pbs.org/wgbh/nova/evolution/defense-intelligent-design.html

iv. "The Intelligent Design Movement: Does the identity of the Creator really matter?" by Dr. Georgia Purdom https://answersingenesis.org/intelligent-design/the-intelligent-design-movement/

b. Do one of the following:

- **Review the story of Nicodemus and relate it to the lifecycle of the butterfly.**

Teaching Tip

The Story of Nicodemus as found in John 3:1-21

When Jesus met with Nicodemus…He presented for our consideration a truth that has been very difficult to imagine—the fact that accepting Jesus as our personal Saviour is like being reborn. Nicodemus asked the right question for one who hasn't yet accepted Jesus: "How can a person be born a second time when they have already been born?" Of course, Jesus was not talking about physical birth. He wanted Nicodemus, and mankind, to understand that becoming a Christian begins a life-long process; actually it is a process that will last forever—that of becoming more and more like Jesus in every way. There are several illustrations in the natural world that make this difficult concept easier to understand.

The transformation of a caterpillar into a butterfly might be the very best illustration in all of nature about the transformation of the sinner into a Christian. Other illustrations are the development of a seed into a full-grown plant, and the growth of an animal from conception and embryo to full adult. No matter which illustration you choose to use to make the point, it is important to relate to the concept of inheritance. Much of what each of us has been determined by the genes that we receive from our parents. Since we are born into a sinful world and have inherited all of the inclinations and weaknesses that sin has brought upon the world, we have little hope in and of ourselves of ever attaining the qualities that will make us ready for heaven.

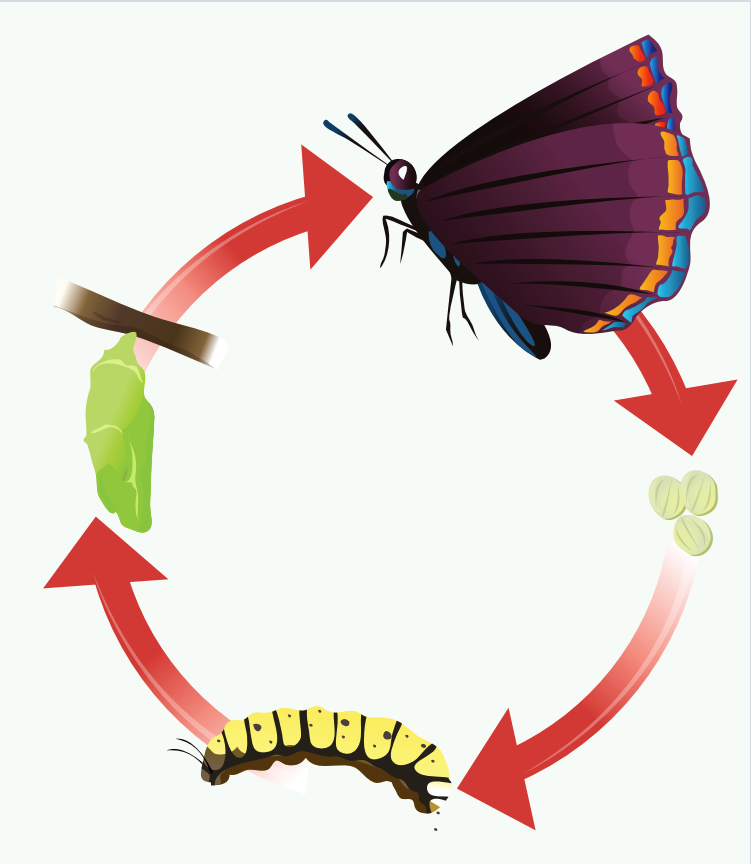
Jesus has promised to actually re-create us—to create us anew; to renew our minds. Jesus will work all manners of miracles within our being if we simply ask Him to and then cooperate with Him as He brings it about. Changes automatically occur in the caterpillar, but the caterpillar does have to eat in order to grow, and it has to grow in order to fulfill the cycle that eventually brings it to the butterfly state. The caterpillar has inherited all of the characteristics and instructions to become a butterfly; it simply follows the programmed directions and becomes a butterfly. We are born without the natural directions to become citizens of heaven. We must be born again so that we can inherit a new set of genes—a new set of directions for development into mature Christians. And when we have been born again in this manner—and Jesus is living within us—it is as natural for us to develop Christ-like characters as it is for the caterpillar to develop wings and fly away as a butterfly. (Source: *AY Instructor's Manual*, pgs 539, 540)

Resource

- Biblegateway.com

- **Draw a lifecycle chart of the caterpillar giving the spiritual significance**

Teaching Tip



Jesus has promised to actually re-create us—to create us anew; to renew our minds. Jesus will work all manners of miracles within our being if we simply ask Him to and then cooperate with Him as He brings it about. Changes automatically occur in the caterpillar, but the caterpillar does have to eat in order to grow, and it has to grow in order to fulfill the cycle that eventually brings it to the butterfly state. The caterpillar has inherited all of the characteristics and instructions to become a butterfly; it simply follows the programmed directions and becomes a butterfly. We are born without the natural directions to become citizens of heaven. We must be born again so that we can inherit a new set of genes—a new set of directions for development into mature Christians. And when we have been born again in this manner—and Jesus is living within us—it is as natural for us to develop Christ-like characters as it is for the caterpillar to develop wings and fly away as a butterfly. (Source: AY *Instructor's Manual*, pgs 539, 540)

- **Watch a video relating to Intelligent Design and discuss its spiritual significance**

Teaching Tip

i. How Great is God directed by Six Step Records
ii. Unlocking the Mystery of Life directed by Lad Allen
iii. The Case for a Creator directed by Lad Allen

2. House Plants/Moths & Butterflies (See appendix)

Raise a plant using hydroponic principles. OR draw, collect, or photograph 10 species of butterflies, and identity correctly.

Teaching Tip

The purpose of this requirement is to illustrate from nature the transformation from sinner to Christian

Teaching Tip

Raise a plant using hydroponic principles

Home Hydroponics

Hydroponics is a method of growing plants in any form of substrate or aggregate that does not include soil. This method allows for closer planting than conventional gardens permit because the roots of hydroponically fed plants do not need to spread and compete for nourishment and moisture.

Growth Requirements

Whether a plant is grown in soil or a soilless medium, there are many factors affecting plant growth and productivity. All plants require nutrients, water, light, and air to grow. A plant grown in soil obtains nutrients and water from the soil, when available. With hydroponics, because water and nutrients are always available, the plant is never stressed. Sunlight and air are readily available in an outdoor hydroponic system. However, for an indoor system, one must provide an adequate light source and good air circulation. Metal halide lamps, sodium vapor lamps, gro-lights, or fluorescent lights used in conjunction with incandescent light bulbs provide adequate light. Plant roots must have oxygen available to keep them alive. Healthy roots (which are white in color) are responsible for the uptake of all nutrients for the plant. If the roots die, it is impossible for the plant to survive, even if the plant growth requirements are met. Air circulation around leaves is important since it mixes the air and allows the plant to draw out the carbon dioxide necessary to carry on photosynthesis. Air circulation also helps prevent fungal diseases caused by moist, stagnant conditions. Indoor units often have a small fan to circulate the surrounding air.

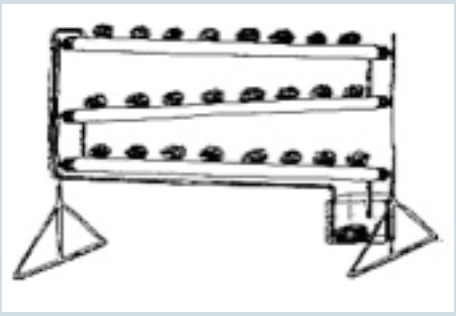
Nutrient Solution

The nutrient solution is the most important factor in the success or failure of a hydroponic system. Most fertilizers commonly available in garden centers do not contain all of the 13 elements necessary for plant growth because the growing media usually provides many of them. Hydroponic plants receive nutrients from a different source; so it is necessary to use a fertilizer formulated for hydroponic systems. Hydroponic fertilizers are available from many mail order companies and a few specialty garden centers. It is important to follow the dilution rate recommended on the label and to test the solution to be sure that the pH is between 5 and 6. Simple pH test kits and pH modifiers are available wherever fish supplies are sold.

Depending on the stage of plant development, some elements in the nutrient solution will be depleted more quickly than others. Because of this, it is important to change the nutrient solution every two weeks. The old solution can be used to water other houseplants or outdoor plants. Also, make sure that the nutrient solution is kept at the original volume. As water evaporates from the nutrient solution, the fertilizer becomes more concentrated and can burn plant roots. Add water only and not more fertilizer to raise the nutrient solution back to its original volume.

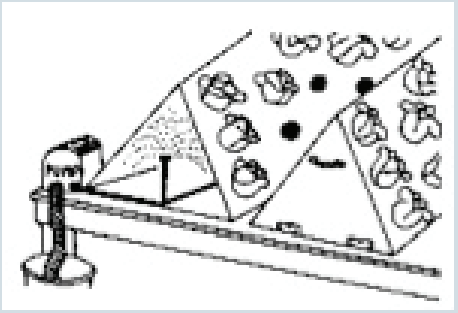
Types of Systems

Water Culture Systems



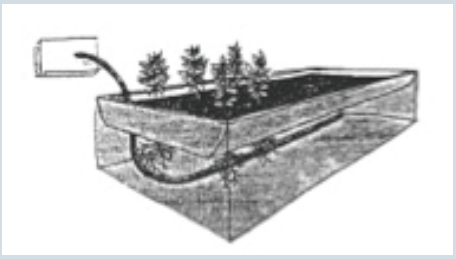
Water culture systems include the nutrient film technique, aeroponics, and the aeration method. The nutrient film technique (Figure 1) uses a plastic trough or tube as the container through which a constant, thin film of nutrient solution flows. Plants are suspended through holes in the top of the trough. The trough is gently sloped so gravity pulls the solution back to the nutrient reservoir. There are many variations of this system, making it the most popular for the home gardener.

Fig. 1: Nutrient Film Technique



Aeroponics (Figure 2) is the growing of plants in a container in which the roots are suspended in a nutrient mist rather than in a solution. The most popular container for aeroponics is an enclosed A-frame constructed of styrofoam boards. The plants are placed in holes along the sloped sides of the frame. The nutrient mist is delivered to the roots by a vaporizer or by special attachments available with drip irrigation kits. The mist clings to the roots. Any excess runs down the inside of the frame, is collected at the bottom, and is recycled back to the nutrient reservoir.

Fig. 2: Aeroponics



The aeration method (Figure 3), one of the first systems to be developed, uses an aquarium air pump to bubble oxygen to the roots of plants immersed in the nutrient solution. Plants are suspended 1 inch above the solution by a 2-inch-deep mesh tray that is set into the container by placing the lip of the tray over the container's edge. A layer of inert material, such as gravel, clay pebbles, or vermiculite, is placed in the tray to provide stability for the plants while allowing the roots to grow down into the nutrient solution.

Fig. 3: Aeration Method

Aggregate Systems

Aggregate systems use some form of inert material to support and surround plant roots. The most common materials used are rockwool, clay pebbles, gravel, perlite, vermiculite, sand, or foam chips. The media provides plant support, allows good oxygen penetration to the roots, yet retains a thin layer of nutrients and water around the roots. One of the most common systems using an aggregate media is the flood and drain method (Figure 4). A water-holding container, such as a plastic dish pan, is filled with the aggregate and plants. The container is flooded periodically with the nutrient solution. The solution is drained back into the nutrient reservoir by opening a valve at the bottom of the container. During each cycle, the roots should be submerged in the solution for no more than 20 to 30 minutes.

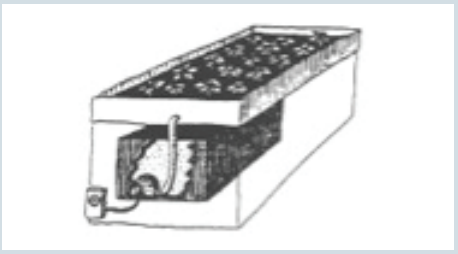
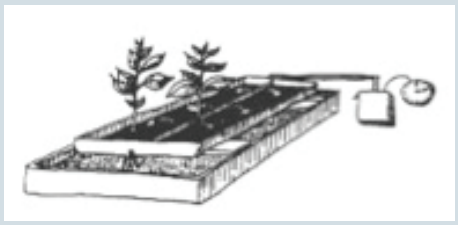
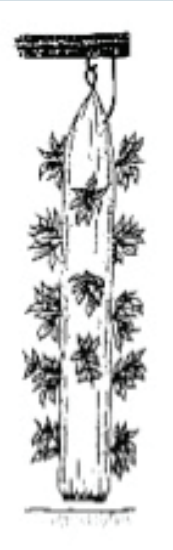


Fig. 4: Flood and Drain Method



Another common aggregate system is the trickle feed method (Figure 5). The nutrient solution is continuously pumped from the reservoir through a 1/2-inch irrigation tube that branches into a number of 1/8-inch tubes. These smaller tubes deliver the solution to the containers. Any excess solution is collected at the base of each container and returned to the nutrient reservoir.

Fig. 5: Trickle Feed Method



A modification of the trickle feed method is called tube culture (Figure 6). A 4- to 6-inch plastic tube or bag is filled with a lightweight aggregate. Holes are made on all sides of the container for the plants. The tube is hung vertically, and an irrigation tube is positioned at the top of the container. The nutrient solution seeps through the container and may or may not be recycled when it reaches the bottom.

Fig. 6: Tube Culture

Summary

Several developments in the past few years have made hydroponic gardening easier for the home gardener. Newer systems are simpler to set up and operate. An increase in suppliers of hydroponic products means equipment and special fertilizers are more easily obtained by the home gardener. The use of lightweight plastics in the newer system makes hydroponics less expensive and a better investment than older systems that used heavy, concrete benches.

Note: Hydroponic systems have operating expenses greater than ordinary gardens, so the demands on your time and the considerable expense may argue against this method.

(Sources: AY Instructor's Manual, pg 542, 543 and Home Hydroponics by Ruth Sorenson, Extension Technician, and Diane Relf, Extension Specialist, Horticulture, Virginia Tech/Virginia Cooperative Extension: Materials for public use, re-print or citation without further permission)

Draw, collect, or photograph 10 species of butterflies, and identify correctly.

Teaching Tip

This would be an ideal field trip activity. Visit a butterfly garden and have the Pathfinders photograph or draw pictures of the butterflies they learned about.

Resource

- www.gardenswithwings.com/identify-butterflies.html
- http://www.enature.com/fieldguides/intermediate.asp?curGroupID=2

Advanced for Nature Study

1. **Complete Voyager requirements.**
   The Frontier Voyager requirements may be done simultaneously with the Voyager requirements. However, both the Frontier Voyager and the Voyager requirements must be completed in order to be invested as a Frontier Voyager.

2. **Edible Wild Plants/Environmental Conservation:** Identify, prepare and eat 10 varieties of edible wild plants. **OR** investigate and write a report on a small stream. **(See appendix)**

Teaching Tip

The purpose of this requirement is to sharpen the Pathfinders awareness of their surroundings while in the wild and to develop a healthy perspective and understanding of our relationship to our environment

3. **Complete a nature honor, not previously earn. (Skill level 2 or 3)**

- Animal Tracking, Advanced
- Cats, Advanced
- Dog Care and Training
- Ecology
- Edible Wild Plants
- Environmental Conservation
- Ferns
- Fishes
- Fossils
- Fungi
- Geology, Advanced
- House Plants
- Insects, Advanced
- Livestock
- Mammals, Advanced
- Marine Invertebrates
- Marine Mammals
- Microscopic Life
- Moths and Butterflies
- Poultry
- Rocks and Minerals
- Seeds, Advanced
- Shells
- Small Mammal Pets
- Spiders
- Stars
- Weather, Advanced
- Bats, Advanced
- Endangered Species
- Worms, Advanced
- Amphibians, Advanced
- Birds, Advanced
- Cacti, Advanced
- Ecology, Advanced
- Flowers, Advanced
- Grasses
- Lichens, Liverworts, and Mosses
- Maple Sugar, Advanced
- Marine Algae
- Reptiles, Advanced
- Rocks and Minerals, Advanced
- Shells, Advanced
- Stars, Advanced
- Trees, Advanced

Teaching Tip

Resource

- *Honors Handbook*, by NAD Pathfinder Ministries (Advent*Source* #001167)
- www.pathfindersonline.org

Outdoor Living



Goals for this Track:

- Develop the skills needed for maximum enjoyment of the outdoors.
- Build self-confidence through outdoor experiences.
- Develop team building skills.

1. **Earn the Fire Building & Camp Cookery Honor. (See appendix)**

Advanced for Outdoor Living

1. **Complete Voyager requirements.**
   The Frontier Voyager requirements may be done simultaneously with the Voyager requirements. However, both the Frontier Voyager and the Voyager requirements must be completed in order to be invested as a Frontier Voyager.

2. **Complete one of the following honors.**
   - **Orienteering**
   - **Backpacking**
   - **Hiking**
   - **Camp Craft**
   - **Winter Camping**

Teaching Tip

Resource

- *Honors Handbook*, by NAD Pathfinder Ministries (Advent*Source* #001167)
- www.pathfindersonline.org

Honor Enrichment — Advanced Level Only



Goals for this Track:

- Learn new skills.
- Participate in or study content areas new to them.

1. Complete one honor at your skill level, not previously earned, in the area of Arts & Crafts or Household Arts. (Skill level 2 or 3).

Arts & Crafts (Skill level 2):

- Basketry
- Block Printing
- Braiding, Advanced
- Cake Decorating
- Ceramics
- Counted Cross-Stitch
- Crocheting
- Currency (Coins)
- Digital Photography
- Drawing
- Flower Arrangement
- Genealogy
- Knitting
- Lapidary
- Leather Craft, Advanced
- Lettering and Poster Making
- Metal Craft
- Model Boat
- Model Railroading
- Model Rocketry, Advanced
- Music
- Needle Craft
- Painting
- Paper Quilling, Advanced
- Photography
- Pinewood Derby, Advanced
- Plastic Canvas, Advanced
- Plastics
- Pottery
- Scrapbooking, Advanced
- Sculpturing
- Soap Craft, Advanced
- Stamps
- Textile Painting
- Wood Carving
- Wood Handicraft
- Whistle, Advanced

Arts & Crafts (Skill level 3):

- Crocheting, Advanced
- Currency (Coins), Advanced
- Knitting, Advanced
- Copper Enameling, Advanced

Household Arts (Skill level 2 & 3):

- Cooking, Advanced
- Dressmaking, Advanced
- Food - Canning
- Food - Drying
- Food - Freezing
- Housekeeping
- Quilting
- Nutrition, Advanced
- Tailoring

2. Complete one honor at your skill level, not previously earned, in the area of Recreational, Vocational, or Outdoor Industries. (Skill level 2 or 3)

Recreation (Skill levels 2 & 3):

- Archery, Advanced
- Backpacking
- Camping Skills III
- Camping Skill IV
- Canoeing
- Caving
- Cycling, Advanced
- Horsemanship, Advanced
- Knot Tying
- Lifesaving
- Navigation
- Orienteering
- Physical Fitness
- Pioneering
- Rock Climbing
- Rowing
- Sailing
- Skiing, Downhill
- Skin Diving
- Springboard Diving
- Swimming
- Swimming, Intermediate
- Tumbling & Balancing
- Tumbling & Balancing, Advanced
- Water Skiing
- Water Skiing, Advanced
- Wilderness Living
- Wind Surfing
- Winter Camping
- Swimming, Advanced
- Skiing, Cross-Country
- Letter Boxing, Advanced
- Drumming and Percussion
- Mountain Biking
- Power Boating
- Geochaching, Advanced
- Caving, Advanced
- Lifesaving, Advanced
- Outdooor Leadership
- Outdooor Leadership, Advanced
- Rock Climbing, Advanced
- Scuba Diving
- Scuba Diving, Advanced
- Wilderness Leadership, Advanced
- Drumming and Percussion, Advanced

Vocational (Skill levels 2 & 3):

- Automobile Mechanics
- Bible Evangelism
- Bookkeeping
- Carpentry
- Christian Sales Principles
- Communications
- Computer, Advanced
- Journalism
- Printing
- Radio
- Radio, Advanced
- Radio Electronics
- Small Engines
- Teaching
- Typewriting
- Woodworking
- Internet
- Accounting
- Automobile Mechanics, Advanced
- Barbering/Hairstyling
- Bookbinding
- Communications, Advanced
- House Painting - Exterior
- House Painting - Interior
- Internet, Advanced
- Masonry
- Paperhanging
- Plumbing
- Shoe Repair
- Shorthand
- Welding

Outdoor Industries (Skill level 2):

- Agriculture
- Beekeeping
- Cattle Husbandry
- Dairying
- Fruit Growing
- Goat Husbandry
- Pigeon Raising
- Small Fruit Growing

Teaching Tip

Resource

- *Honors Handbook*, by NAD Pathfinder Ministries (Advent*Source* #001167)
- www.pathfindersonline.org

Weekly Devotional Guide (Weeks 1- 26)

Week 1
WHO AM I?
- Psalm 139:13-16
- John 14:12-31
- John 15:1-17
- Song of Solomon 7
- Deuteronomy 32:9
- Jeremiah 2:21
- Psalm 18:33-36
- Psalm 62:1, 2

Week 2
I FEEL LOUSY
- Psalm 42:6
- Isaiah 26:3
- v 55:22
- Psalm 46
- Matthew 6:25-34
- Psalm 22:24
- John 14:27

Week 3
REBELLION
- Psalm 141
- Psalm 130
- Proverbs 12
- Proverbs 15
- Matthew 18
- Ephesians 5:15, 16
- Galatians 5:13-14

Week 4
TEMPTATION
- Luke 10
- 1 Peter 5
- Ephesians 6:10-20
- Micah 7
- 2 Corinthians 4:18
- Ephesians 6:11, 12
- Romans 12:2

Week 5
WHAT ABOUT ME?
- Colossians 2:8-23
- 1 Corinthians 1:20-31
- Jeremiah 9:23, 24
- Philippians 3:1-6
- Romans 7:21-25
- Luke 2:52
- 1 Thess. 5:16-18

Week 6
COURAGE
- 2 Corinthians 12:1-10
- Romans 8:38, 39
- Acts 28:15
- 1 Peter 2:21
- Colossians 3:1-3
- Galatians 5:17
- Matthew 13:21, 22

Week 7
STANDARDS
- Romans 13
- 1 Timothy 6
- Matthew 5:13-20
- Philippians 4
- Jeremiah 1
- Jeremiah 29:11
- Luke 12:15

Week 8
HOPE
- Psalm 94:12-19
- Psalm 95
- 1 Kings 3
- Psalm 63
- Psalm 59
- James 1:2-4
- 1 Samuel 17:31-47

Week 9
BEING IN CHARGE
- Proverbs 16:7
- Galatians 5:23
- Revelation 1-5
- Song of Solomon 8:7
- Romans 12:1
- 2 Peter 1:5-8
- Psalm 28:7

Week 10
BEING ALONE
- Joshua 1:1-9
- Joshua 21
- Zephaniah 3:14-20
- Psalm 111
- Luke 12:22, 23
- Psalm 46:10
- Psalm 131:2

Week 11
SIN
- Romans 3
- Romans 6
- Psalm 25
- Isaiah 43-44
- Isaiah 1
- Isaiah 43
- Micah 7
- Romans 3:10-18
- Isaiah 42-44

Week 12
LOVE
- Philippians 2
- Psalm 136
- Psalm 100
- Ephesians 5
- 1 Corinthians 13
- John 21:15-19
- Galatians 5:22-25

Week 13
TRY AGAIN
- Zechariah 4:6
- Isaiah 40:12-13
- Haggai 2:5
- 1 Samuel 17:47
- James 1:13-15
- 1 Samuel 16:7
- 1 Peter 1:5-8

Week 14
BEING AFRAID
- Matthew 14:3-33
- Psalm 81
- Isaiah 26:1-15
- Isaiah 30:1-18
- Isaiah 32
- Matthew 11:28
- Joshua 1:9

Week 15
CHARACTER
- Matthew 5:1-12
- Proverbs 16:18
- Luke 12
- 1 Corinthians 10
- Romans 6:12-19
- Colossians 3:12-15
- 2 Chronicles 7:14

Week 16
JOY
- Isaiah 9:2-10:19
- Isaiah 49
- Psalm 28
- Hebrews 3:17-19
- Nehemiah 8:10
- Job 6:10
- John 15:11

Week 17
ADVENTURE
- Psalm 37
- 1 John 1
- 1 Thessalonians 1-3
- Psalm 51
- James 1:22, 23
- Revelation 3:15, 16
- Matthew 14:25-33

Week 18
BEING HAPPY
- Philippians 1
- Malachi 1
- Psalm 1
- Ezekiel 15
- Matthew 5:10
- Luke 12:22-31
- Romans 15:1-6
- 2 Timothy 4:9-18

Week 19
PROMISES
- Psalm 118
- Daniel 7-9
- Deuteronomy 31
- Psalm 23
- Romans 8:38, 39
- 2 Corinthians 12:9, 10
- Psalm 37:1-9

Week 20
FAITHFULNESS
- Esther 1-9

Week 21
BEING A CHRISTIAN
- Ephesians 4
- Matthew 10
- Proverbs 25
- Micah 6
- Proverbs 14
- Galatians 6:1-8
- Matthew 25:31-46

Week 22
THINKING ABOUT GOD
- Psalm 103
- Lamentations 3
- Job 40-42
- Matthew 10:29-31
- Psalm 111:4
- Psalm 103:13
- 1 Timothy 4:7

Week 23
MAKING DECISIONS
- Luke 14
- Matthew 4
- Mark 8
- Matthew 16
- 2 Corinthians 7:1
- 1 Peter 1:13-16
- 1 Thessalonians 4:3-8

Week 24
BEING AN EXAMPLE
- Mark 10:32-45
- Acts 10
- Galatians 6:1-8
- Luke 23
- 1 John 2
- 2 Peter 1-3
- Galatians 6:1-8
- Hebrews 12:14

Week 25
LIFE WITH GOD
- Hebrews 12
- John 3
- Revelation 21
- Leviticus 19
- 1 Peter 1
- Proverbs 16:17
- Titus 2:11-14
- Hebrews 5:12-14

Week 26
OBEDIENCE
- Romans 12
- Matthew 6:1-25
- Isaiah 14:14-32
- Jonah 1-4

Oh, We Are the Pathfinders Strong

Soy Conquistador Fuerte y Fiel

Nous Sommes les Explorateurs

H. T. B. Henry T. Bergh



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Abortion

Real Life, Part One

Joel is a college senior. He likes sports and music, and he enjoys spending time with his friends. He's a business major, planning to go on to grad school for an MBA, though he knows he'll have to work hard to make the money. Joel's mom is a single parent, and money has always been scarce. Joel's mom is just thirty-seven. She can't believe she has a son ready to graduate from college. When she was fifteen, she got pregnant. She was going to get an abortion, but a friend talked her out of it at the last minute. Raising Joel alone has been difficult sometimes, but she's proud of her son. A few years ago, she told him the story of how he was born. Joel's grateful to his mom for giving him a chance to live. Joel calls himself an "abortion survivor."

Sara is twenty-one. Friends think of her as a pleasant, successful college student, but she's a little quiet and reserved. She doesn't have a boyfriend and doesn't seem interested in dating. None of her friends knows that when Sara was sixteen, she got pregnant and had an abortion. She was desperate, and it seemed like the only way out. Five years later, she still thinks about the baby she might have had. She can't imagine being a single mother at her age, and she's relieved the she's been able to get on with her life. But she still wonders about that child and still feels guilty about ending its life. She's not ready to be close or intimate with anyone else again-—not only because she's afraid of getting pregnant, but because she doesn't want to let anyone into her private, painful world. In a different way, Sara, too, is a survivor of abortion.

What's the Problem?

Few issues are more emotionally intense than the issue of abortion. For a woman who chooses to have an abortion, the decision is almost always a difficult one. The woman who makes this choice is facing an unwanted pregnancy; she may have little family support; she is often troubled about whether her choice is morally right or not. An abortion is a traumatic event.

The question of abortion raises hot debates and high emotions whenever it's brought up—maybe even in your church, school, or community.

- Worldwide, about 46 million are performed annually, with about 78% of these being in developing countries.[1] (www.abortiontv.com)
- In the United States, about 1.3 million abortions are performed each year.[2]
- About 2.3 million abortions are performed each year in Indonesia.[3]
- About 1.5 million abortions are performed each year in Brazil.[4]
- About 5 million abortions occur each year in Africa.[5]
- About 7.7 million abortions occur each year in Europe.[6]
- Romania, Cuba, and Vietnam have the highest reported rates of abortion in the world.[7]

What You Need to Know

Abortion has always been part of human society. Before modern times and modern medicine, women who were faced with an unwanted pregnancy often used drugs or other means to try to bring on a miscarriage--a self-induced abortion. In the United States, the rate of abortions has risen since abortion became legal in 1973, but worldwide, women continue to seek abortions whether they're legal or not. Of those 46 million abortions performed each year, about 26 million are legal; the other 20 million occur in places where abortion is against the law.

The vast majority of abortions are performed because a woman is faced with a pregnancy she does not want. She may feel she is too young or too poor to raise a child. Her parents, husband or boyfriend may have pressured her into having an abortion. Or she may already have more children than she can cope with and feels unable to raise another. In some cases, abortion is performed because the mother is the victim of a rape or incest, or the unborn baby is known to be severely deformed. These cases, however, represent a very small proportion of all abortions.

What the Bible Says

The Bible does not directly address the issue of abortion at all. However, Christians who are pro-life point to many Bible texts which show that God places great value on all human life, even the life of the unborn.

> *For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. My frame was not hidden from you when I was made in the secret place. When I was woven together in the depths of the earth, your eyes saw my unformed body. All the days ordained for me were written in your book before one of them came to be* (Psalm 139:13-16 NIV).

God showed that He had plans for some of His people, such as Samson, John the Baptist, and Jesus Himself, before they were ever born. Knowing this, it's hard to believe that the unborn child is a "non-person," an insignificant piece of human tissue. God's Word supports the idea that human beings are precious and valuable to God even before they are born.

What the Church Says

Seventh-day Adventists have traditionally not been as outspoken as other conservative Christians in supporting the pro-life position. Our church does, however, teach that "prenatal life must not be thoughtlessly destroyed. Abortion should be performed only for the most serious reasons." These reasons include:

- a threat to the pregnant woman's life
- serious danger to the woman's health
- severe defects diagnosed in the unborn child
- a pregnancy resulting from rape or incest

Our church does not condone abortions for reasons of

- birth control (getting rid of an unwanted accidental pregnancy)
- gender selection (aborting a baby because you wanted a boy instead of a girl)
- convenience (it's simply the easiest way out of the situation)[8]

However, Seventh-day Adventists have a great respect for the personal freedom of individuals. We recognize that it's wrong to either force a woman to have a child or to force a woman to have an abortion. Either one would be a threat to her personal freedom. This is why Seventh-day Adventists, as a denomination, have traditionally not been involved in calls to make abortion illegal. Individual Seventh-day Adventists can, of course, study the pro-life/pro-choice arguments for themselves and become involved in the issue according to their own conscience. But both the Bible and our church make it clear that human life, including prenatal human life, is something that God places great value on. That is why we do not advise women to have abortions for any but the most serious reasons.

What the World Says

Abortion is a "hot" issue for people around the world, including Christians. Many conservative Christians believe that abortion is murder--the murder of an unborn baby. Many churches and Christian groups work very hard to discourage women from having abortions and encourage governments to make (or keep) abortion illegal. People who hold these views are usually called "pro-life" and can often be seen on the news, protesting and picketing abortion clinics.

On the other hand, many people, including some Christians, believe that a woman has the right to choose an abortion if she believes that is the best option for her. These people, who believe abortion should be legal, are usually called "pro-choice."

As we've just seen, our church does not tell its members whether they should be "pro-life" or "pro-choice" in the debate on abortion. This debate generally centers around whether or not abortion should be legal in your country. If you want to make an informed decision on this issue, think about some of the questions below.

- When do I believe life begins: at conception, at birth, or at the point were a fetus could live outside the womb if it were born?
- Which is more important—a woman's right to make decisions about her own body, or the right of the fetus to live? What can we do when these rights conflict with each other?
- If the government outlaws abortion, is it interfering in people's right to make moral decisions?

What Can I Do?

As you consider the issues around abortion and decide what your view is, be aware that both pro-life and pro-choice forces agree that the best solution to the abortion problem is prevention. If there were no unwanted pregnancies, there would be no abortions. Some people will tell you that birth control is the best way to prevent unwanted pregnancies. In fact, every birth-control method has some rate of failure—except abstinence. God's plan is for both men and women to wait until they're married before having sex—and part of the reason for that is so babies will be born into committed families that are ready to care for them. Yes, having sex with protection is safer than having sex with no protection. But the best plan is God's plan—a lifelong committment to a family you can love and care for.

It's My Problem!

So far, we've been talking about abortion as an abstract, political and moral issue--something you might debate in a high-school or college classroom. But what if the issue is real and personal for you? What if you are faced with an unplanned pregnancy? Or what if a good friend is pregnant and comes to you for advice? How do you know what to choose?

We've seen the biblical evidence: the unborn human life is valuable to God. Unless you're in one of those rare situations where your life or your child's life would be seriously endangered by continuing the pregnancy, abortion is not the biblical choice for you. Let's look at some better choices. (These three options are outlined in greater detail in the *Teen Pregnancy* brochure, which is part of this series).

1. *Single Parenting*

   In many cultures, raising a child alone is becoming a more-and-more acceptable option. However, there is still a price to pay for choosing to raise your child alone--statistically, your family is more likely to live in poverty, and your children may face social and emotional difficulties. Also, the task of raising a child alone is tremendously difficult and exhausting for the parent who chooses to do so.

   Still, this may be a good choice for you, if you have a strong network of family and community support to back you up. Be sure to seek counselling from your pastor, your doctor, or a professional counsellor if you choose the challenging task of being a single parent.

2. *Marriage*

   It's usually not a good idea to rush into marriage just because a baby has been conceived. A stable, two-parent home is the best place to raise a child, but a hasty, poorly planned marriage will not create a stable home. However, if you are in a serious, committed relationship and have made the mistake of becoming sexually involved before you were ready to get married, you may want to think about marriage, now that a baby is on the way.

   If marriage seems like it may be an option in your case, counsel carefully with your pastor and perhaps with a professional counsellor. An unplanned pregnancy is not the ideal start to a marriage, but with God's guidance and blessing, you can grow a strong Christian home.

3. *Adoption*

   Adoption, once a common choice for a mother whose baby was born out of wedlock, has now become much less frequent. As single parenting is more accepted in society, fewer mothers want to lose all contact with their children. But there are still thousands of loving, caring Christian couples wanting to adopt children--often because they are unable to have their own children. If you choose to have your child adopted, he or she has a better chance of being raised in a stable environment with parents who can support him or her financially, emotionally and spiritually.

If adoption seems like an attractive prospect to you, discuss the option carefully with your partner, your own family, your pastor and your doctor. If you are interested in finding a Seventh-day Adventist home for your child, contact:

ADVENTIST ADOPTION AND FAMILY SERVICES
6040 SE Belmont Street Portland, Oregon
97215 USA
Phone (503) 232-1211 Fax (503) 232-4756 E-mail: adventistadoption@msn.com
Website: www.adventistadoption.com

Even if you're facing an unwanted pregnancy and struggling with whether or not to have an abortion, remember that God hasn't abandoned you. He still loves and cares about you deeply. He will not leave you to make this important decision alone, nor will He abandon you to deal with the consequences. Look for support from loving, nonjudgmental Christian family and friends also. God brings caring people into our lives to help us through our difficulties.

What if you've already had an abortion? While some young women are able to continue on as if nothing had happened after an abortion, many are tormented by guilt and regret and feel that they have committed an unpardonable sin, and God can never forgive them. This is completely untrue.

Real Life, Part Two

Joel and Sara met in the spring semester before Joel's graduation. When a group of mutual friends at a cafeteria table got started discussing the subject of abortion, Joel was pretty opinionated. He didn't explain why he thought abortion was so wrong, but he made his views clear. Sara didn't say much—but near the end of the discussion she turned to Joel. "You can't say that," she said. "Your mother made one choice, and you're glad for that, but you don't know what it's like for a woman who makes a different choice. You have no idea what she might be going through."

After dinner, Joel and Sara ended up walking across campus together. They barely knew each other, but Joel was intrigued by this quiet girl and the emotion she'd showed in their brief conversation. He asked her out, and somewhat to her own surprise, Sara accepted.

Joel and Sara dated awhile before he finally asked her what lay behind that statement she'd made about abortion. Eventually, they both shared their stories and talked through their different viewpoints. By that time, they were serious about each other. But when the subject of sex came up, they knew that even though they were adults, the answer was No—for now. Sara never wanted to be hurt again like she'd been before. And Joel could never risk leaving the woman he loved alone with a baby, as his father had done to his mom.

A year later, Joel and Sara were married. They struggled at first, with both of them in university, but the struggle was worth it once they were both out of school, earning money and ready to start a family. On the day Joel and Sara first held Baby Elizabeth in their arms, they were overwhelmed with gratitude to God. "This is what having a baby was meant to be like," Sara whispered. "All of us together—depending on God. I know we'll make it."

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[1]Online: www.abortiontv.com
[2]Online: www.galwayforlife.ie
[3]Ibid.
[4]Ibid.
[5]Ibid.
[6]Ibid.
[7]Alan Guttmacher Institute. Online: www.agi-usa.org
[8]"Guidelines on Abortion," *Statements, Guidelines and Other Documents: A Compilation,* General Conference, 2000.

AIDS

Real Life, Part One

Joseph walks slowly down the road from school, his books slung over his back. It's a long walk, and his friends have already gone ahead of him—he tells them not to wait. He hasn't been feeling well lately. For a long time he's been doing great, but just these last few days he finds he gets tired easily. He's been trying to hide it from his mother, who will say he needs to see a doctor. Joseph doesn't want to end up in hospital again. High-school graduation is just three weeks away, and he wants to be there.

It's been a long journey for Joseph, getting through high school. He was just fifteen when a routine bloodtest uncovered the fact that he was HIV-positive; now, he's nineteen. HIV is no stranger in Joseph's world. He knows several other people in school who are positive, too. His uncle has been living with AIDS for years. And his father died of it just the summer before Joseph was diagnosed.

Some days, Joseph still can't believe it's happened to him. He's been very sick a few times, in hospital, yet somehow always managed to pull through. He knows his mom and all her church friends are praying for him. And sometimes it seems like God is listening to their prayers, because for months at a time Joseph feels so well it's hard to even remember he's sick. He goes to school, hangs out with his friends, has a normal life.

A few of his friends have a bad attitude. AIDS is becoming more common in their town, even in their school, but there are still a few kids who won't have anything to do with you if you're HIV-positive. It used to bother Joseph. Now he just shrugs it off—they're the ignorant ones.

But when he hears his healthy friends talking about the jobs they'll do when they get out of school, even talking about getting married and having families someday—that's when Joseph feels bad. He can't plan for those things. He doesn't even know how much more time he'll have. A normal life just isn't in the cards for him anymore.

He wishes he could believe in God like his mother does. She's lost a husband and now she's losing a son to this disease; yet, she still believes God loves her and cares for her. It's hard to understand. Joseph goes to church with his mom sometimes, sits beside her in the pew, hears the songs, listens to the preacher talking about God's love. But he can't feel it. God—if there is a God—seems a thousand miles away.

What's the Problem?

The AIDS epidemic is the biggest health crisis on the planet. It's easy for young people in developed countries, where AIDS is a serious but relatively small-scale problem, to ignore how frightening the problem is in other parts of the world—particularly in Africa. Maybe these numbers will help put it in perspective:

- AIDS has killed more than 3.8 million children and orphaned another 13 million. In the last five years HIV/AIDS has become the greatest threat to children, especially in countries ravaged by war. In the worst-affected countries, it is estimated that as many as half of today's 15-year-olds will die from the disease.
- In the U.S., AIDS is the sixth-leading cause of death for 15-to-24-year-olds. Half of all new HIV infections occur among people under 25, and since the year 2000 about 20,000 more young people have become HIV-positive every year.
- In sub-Saharan Africa, about 5,500 people die of AIDS every day. Researchers predict that by 2010, about 13,000 will die daily. About half the HIV-positive people in Africa are young people.
- In Botswan, researchers predict that two-thirds of fifteen-year-olds will die of AIDS.

In the U.S., as in Africa, about half of all new HIV infections are among young people. But while this makes up a small (though very significant) portion of the population in the U.S., in Africa it means that in some areas over half of all young people are HIV-positive. Most will die of AIDS.

What You Need to Know

AIDS is Acquired Immune Deficiency Syndrome, and is caused by a virus called HIV--Human Immunodeficiency Virus. AIDS destroys your body's immune system, leaving you vulnerable to life-threatening illnesses. People don't actually die "from AIDS," they die from diseases like pneumonia and some forms of cancer which their bodies can't fight—because they have AIDS.

The HIV virus is spread by contact with body fluids—blood, semen, and vaginal fluid. The most common ways of getting it are:

- sexual intercourse
- sharing needles or syringes for steroid or drug use
- blood transfusions—though, after this became widely known, the blood supply in many countries was carefully screened to reduce the chance of this
- Infected mothers passing the virus to their children during pregnancy, birth or breast-feeding.

There are some misconceptions and myths about AIDS.

- The HIV virus cannot be spread through casual contact—touching a person, holding hands, using the same dishes or bedding an infected person has used—nor by sneezing and coughing, or insect bites.
- Some people, especially in North America, view AIDS as a "homosexual disease" because the incidence is high among the homosexual population. But it's not just a "gay disease" or just a "drug user's disease." Anyone can get it—if they've taken part in any of the "risky" behaviors.
- Many young people believe that using a condom during sex means that you're practicing "safe sex" and you won't get AIDS. In fact, condoms have a significant failure rate and won't completely protect you from HIV infection. Yes, sex with a condom is "safer" than sex without one, but only complete abstinence is completely "safe." Don't take chances.

What the Bible Says

AIDS was unknown in Bible times—in fact, it was only discovered just over 20 years ago. But following the Bible's principles for healthy Christian living will go a long way toward preventing the spread of AIDS. Staying faithful to one sexual partner through a lifelong commitment, and treating your body as God's temple by refusing to inject intravenous drugs, will be a big help in keeping you safe from AIDS.

The Bible also gives us guidelines that can help us rethink how we treat people with AIDS. The closest parallel in Bible times was probably the disease they called "leprosy." People believed that lepers were being punished by God for their sins. And because everyone feared catching this dreaded disease, lepers were forced to live outside the community and label themselves as "unclean." Jesus didn't avoid lepers, just as He didn't avoid any other sick, sinful, or needy people.

> *"A man with leprosy came and knelt before him and said, 'Lord, if you are willing, you can make me clean.' Jesus reached out his hand and touched the man. 'I am willing,' he said. 'Be clean!' Immediately he was cured of his leprosy"* (Matt. 8:2, 3, NIV).

Jesus wasn't afraid to touch the "untouchable" leper. He not only had the power to heal; He had the compassion that could reach out and touch another human being with love and acceptance. If He were on earth today, that's the way He'd treat people with AIDS. But since He said, "Whatever you did for one of the least of these brothers of mine, you did for me" (Chap. 25:40, NIV), we know what He expects us to do.

What the Church Says

The Seventh-day Adventist Church recognizes the AIDS epidemic as a huge problem that has a major impact on our mission to reach the world with the gospel. Since AIDS can be largely prevented by following the Bible's principles for sex within marriage (one partner for life) and by avoiding IV drug use, Seventh-day Adventists recognize that teaching young people how to prevent HIV infection can be an important part of our outreach.

According to the SDA Church's official guidelines on AIDS/HIV, the church should be "intentionally transmitting Christian values to the next generation, recognizing that individual sexual values are established in youth. Priority should be given to providing accurate information, a forum for open discussion, and emphasis on the moral dimension of decision-making regarding sexuality."

In other words, the church recognizes that it has a responsibility to educate young people about how to follow God's plan for sexuality and prevent the spread of AIDS through sex outside marriage. But more than that, we also have a responsibility toward those who have this disease:

Seventh-day Adventist church members and employees have a Christian obligation to respond to and treat people suffering with AIDS as Jesus our Savior treated the sick and outcast. Tragically, the world responds to AIDS sufferers as it once did to lepers--as sinful carriers of death to be shunned and isolated. But God in Jesus gave us His response. He went out of His way, often walking for several days, just to touch and heal a person afflicted with leprosy. He always offered love, acceptance and forgiveness to those afflicted by religious pride and other sins of the day. Through His redemptive love He offered life and freedom from the burden of sin. The Seventh-day Adventist Church seeks to engage in the ministry of Christ. It must respond with love and acceptance when dealing with all people, including those with AIDS.

What the World Says

AIDS is recognized as a huge problem worldwide. Government and nongovernmental agencies around the world are committed to educating people about AIDS, treating those who have AIDS, and searching for ways to effectively prevent or cure the disease. Some "hot topics" often discussed in this area are:

- Which is more effective for young people: to teach them about "safer sex" as a means of preventing AIDS, or to teach them to practice abstinence?
- How can the millions of AIDS patients in developing countries get enough of the very expensive medications used to treat AIDS?
- Do countries have the right to restrict people with AIDS from entering their borders, to prevent them spreading the virus? Is it fair to test would-be immigrants for HIV infection, or would that be denying their human rights?

Think about these issues from a Christian perspective. According to biblical principles, what do you think is the best way to deal with this epidemic?

What Can I Do?

First, if you have any reason to suspect you might be HIV-positive, get tested. Don't run the risk of infecting someone else before you know the truth. Finding out you're HIV-positive is scary, but so is carrying the virus around for years without knowing the truth and without getting proper medical care.

If you're not HIV-positive, think prevention! You can avoid getting AIDS if you follow God's plan for human sexuality. Don't sleep around, don't have multiple partners, don't sleep with anyone who has multiple partners. God has a plan: two people, one lifelong commitment. Let sex wait until you're married to someone—someone who's also committed to waiting for the right person at the right time.

Also, be sure to avoid getting AIDS from using needles and syringes. You may think, "Oh, I know using IV drugs like heroin is wrong; I'd never do anything so stupid, so how could I get AIDS that way?" But many young people who would never think of using "hard drugs" use performance-enhancing steroids, which are often injected. Along with the other health risks involved in steroid use, this practice can also expose you to AIDS.

Stay clean, and stay safe.

When you come into contact with someone who is HIV-positive, remember the myths and facts discussed above. You can't get AIDS from casual contact with such a person. If you're not having sex with that person or sharing blood with them, it's virtually impossible to be infected. So it's OK to hang out with, touch, shake hands with and hug an HIV-positive person, even someone with full-blown AIDS. It's not only OK, it's an act of love and sharing. Show that person that you care for and accept them—no matter what disease they have,

no matter how they contracted it. Judging people is God's job, not ours. Our job is loving people, so that they can see God's love in us.

It's My Problem!

If you have already been diagnosed HIV positive, or you already have AIDS, you may feel as though your world has come to an end. Most young people are able to ignore the reality that they will die someday. For you, it's no longer something that will happen in some far-off future—it's a reality you have to deal with today. That can be frightening and depressing.

Remember that God still loves you. If you contracted the HIV virus through premarital sex or through drug use, some people may try to tell you that God is "judging" you for your sins. The fact is that in, a sinful world, we all have to face the consequences of the choices we've made. Sometimes, unfairly, we even have to face the consequences of choices or mistakes that aren't our fault—for example, if you got AIDS through a blood transfusion because of someone else's carelessness. No matter how you got this virus, it doesn't change the fact that God values you and cares about you.

It's natural to be angry at God when something like this hits you, and it's OK to express that anger. The writers of the Psalms didn't mind telling God when they felt angry, confused and forsaken—and God didn't mind saving their prayers in the Bible. But don't let those feelings drive you away from God. Too many young people put off getting close to God because they believe they have "lots of time." The reality is that you know you have less time than you expected. Take time to get to know God and make a committment to Him.

Remember that medical science is always studying new treatments for AIDS. People with AIDS are living far longer, healthier lives than they were when the virus was first discovered in the 1980s. Get the best medical care available to you and follow your doctor's advice. Take good care of yourself. We don't know how close we may be to a cure for AIDS, and your future may look much brighter than you think it does right now.

No matter how your disease progresses, your ultimate future does look bright if you've accepted Jesus as your Savior. He has all eternity planned to spend with you. While your day-to-day future may be uncertain, your eternity is secure if you know Him.

Real Life, Part Two

Joseph sat on his hospital bed, watching the sun slip behind the hills. Tonight his friends would be out celebrating graduation. He'd missed the ceremony and all the excitement. But he didn't mind as much as he'd thought he would. He was grateful to be alive, grateful to be getting over an infection that could have killed him.

He wondered why he felt so much better. "Nothing's different," he thought. "I still have AIDS. I've just been given a little more time, that's all."

But Joseph knew the answer to his own question. Something was different. Everything was different. His hand rested for a minute on the Bible the pastor had left behind for him. He needed to start reading it.

When Joseph's mother had said her pastor was coming to visit, Joseph had groaned. He didn't need to be preached to. But when the pastor actually got there, Joseph felt different. He was tired. He was relieved to be getting better. He was ready to listen. And for the first time, he really believed God loved him.

He'd asked tough questions. "If God cares, how could he let this happen?" The pastor didn't have any easy answers, but he talked to Joseph about sin, about Satan, about how there's a great war going on between God and the devil, that every human being is a casualty of that war, and every human being has to decide whose side they're on.

Tonight, Joseph knew, he was on God's side. For however long he had, and into heaven beyond, he was going to fight on the winning side in this great battle. Compared to that, missing graduation didn't seem like such a big deal.

Pornography

Real Life, Part One

Closing the bedroom door behind him, Brad sat down at his computer and checked his e-mail. As he read his messages, his fingers moved lightly over the mouse, as if wondering what to do next. Of course, he knew what he was going to do next.

He switched from his e-mail program to his Web browser. Maybe tonight he wouldn't. Maybe he'd just download some music to listen to or something. But the temptation was too strong to resist. He surfed over to his favorite site. A large warning screen told him he had to be 18 years or older to enter. Brad was only 16, but the computer had no way of knowing that.

Soon he was lost in a world of graphic images of nude women and couples in sexual positions. His heart raced faster as he bent closer to the screen. A link on one of the pages offered to take him to a live chatroom where he could chat with models like the girls in the pictures. He hesitated over the link for a moment. Pictures were one thing, but live chat was taking it to a whole new level. It was scary—but almost irresistible.

Brad heard someone in the hall outside his room; his mother's voice called, "Brad! What are you doing?"

Quickly, Brad clicked the button on top of the screen that linked him to an online encyclopedia. "Just doing some research for my socials paper, Mom," he replied as she tapped on the door and stuck her head into the room.

"Susan's on the phone for you. Didn't you hear it ring?"

He hadn't even heard the phone. "Thanks, Mom," he said, giving her a quick smile. He felt guilty at the sweet smile she gave him in return as she left the room. No doubt Mom still thought he was her sweet, innocent little boy. Not any more.

His girlfriend Susan's chirpy voice on the other end of the phone almost irritated him as she chattered on about what had happened at school that day and their weekend plans. Just a few months ago he had been so eager to go out with Susan. She had seemed like the perfect girl for him. Now he'd almost rather be left alone with those exciting images on the screen. Susan was a nice Christian girl who'd never let him get farther than a few kisses. It was hard for her to compete with porn models who left nothing to the imagination.

But there was one way he could enjoy her phone call. As Susan's happy conversation washed over him, he went back to the screen. He felt guilty, but it was so easy to picture Susan's pretty face on the body of one of those models, to imagine her looking like that.

That night, after talking to Susan, after finally shutting down the computer, Brad lay in bed. He no longer knelt beside his bed to pray, but he usually tried to say a few words to God before he fell asleep. This time he couldn't even get a couple of words out. What could he say to God? He felt guilty and dirty about everything. And the worst part was, he felt like a hypocrite asking God to forgive him—when he knew he'd be doing the exact same thing tomorrow night.

What's the Problem?

Most Internet service providers and search engines will agree that the most common word people enter into an online search engine is "Sex." Pornography has always been a problem, but the invention of the Internet has made pornography accessible to many more people (and much younger people) than ever

before. Even young teenagers, who might never walk into a drugstore and buy a *Playboy* magazine, can go to an explicit website and find graphic sexual images displayed there.

- One recent survey in the U.S. showed that 32% of men and 10% of women had visited sexually explicit web sites. The same study showed that almost 18% of those who described themselves as "born-again Christians" had visited porn sites.[1]
- In the same survey, 37% of those 18-24 years old had visited pornographic websites—the highest percentage for any age group (this study did not include teens under 18).[2]
- Another study found that teenage boys aged 12-17 were among the largest consumers of hard-core pornography.[3]
- In the late 1990s researchers estimated there were about 300,000 pornography sites on the Internet. That number has almost certainly risen by now.[4]
- In the United States, there are three times as many "adult bookstores" (stores selling pornographic material) as there are McDonald's restaurants.[5]
- Americans spend more than $10 million a year on pornographic materials—that includes movies, videos/DVDs, magazines, and Internet sex sites.[6]

What You Need to Know

The word "pornography" originally meant "writing about prostitutes." Today, it's defined as "any form of media or entertainment with the intent to arouse sexually."

You'll sometimes hear people talk about "soft-core" and "hard-core" porn. "Soft" porn is what you might see in a magazine such as *Playboy* or *Penthouse*—photos of attractive nude women in suggestive poses. (Similar magazines exist for women, with similar pictures of nude men, but they are far less popular, because women are less likely to be aroused by visual images than men are). "Hard-core" porn refers to pictures or movies that depict graphic sexual poses and activity, sometimes involving violence.

Viewing pornographic material actually creates a biochemical response in your brain—a powerful chemical thrill that is addictive in almost the same way a drug is. Exposure to porn, especially at an early age, can lead to sexual addiction.

Pornography affects the way you view other people. It especially affects the way young men view young women. Guys who are "hooked" on porn begin to devalue women, seeing them only as objects or playthings, not as real people with feelings. Teenage guys often don't realize that the bodies of models they see in pornographic magazines, movies, or web sites have been surgically enhanced and photographically retouched. Real human bodies don't look like that. Pornography sets us unrealistic expectations for what sexuality should be.

What the Bible Says

Did pornography exist in Bible times? Not in the form of X-rated movies, porn web sites, or *Playboy* magazines. But the pornography industry is driven by lust—the human sex drive gone out of control, focused only on selfish pleasure outside a committed relationship. The only difference today is that movies, TV, books, magazines and the Internet have created even more opportunities to experience and explore those lustful feelings.

What does the Bible say about lust?

> "'You have heard that it was said, "Do not commit adultery." But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart. If your right eye causes you to sin, gouge it out and throw it away. It is better for you to lose one part of your body than for your whole body to be thrown into hell'" (Matthew 5:27-29, NIV).

Jesus took the commandment "Do not commit adultery" and gave it a broader application. In Jesus'

teaching, not only is it a sin to cheat on your wife or husband; it's a sin even to entertain lustful thoughts. When we think that way, we view other people only as sex objects, not as human beings with thoughts, feelings and rights of their own.

Did Jesus really recommend gouging out your eye? No—He was exaggerating for effect. The point of His message was: Get rid of anything in your life that's tempting you to sin. If that's a stack of porn magazines, throw them out. If it's your Internet connection, cut it off. Don't play with sin.

The apostle Paul wrote:

> "Each of you should learn to control his own body in a way that is holy and honorable, not in passionate lust like the heathen, who do not know God" (1 Thessalonians 4:4, NIV).

Paul also gave us an excellent set of guidelines for evaluating everything we see and hear:

> "Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable--if anything is excellent or praiseworthy--think about such things" (Philippians 4:8, NIV).

Can any pornographic material—even so-called "soft porn"--meet those standards? It certainly can't, and neither can lots of mainstream popular entertainment. If we want to grow in a strong relationship with God, we'll be very careful what we fill our minds with.

What the Church Says

The Seventh-day Adventist Church's official statement on pornography says:

> Diverse courts and cultures may debate the definitions and consequences of pornography... but...Seventh-day Adventists of whatever culture deem pornography to be destructive, demeaning, desensitizing, and exploitative....A society plagued by plunging standards of decency, increasing child prostitution, teenage pregnancies, sexual assaults on women and children, drug-damaged mentalities, and organized crime can ill afford pornography's contribution to these evils.[7]

What the World Says

In almost every country around the world, the standards for popular entertainment are slipping lower and lower. More nudity, more references to sex, more explicit language and situations are portrayed on television, in movies, and in print. It's even getting harder to define what constitutes pornography, since many things that would have been considered pornographic forty years ago are mainstream entertainment today. (Cultural differences are also a factor. What's acceptable in one society may be considered pornographic in another).

Most countries have some laws against selling and distributing pornography, but they're seldom effective in keeping it out of the hands of young people. The Internet is an area of particular concern, because, at this point, few laws apply to it, and laws regarding the Internet are almost impossible to enforce. That's why it's so easy for young people to access pornography on the Internet.

One issue that is a big concern in many places is child pornography—pornographic pictures or movies that show children in sexual situations. Many Christians (as well as many non-Christians) feel there should be strict laws to prevent this kind of pornography. But pornography in general is not as tightly controlled as most Christians would like, because governments feel that laws against pornography would restrict freedom of the press.

When you think about this issue, consider:

- Is it dangerous to restrict the kind of materials people can legally buy or watch?
- Are the dangers of pornography so great that it's worth restricting people's rights?

What Can I Do?

The best way to avoid getting drawn into the world of pornography is to fill your mind with positive things instead. A healthy, well-rounded life that involves lots of activity and interaction with other people will leave little time to explore the dark side of the Internet. Choose reading and viewing material that will draw you closer to God, not farther away from Him.

It's My Problem!

If you've looked at pornographic magazines, videos, or websites, and you think you may have a problem in this area, the time to stop is now. Pornography is like drug use—it tends to increase and become more addictive over time. If you're still at the stage of experimenting with it, ask for God's help to stop now.

Research suggests that men who view pornography regularly actually experience less sexual satisfaction when they are involved in a sexual relationship. Even if you're young and single now, by feeding the porn habit you're damaging your future marriage and selling your future partner short. Even worse, you're damaging your relationship with God.

Pornography use often follows this typical pattern in a young man's life (it can also be a problem for women, but this is far less common):

- **Early exposure:** You're exposed to pornography when you are very young and it gets its foot in the door.
- **Addiction:** You keep coming back. Pornography becomes a regular part of your life. You're hooked and can't quit.
- **Escalation:** You start to look for more graphic pornography. You start using porn that disgusted you earlier. Now, it excites you.
- **Desensitization:** You become numb to the images you see. Even the most graphic porn doesn't excite you any more.
- **Acting out sexually:** This is the point where men make a crucial jump and start acting out the images they have seen. Some move from the paper and plastic images of porn into the real world: violence, prostitutes and maybe even rape.[8]

Break this cycle before it breaks you. If you are regularly using pornography, feel as though you're living a "double life," hiding your secret from others, and letting pornography interfere with other important relationships in your life, you may already be in the "addiction" stage. Quitting may not be so easy anymore. But God will give you His Holy Spirit's power if you reach out to Him.

- **Confess your sin to God.** Admit that what you've done is wrong.
- **Be accountable to Christian friends.** Surround yourself with people who are committed to staying sexually pure. Share your struggles with a Christian friend or an adult mentor (of the same gender as you) and ask that person to hold you accountable to stick to your decision.
- **Block off the avenues**. Stay away from places, things, even friends that tempt you back into pornography use. If Internet pornography is a big problem for you, look into Internet services that filter out pornography before it ever comes to your computer. Check out such sites as www.integrityonline.com or www.familyconnect.com.
- **Seek counselling.** If your struggle continues, you may need professional help. Don't ever be embarrassed to ask for the help you need.[9]

Real Life, Part Two

Closing the bedroom door behind him, Brad sat down at the computer and checked his e-mail. As he read his messages, his fingers moved lightly over the mouse, as if wondering what to do next.

Last weekend's youth retreat had changed everything for Brad. As he listened to Pastor Kent, Brad had felt an overwhelming desire to commit his life to God—one hundred percent. Kneeling in prayer with the other kids from his youth group, he'd made that commitment. And at the end of the last meeting, when Pastor Kent had invited them to write on a piece of paper something that was coming between themselves and God, Brad had written one word: "Porn." Folding it over so no-one could read it, he'd walked to the front along with the others and nailed that scrap of paper to a big wooden cross. With every thud of the hammer, he thought of how Jesus had loved him enough to die just so Brad's sins could be taken away.

During the retreat weekend, he'd felt so happy and excited, so full of the Holy Spirit, that all the stuff he'd been looking at online just seemed disgusting even to think about. He was so sure God had given him the victory and he'd never want that again.

But as he sat in front of the computer, he could feel the old excitement building again. Maybe it wouldn't hurt to look just once?

No, he told himself. He clicked onto a Christian youth website instead and started reading through it. Maybe he'd hang out in their chatroom or something. But then Brad realized the whole attraction of the Internet and his computer was too much for him to handle right now. He needed to be somewhere else, far from temptation. He took a deep breath, praying, "God, help me through this," and pushed away from the computer.

Picking up the phone, he called his friend Dave. "What are you doing this evening?"

"Lori and I were just heading to the library to work on that research paper," Dave said. "Do you want to come, too? Maybe Susan would come with us, too."

"Sounds great. I'll call Susan, and meet you guys at the library in half an hour. Maybe we can go out for a soda or something after we're finished studying. I'll just check with my folks, but I'm sure it'll be no problem."

Brad put down the phone at the same time as he clicked off his computer screen. Closing the door of his room behind him, he stepped outside.

[1]"Zogby Survey Looks at Sexual Web Visits," Pure Intimacy. http://www.pureintimacy.org/news/a0000031.html
[2]Ibid.
[3]Watters, Steve, "In Your Face, In Your Mind: Single Guys and Pornography," Online: http://www.pureintimacy.org/online1/essays/a0000042.html. Statistic quoted from Elise Ackerman, U.S. News and World Report, May 10, 1999.
[4]"Internet Pornography," National Coalition for the Protection of Children and Families. http://www.nationalcoalition.org/safety.phtml?ID=18
[5]Haney, John. "Dancing in the Dark: The Addictive Lure of Pornography," *Youthworker*, November/December 2001, p. 46.
[6]Watters, Steve, op. cit.. Quoted from Marilyn Elias, "To psych out the Net, study humans," USA Today, February 20, 2000.
[7]"A Statement on Pornography," *Statements, Guidelines and Other Documents: A Compilation*. General Conference, 2000.
[8]Watters, Steve, op.cit.. Taken from Gene McConnell, *Toxic Porn*.
[9]Ibid.

Teen Pregnancy

Real Life, Part One

Kara sat locked in the bathroom, staring in disbelief at the home pregnancy test. She couldn't believe it--the result was positive. She was pregnant.

Kara was in her last year of high school, looking forward to a summer job, college, and lots of fun with her friends. She and her boyfriend, Jack, were pretty serious--they had had sex a few times, even though both were Christians and knew they shouldn't be doing it--but they'd never talked about getting married or anything. Now, in one moment, Kara's life had changed forever. What would she do? What would happen to her?

What's The Problem?

- Every year in the United States, almost a million teenage girls become pregnant. That's 10% of all girls between 15 and 19; 19% of all those who are sexually active.[1]
- In other developed countries, teen pregnancy rates are lower: England and Canada have only half the rate of teen pregnancies the U.S. has, while the U.S. rate is nine times higher than that of the Netherlands or Japan.[2]
- In developing countries, the circumstances are often different, but the problem still exists. In Nicaragua, for example, as many as 45% of registered pregnancies each year happen to girls between 15 and 19[3] (article on Nicaragua).
- In Africa, three out of four women become pregnant in their teens; 40% of all births occur in women under 17[4] (Teen Pregnancy: World Pop. page).
- While some teen pregnancies in the developing world can be accounted for by earlier marriages, many are unplanned, unwanted pregnancies which result in poorer health and higher death rates for both mothers and babies. Worldwide, girls age 15 to 19 give birth to 15 million babies a year, and more girls in this age group die from pregnancy-related causes than from any other cause.[5]

What You Need to Know

The vast majority of pregnancies outside marriage are unplanned--whether they occur in teenagers or young adult women. Most young people know they're not ready to become parents, but because they believe they're ready to be sexually active, pregnancy often catches them by surprise.

There was a time when becoming pregnant outside of marriage was considered a tremendous social shame in most cultures. That's not the case in many societies today. Pregnancy outside of wedlock is becoming more common and more acceptable. But it still creates difficulties, pain and challenge.

That's because it was never part of God's original plan. The Bible clearly lays out God's design for the family: one man and one woman, faithful to each other in a lifelong relationship, staying together to raise children. Casual sexual relationships and unplanned babies weren't in the picture.

But as human beings, we fail. We don't follow the pattern exactly. And although that creates problems, God works with our failures. If we honestly want to follow God's will in the future, He can help us deal with the mistakes of the past--even something as huge and life-changing as an unplanned pregnancy.

What the Bible Says

When we look at the Creation story in Genesis, we see God's plan for the human family.

> "So God created man in his own image, in the image of God he created him; male and female he created them. 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'" (Genesis 1:27, 28, NIV).
> In Genesis 2, when the story of the creation of woman is told in more detail, Adam sees Eve and says, "'This is now bone of my bones and flesh of my flesh.'" The Bible goes on to say: "For this reason a man will leave his father and mother and be united to his wife, and they will become one flesh" (Genesis 2:23, 24, NIV).

God planned for marriage to be a permanent, lifelong joining of two people. Out of that union would come children. When we change the plan, everyone suffers—the children most of all.

What the Church Says

The Seventh-day Adventist Church places a high value on marriage and family. The church teaches that the ideal home is one where

> ...father, mother and children can express themselves fully, meeting each other's needs for belonging, love, and intimacy. Here identity is established and feelings of personal worth are developed. The home is also the place where, by God's grace, the principles of real Christianity are put into practice, and its values transmitted from one generation to the next.[6]

As we've seen, when we move away from the biblical ideal for marriage and sex, we make it much more difficult to create the kind of family where this atmosphere of love can exist.

What the World Says

Sex between unmarried teenagers is more widely accepted today than it ever was, yet society is struggling with the problems it creates. Teenage parents are usually not well-prepared financially or emotionally to raise children. Everyone recognizes that this is a huge problem, yet our society continues to "sell" sex to teenagers through the popular media—movies, TV, and music which glorify sex outside marriage, even among teenagers. In the United States in recent years, several popular television shows have featured episodes where a teenage character loses his or her virginity—almost always with positive results. The true challenge and difficulty of pregnancy outside marriage is rarely shown in the media.

What Can I Do?

The good news about teen pregnancy is that it's one of the few social problems that's 100% preventable. If you follow God's plan for human relationships--save sexual intimacy until marriage--there is no chance you'll have a baby before you're ready. You owe it to yourself, your future partner, and your future children to follow God's plan. Abstinence--just saying "No" to premarital sex--is a 100% effective method of birth control.

What about "safe sex"? Many societies today encourage young people to use condoms or other methods of birth control to prevent unwanted pregnancies, as well as guarding against sexually transmitted diseases. But the fact is that none of these methods is 100% guaranteed to prevent pregnancy. Some methods are more effective than others; most have to be used under exactly the right conditions in order to work. If a couple has definitely decided to become sexually active, any method of birth control will work better than using no protection at all. But every birth control method currently known to human beings has a failure rate—every method, that is, except abstinence.

Abstinence isn't an easy choice. It takes a lot of strength and determination, support from friends and family, and most of all, God's divine power in your life. Abstinence isn't popular in twenty-first-century society—but it is possible. And it does work.

It's My Problem

If you are pregnant and not married, what can you do?

God forgives us for our past sins, but He doesn't erase the consequences of our sins. In the case of an out-of-wedlock pregnancy, the consequence is a new human life. As responsible Christians, we need to be prepared to deal with that new life. A young woman who becomes pregnant also needs to deal with the changes this experience will bring to her own life. (The young man who fathers the child also has challenges to deal with, but part of life's unfairness is that it's much easier for the man to avoid responsibility than for the woman). If you become pregnant before marriage, no matter what you choose to do, your life will never be the same. But if you have put yourself and your child in God's hands, you can be confident that He will bring something good out of this experience.

As you make your decision about what to do next, remember that you are not alone. You may be afraid to talk to your parents, thinking that they will disapprove and be angry. Almost certainly, your parents will be disappointed, but almost all parents will react with love and support rather than with anger and rejection. Remember that the focus of your conversation with them should not be on what has happened in the past, but on what is going to happen in the future. Your pregnancy is a fact; enlist your family's help to decide how best to deal with it.

Other good sources of help are your doctor, who can provide you with informed counsel about your choices. The options you'll want to consider carefully and prayerfully are:

1. ***Single Parenting***

   In some cultures, raising a child alone is becoming a more-and-more acceptable option. In the United States in 1998, 28% of all children--about 20 million--lived with just one parent. In Canada, about one in seven families are single-parent families. In North America, there is usually no social shame or disapproval attached to raising a child alone (although the reality may be different within your church community).

   However, there is still a price to pay for choosing to raise your child alone. In the U.S., children of single mothers are five times as likely to live in poverty than children in two-parent families. Research suggests there may be emotional and social problems for children raised in single-parent families. And the task of raising a child alone is tremendously difficult and exhausting for the parent who chooses to do so.

   Still, this is the choice more and more pregnant singles make--to keep their own babies and raise them. It may be a good choice for you, if you have a strong network of family and community support to back you up. Some questions to consider are: Are your own parents willing to help you raise your child? Is the baby's other parent willing to stay involved and help? Do you have other family and friends who can assist you? Have you completed your education? Do you have a way to support you and your child financially? Do you have the emotional and spiritual strength necessary for this task?

   Be sure to seek counseling from your pastor, your doctor, or a professional counsellor if you choose the challenging task of being a single parent.

2. ***Marriage***

   It's usually not a good idea to rush into marriage just because a baby has been conceived. Marriage is a serious, lifetime decision. If you have had a casual sexual relationship with a partner who does not have the qualities you are looking for in a marriage partner, marriage would almost certainly be a mistake. A stable, two-parent home is the best place to raise a child, but a hasty, poorly planned marriage will not create a stable home. If you are still very young, or if neither partner has completed their education or has a steady job, marriage may not be the best option.

   However, if you are in a serious, committed relationship and have made the mistake of becoming sexually involved before you were ready to get married, you may want to think about marriage

now that a baby is on the way. If you are sure your partner is someone you would choose to marry, planning to marry now rather than later may provide your baby with the gift of two loving, committed parents who can raise their child together.
If marriage seems like it may be an option in your case, counsel carefully with your pastor, and perhaps, with a professional counselor. Any young couple planning to marry should have premarital counseling; this is especially true when marriage plans are hurried because a baby is on the way.

An unplanned pregnancy is not the ideal start to a marriage, but with God's guidance and blessing, you can grow a strong Christian home.

3. Adoption

Adoption, once a common choice for a mother whose baby was born out of wedlock, has now become much less frequent, especially in the United States. In 1965, about 19% of single mothers in the U.S. gave their babies for adoption; in 1995 the number was less than 2%. As single parenting is more accepted in society, fewer mothers want to lose all contact with their children.

Adoption does have some painful realities. You will lose control of your child's future, and in most cases you will not have any contact with your child until he/she is grown up--although in some places, "open adoptions" are becoming more common, allowing for continued contact between the birth parents and the adoptive family. You may not agree with all the choices an adoptive family will make for your child.

On the positive side, there are still thousands of loving, caring Christian couples wanting to adopt children--often because they are unable to have their own children. If you choose to have your child adopted, he or she has a better chance of being raised in a stable environment with parents who can support him or her financially, emotionally and spiritually.

If adoption seems like an attractive prospect to you, discuss it carefully with your partner, your own family, your pastor and your doctor. There are many ways to proceed with adoption--you may choose to go through a private adoption agency, or with a government adoption. If you are interested in finding a Seventh-day Adventist home for your child, contact:

ADVENTIST ADOPTION AND FAMILY SERVICES
6040 SE Belmont Street Portland, Oregon
97215 USA
Phone (503) 232-1211 Fax (503) 232-4756 E-mail: adventistadoption@msn.com
Website: www.adventistadoption.com

4. Abortion

In secular society, abortion is often considered a solution to an unplanned pregnancy. The Seventh-day Adventist Church, like most other Christian denominations, does not recommend abortion as a solution in this situation. (To find out more about why this is, read the Abortion brochure in this series). As a parent-to-be, your focus should be on providing your child with the best possible life, rather than getting rid of an unwanted problem. Abortion should only be an option in cases where your own health or the health of your unborn child is so seriously threatened that there is no other acceptable option. Please seek the advice of a Christian doctor and a good professional Christian counselor before choosing this option.

If you are unmarried and pregnant right now, you may feel as though you have no future and no options. But you do have choices, and you do have hope. God has not abandoned you. No matter what your past holds, if you commit the future to Him, He walks beside you all the way.

Real Life, Part Two

Kara sat alone in her room, holding the photo of Baby Evan. It was hard to believe a month had passed since she'd held him in her arms. Her body was recovering from the trauma of giving birth; she wasn't sure her heart would ever recover.

Yet, she knew she'd done the right thing. When she first met Ted and Judy Williams and saw what kind, caring Christian people they were, she knew they'd be far better parents for her baby than she and Jack could ever be. The whole pregnancy thing had driven a wedge between her and Jack: they weren't even dating now. If she tried to keep and raise the baby, she'd be truly on her own. And the Williamses wanted a baby so badly—and had so much to offer.

The part she liked best, after talking with the social worker and the adoption agency, was that Ted and Judy were interested in an "open adoption." It didn't mean she'd be in and out of their house all the time—that would have been too painful, and anyway, they lived across the country. But they wanted to keep in touch with her, send letters and photos, tell her what was happening in her baby's life, and plan for a visit someday. Kara felt she was giving away her baby to a better home, but not losing him completely.

Still, it had been so difficult, holding Evan's tiny, perfect warm body close to her in the hospital and knowing she was giving him up. Seeing the joy in Judy's eyes when she held him the first time helped, but Kara knew there'd always be an empty spot in her own heart.

Her life wasn't going to go on as if nothing had happened. Carrying Evan inside her for nine months had changed a lot of things. People in the community—even her friends at school and church—looked at her differently now. She'd never be so casual again about the choices she made, about sex outside of marriage. She knew what she wanted now. She wanted to hold a baby like Evan again and know she and her husband would raise him and love him.

Someday, Kara figured, that would happen—if it was God's plan. In the meantime, there was still college and a career ahead. She still had plans and choices to make. And while she did, her son would be growing up in a home surrounded by love.

It was the best gift she could have given him—but it still hurt.

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[1]"Teen Sex and Pregnancy," The Alan Guttmacher Institute. Online: http://www.agi-usa.org/pubs/fb_teen_sex.html

[2]Ibid.

[3]Fonesco, Roberto, "Highest Teen Pregnancy Rate in Central America." Online: http://www.hartford-hwp.com/archives/47/308.html

[4]"Teenage Pregnancy: World Population Awareness." Online: http://www.overpopulation.org/teenpreg.html

[5]"Claiming the Future." The Progress of Nations 1998, UNICEF. Online: http://www.unicef.org/pon98/

[6]"Marriage and the Family," *Seventh-day Adventists Believe: A Biblical Exposition of 17 Fundamental Doctrines*. General Conference, 1988.

Basic Water Safety



Reason for the new honor - Beginner's Swimming Honor is based on the Red Cross level 3 requirements. With recent changes to the level 3, it is now imposable for a club to do the Beginner's Swimming Honor in a backyard pool. Level 3 requires a pool to be 9 foot deep. The desire of the Investiture Achievement Committee was to require a swimming level to be taught in order to protect our Youth from drowning.

Therefore the proposed Basic Water Safety Honor is based on elements from the Red Cross Levels 1 & 2 but adapting those requirements that can be done in a backyard pool (being 2-3 feet deep) under adult supervision, not necessarily using a lifeguard or water safety instructor. For safety and in case of an emergency, always have an adult observing all participants who is not part of the teaching process. Resources: YouTube videos show how to teach many of these requirements

1. Enter and exit the water un-assisted.

The point is to teach how to get in and out of a pool without assistance and safely.

2. While holding your breath, fully submerge your face under water for five seconds.

This can be done by sitting on the bottom or by bending over and putting just the face in the water, as long as the full face stays covered for the full time.

3. Alternately inhale through the mouth above the surface and blow bubbles through the mouth/nose, with face completely submerged, seven time rhythmically and continuously.

This is called Rhythmic Breathing. It can be accomplished by bobbing up and down if the pool is deep enough or by leaning over and putting the face in the water to blow the bubbles, then lifting the head or turning the head for the breath, then placing the face back in the water to blow the bubbles again. This is not to be done quickly but over at least two seconds blow the air out then take a full breath of air to blow again. This teaches breath control.

4. Open your eyes under water and retrieve submerged objects two times.

This is to practice breath control while giving them a purpose and helping them to feel more comfortable under water.

5. Front float for five seconds.

Lean forward with both arms stretched out above head with fingers straight and hands open. Take a deep breath and continue leaning forward until body is parallel with the bottom of pool and face is in the water. To prevent water getting in the nose, blow bubbles out the nose slowly. If you start to sink, kick your legs a few times and move arms back and forth. When through, feel bottom of pool and stand up.

6. Front glide for two body lengths.

Follow the instructions for the front float but push off to get momentum to glide. If the pool is not big enough for two body lengths, go from one side of the pool to the other.

7. Back float for fifteen seconds.

While supporting the head/back, have them lay back in the water with arms out and legs out. Have them lay head back. Do not let them go until they are ready and say it is ok. Have them keep lungs as full as possible.

8. Holding on to the side of the pool, kick with your feet for twenty seconds.

The purpose is to build endurance and practice technique in a pool that may not be large enough to swim in. The recommended kick is the flutter kick. Keep knees as straight as possible, bending at the waist. If the pool is to shallow the frog kick that is part of the breaststroke may be used.

9. Using arm and leg motion, swim five body lengths.

No particular stroke is required. If the pool is shallow, do the best they can. They may have to go back and forth in the pool to get five body lengths.

10. Learn to put on a Life Jacket and float for thirty seconds.

Not only is it important to learn how to put on a Life Jacket but also learn to trust that it will hold the one wearing it up.

11. Demonstrate water safety by:

- **a.** How to call for help in case of an emergency.
- **b.** Learn how to release a cramp.
- **c.** Demonstrate reaching assist.
  Can use a towel, rope, shirt, umbrella, arm or leg to reach out to someone who is in need of help without getting in the water to help them
- **d.** Learn at least ten safety rules when around water.
  1) May include: Never swim alone.
  2) Do not swim without an adult or lifeguard present.
  3) Always ask permission.
  4) Do not run near water.
  5) No pushing.
  6) No diving except where it is safe.
  7) Do not jump in close to others.
  8) Wear sunscreen and limit exposure to sun.
  9) Do not swim if lightning is possible.
  10) Do not enter water over your head until you can swim well.
  11) Do not dunk another person.

Skill Level 1

New in 2011

Recreation
North American Division
2011 Update

CPR - Cardiopulmonary Resuscitation



1. Successfully complete a class sponsored by either the American Heart Association, the American Red Cross, or an equivalent under a certified instructor in order to properly learn and demonstrate one-person CPR. This must be within the past 12 months.
2. Know and understand the location and function of the heart and lungs
3. Define CPR and tell five conditions under which it would be used.
4. Understand Prudent Heart Living. List five things a person can do to maintain a healthy heart.
5. Develop, maintain, and keep a record of a personalized program in exercise, health, and diet habits for one month.
6. Learn the significance of the colors and design used on the honor token for this honor as follows:
   - **a.** The person needing CPR is white, signifying no circulation.
   - **b.** The person giving CPR is red, signifying a very alive person.
   - **c.** The background of purple signifies loyalty or commitment.
   - **d.** The border of gold speaks to the value of the human life.
   - **e.** A heart is formed by the head, shoulders, and arms of the person performing the CPR, signifying compassion for another individual.

Skill Level 2

Original Honor 1986

Health & Science
General Conference
2001 Edition

Edible Wild Plants



1. Photograph, collect pictures of or sketch fifteen edible wild plants. Identify each plant in the wild.
2. Identify in the wild five trees and five shrubs which are edible.
3. Identify, prepare, and eat three kinds of wild berries or fruits, three kinds of beverages, three salad plants, three potherbs (greens), and two tubers or roots.
4. Demonstrate the preparation of wild foods in each of the following ways:
   - **a.** Boiling
   - **b.** Frying
   - **c.** Roasting
   - **d.** Baking
5. Demonstrate how to prepare four parts of the common milkweed or day lily for food.
6. Explain how to identify three "odd-shaped" edible fungi and how to identify the deadly mushroom amanitas.
7. What root plant can be dried and ground into meal?
8. Know at least 8 families embracing the poisonous or doubtful plants.
9. What is the cardinal edibility rule?

Skill Level 2

Original Honor 1970

Nature
General Conference
2001 Edition

Environmental Conservation



1. What is the difference between ecology and environmental conservation?
2. Write a 500 word essay on how the increase in human population is threatening our existence on earth.
3. What does the term "death" of a lake or river mean? Is there a lake or river in your area or country which is classified as "dead"?
4. Carry out a stream investigation of a small stream flowing through or near your home town. Check for the following:
   - **a.** Signs of Purity
     - **(1)** Abundance of small fish present
     - **(2)** Water visually clear and fresh smelling
     - **(3)** Stream banks covered with vegetation down to water's edge.
     - **(4)** Small amounts of green algae in water (light green in color)
     - **(5)** Some aquatic plants present, such as cattails, arrow-leaf, or pickerel weed.
     - **(6)** Turtles present in the stream
     - **(7)** Crayfish under stones in the stream
     - **(8)** Sandbars covered with growing weeds indicating relatively stable water level
   - **b.** Signs of Stream Deterioration and Death
     - **(1)** Large masses of blue-green algae present (dark green in color)
     - **(2)** Scoured banks from high water level during storms
     - **(3)** Putrid smell of the water
     - **(4)** Detergent foam present
     - **(5)** Trash sticking out of mud and sand bars along the stream
     - **(6)** Water loaded with silt
     - **(7)** No aquatic insects or fish present
     - **(8)** Presence of raw sewage
     - **(9)** Presence of oil on the surface of the water
     - **(10)** No salamanders or frogs under rocks along stream bank
     - **(11)** Stores or small factories dumping their wastes into the stream
5. If your stream is showing some of the above signs of death, do something about cleaning it up. Contact the closest government agency to ask what you and/or your group can do to help improve the stream. Organize a group of young people to help in cleaning the trash along your stream. If possible, get businesses to help in your campaign.
6. Make a visit to the city or county trash dump to see how this waste is handled. Find out the following:
   - **a.** How many tons of trash are dumped daily? Yearly?
   - **b.** What attempts are made to recycle any of this trash?
   - **c.** Is any of the trash burned or is all of it buried?
   - **d.** What is the cost per person per year for handling the trash?
   - **e.** What happens to junked autos in your area?
7. Make a visit to the nearest sewage plant. Draw and label a detailed diagram of what happens to the liquid and solid wastes from the time they come into the plant until they leave. In what form do they leave? Is any further use made of this waste?

(Continued next page)

8. Visit the nearest water purification plant. Construct a flow diagram of the steps in water purification from the time the water enters the plant until it leaves for distribution to homes and stores. Through reading and discussion with water works officials, determine whether water resources in the future are going to be enough to meet the demand.

9. Read and write a book report on an environment issues book such as Rachel Carson's Silent Spring.

10. What are rare and endangered species? Determine what efforts are being put forth to protect such species in your area. What can you do to help? Write a 300-500 word paper on your ideas.

Skill Level 2

Original Honor 1973

Nature
General Conference
2001 Edition

Fire Building and Camp Cookery



1. Lay five different kinds of fires and know their uses. Two of these fires must be cooking fires.
2. Safely make wood shavings or fuzz sticks.
3. Show correct techniques for starting a fire.
4. Start a fire with one match and keep it going for at least ten minutes.
5. Know and practice fire safety rules.
6. Show how to correctly and safely cut and split wood for a fire.
7. Start a fire on a rainy day.
8. Demonstrate the following cooking techniques:
   - **a.** Boiling
   - **b.** Frying
   - **c.** Baking bread on a stick
   - **d.** Aluminum foil baking
   - **e.** Reflector oven baking
   - **f.** Simmering
9. Know one method of keeping food cool while camping other than with ice.
10. Know ways to keep your food and utensils safe from animals and insects.
11. Why is it important to keep your cooking and eating utensils clean?
12. Showing knowledge of proper nutrition and food groups, make up a complete and balanced menu for six camping meals. Include the following:
    - **a.** A breakfast, lunch, or supper good for a trail hike where light weight is important. The meal should not need cooking but should be nutritious.
    - **b.** The remaining five meals may be made up of any type of food: canned, fresh, frozen, or dried. One of the five must be a one-pot meal.
13. Make up a supply list of items that will be needed to prepare the above six meals.
14. Know how to properly and safely handle food, dispose of trash and garbage, and wash your gear.

Skill Level 2

Original Honor 1956

Recreation
General Conference
2001 Edition

House Plants



1. Name at least five house plants raised for their foliage.

2. Name three house plants raised for their flowers.

3. Name three house plants adapted to direct sunlight, dry soils, and very moist soils.

4. Most house plants like a 65-to 75-degree (18 C - 22 C) temperature. Name one that requires a cool room (45 to 55 degrees F.) (7 C - 13 C).

5. Prepare a special potting mix soil including at least 3 different ingredients. Select two house plants from requirement two and grow them in this soil for three weeks.

6. How much light does an African violet need? Where in the house is the best place to grow them? Grow two or more African violets.

7. All gesneriads need approximately the same growing conditions. Where do they come from originally? What kind of temperature, light, and humidity do they need?

8. Name two house plants that can be propagated from leaves, stem sections and divisions. Select one plant from requirement two above, experiment with each of these methods of propagation and keep them growing for three months.

9. What is a Bonsai?

10. What is humidity? How is it important to house plants?

11. Below is a lists of plants to choose from for requirement five and eight above:

a. Narcissus
b. Aspidistra
c. Philodendron
d. Aluminum plant
e. Daffodil
f. Sanseveria
g. Boston fern
h. Piggy-back plant
i. Bird's nest fern
j. Caladium
k. Gloxinia
l. Spider plant
m. Geranium
n. Maidenhair fern
o. Begonia
p. Ficus
q. Tulip
r. Iris
s. Crocus
t. Coleus
u. Hyacinth

Skill Level 2

Original Honor 1976

Nature
General Conference
2001 Edition

Identifying Community Needs



1. Jesus understood the needs of his community because he went out and saw their needs. Read Matthew 9:35-38.
2. Select an urban or suburban neighborhood, a small town or a rural region on which to focus in the completion of the requirements for this honor.
3. Compile a file folder of information on the selected community, which could include:
   - **a.** A map of the area
   - **b.** A demographic profile
   - **c.** Public health statistics
   - **d.** Economic indicators
   - **e.** Housing information
   - **f.** Environment and transportation
4. With an adult sponsor, take an awareness walk of or drive around a specific part of the selected community with the goal in mind of seeing human needs. List all of the needs you see such as yards and public areas that could be cleaned up, litter that could be picked up, lonely or aged people that could be helped, low-income families with children that could be assisted, etc.
5. Ask a civic leader or community professional about the needs in the community, the various organizations that provide services in the community, and how a Christian youth group might make a contribution to the community. Take notes during the interview.

   Alternate Requirement: Invite a civic leader or community professional to make a presentation to your Pathfinder Club, youth group, or church group to talk about these topics. Takes notes during the presentation.
6. Make a presentation of at least 10 minutes to a local church committee, community service organization, your Pathfinder Club or Unit, or a similar group. This presentation should include a report of the information you collected and at least 3 suggested projects that the local Adventist Community Services (in the United States), ADRA Canada (in Canada), Youth Empowered to Serve, or Pathfinder Club might provide which are needed in this community.

Skill Level 1

Original Honor 2009

Outreach
North American Division
2009 Update

Moths and Butterflies



1. What is the distinction between moths and butterflies?
2. Define the following terms: antennae, cocoon, pupa, larva, chrysalis.
3. Be able to identify three moths and/or butterflies by their cocoons.
4. What causes colored powder to come off on your hands when you handle the wings of a butterfly or moth? Examine the powder of a butterfly or moth with a magnifying lens and describe your findings.
5. Name three harmful tree moths and one harmful house moth and tell during what stage of their lives they each do their damage.
6. What famous butterfly follows the birds southward every winter and comes north ward in the spring?
7. Identify in the field, then draw, photograph or collect 25 species of moths and but terflies, with not more than two specimens of any one variety. When collecting, specimens should be anesthetized by using carbon tetrachloride or other chemical in collecting jar. In either project correctly label and include the following information:
   - **a.** Name
   - **b.** Date observed
   - **c.** Location
   - **d.** Time of day
   - **e.** Plant on which the insect was feeding or the material on which it was perched
8. Describe the life cycle of a butterfly or moth. What lesson can be learned in connection with the resurrection of the righteous?

Skill Level 2

Original Honor 1933

Nature
General Conference
2001 Edition

Physical Fitness



1. List ten benefits of being physically fit.
2. Know how the following help to achieve a balance for your body:
   - **a.** Exercise
   - **b.** Proper eating
   - **c.** Emotional stability
3. Define the following exercises:
   - **a.** Isometric
   - **b.** Isotonic
   - **c.** Isokinetic
   - **d.** Anaerobic
   - **e.** Aerobic
4. Know the meaning of the principles involved in the following exercise program:
   - **a.** Warm up
   - **b.** Aerobic exercises
   - **c.** Cool down
   - **d.** Calisthenics
5. Know how to determine your heart rate at rest and after exercise.
6. Know how to determine the minimum rate at which your heart should be beating to obtain the best aerobic conditioning effect.
7. Using the four steps given in requirement 4, do a regular exercise program at least four times a week for three months. Keep a chart of the following:
   - **a.** Type of warm-up exercises performed
   - **b.** Type of aerobic exercises performed
   - **c.** How long aerobic exercises were performed
   - **d.** Type of calisthenics performed

   For each exercise period, maintain the minimum heart rate determined in requirement 7 for a period of at least 20 minutes.

Skill Level 2

Original Honor 1929

Recreation
General Conference
2001 Edition

Stewardship



1. Discover the Bible principles of stewardship by answering the following questions:
   - **a.** What does 1 Corinthians 6:19-20 say about the stewardship of the body?
   - **b.** What does Matthew 25:15 tell us about the stewardship of talents?
   - **c.** What does Colossians 4:5 say about the stewardship of time?
   - **d.** What does John 3:16 tell us about who owns the earth?
   - **e.** What does Genesis 1:26 say about who is the steward over the earth?
   - **f.** What does Proverbs 3:9 say about who is always first?
   - **g.** How do we know that tithe means a tenth? Genesis 28:22
   - **h.** Who does Leviticus 27:30 say the tithe belongs to?
   - **i.** How does Malachi 3:8 say that God is robbed?
   - **j.** What does 1 Corinthians 9:13,24 say about the use of the tithe?
   - **k.** How do we know that the tithe is different from offerings? Malachi 3:8
   - **l.** What does 1 Corinthians 16:2 say about how we are to give our offerings?
   - **m.** What does Matthew 6:20 say about where to keep our treasures?
   - **n.** What does 2 Corinthians 9:7 say about our attitude in giving?
   - **o.** What promised blessing is given in Malachi 3:10?
   - **p.** What does Psalms 24:1 tell us about who owns the earth?

2. Read and discuss with your counselor or pastor the following: Section IV (pp. 111 to 130); paragraph 1 and 2, p. 14; and paragraph 1, p. 66 of Counsels on Stewardship written by Ellen G. White.

3. Learn what is done with the tithe in your local church, your local conference, your union, and the General Conference.

4. From your pastor, church treasurer, or elder learn about your church budget, what finances your church must meet and the purpose of each item listed on your church tithe and offering envelope.

5. Keep a chart on how you spend your time for one weekend and one week day. In this chart make a list of how much time you spend in the following areas:
   - **a.** Work for pay
   - **b.** Family time
   - **c.** Personal devotions
   - **d.** Public worship
   - **e.** Family worship
   - **f.** Fun things
   - **g.** Reading
   - **h.** Television
   - **i.** Meals
   - **j.** Sleep
   - **k.** Personal needs
   - **l.** Class time
   - **m.** School study
   - **n.** Travel
   - **o.** Music lesson
   - **p.** Music practice
   - **q.** Home chores
   - **r.** Shopping

   For each of the three days be sure your time adds up to 24 hours. After completing the chart, discuss with your pastor or counselor your responsibility in the stewardship of your time.

6. Do one of the following:
   - **a.** If you have an income-producing job or an allowance, make a list of how you spend your money for one month.
   - **b.** If you are not in the category above, make a list of how you would spend an income of $50 a month in the following categories:
     - **(1)** Clothes
     - **(2)** Entertainment

(4) Gifts
(5) Personal items (toiletries)
(6) School supplies
(7) Tithe and offerings
(8) Transportation

From your list determine what percentage of your total income is spent on each item. After completing the chart and percentages, discuss with your pastor or counselor the advantages of a budget and how to stay within a budget.

7. From the Bible and the writings of Ellen G. White determine what instruction has been given concerning the variety and use of God-given talents.

8. List three talents or skills that you have, such as building things, mechanics, gardening, painting or drawing, writing, speaking, music, teaching, sewing, etc. Choose one of these three talents and do a project to help develop you talent further. Your project must follow these guidelines:
a. The project is to be a benefit or outreach to others.
b. The project is to be a new endeavor not previously accomplished.
c. Spend at least five hours in the planning and implementation of the project.
d. Present a written or oral report to your counselor about your project.

Skill Level 2

Original Honor 1986

Outreach Ministries
General Conference
2001 Edition

Swimming—Beginner's



Have completed the Basic Water Safety honor.

Complete the requirements for Red Cross Level 3 Swim Level or the YMCA Equivalen

Water Entry Skills:

1. Enter water by jumping from the side of the pool or a dock into a safe area.
2. Headfirst entry from the side in a sitting position.*
3. Headfirst entry from the side in a kneeling position.*

* Headfirst entry should NOT be taught unless the water depth is at least 9 feet.

Breath Control and Submerging:

1. Bobbing while moving toward safety – demonstrate in chest-deep water at least five times.
2. Demonstrate rotary breathing at least 10 times.

Buoyancy:

1. On front, demonstrate the survival float at least 30 seconds in deep water.
2. On back, demonstrate moving into a back float in deep water and hold the float at least 30 seconds.

Changing Positions:

1. Change from a vertical to horizontal position on the front, in deep water.
2. Change from a vertical to horizontal position on the back, in deep water.

Treading Water:

1. Demonstrate treading water for at least 30 seconds in deep water.

Front Swim:

1. Push off in a streamline position, then begin the flutter kick. Kick in streamline position 3-5 body lengths.
2. Push off in a streamline position, then begin the dolphin kick. Demonstrate 3-5 body lengths.
3. Demonstrate the front crawl, at least 15 yards, with good rotary breathing.

Back Swim:

1. Demonstrate the elementary backstroke, with smooth finning and whip kick for at least 15 yards.

Side Swim:

1. Demonstrate the side scissors kick for at least 10 yards.

Water Safety:

1. Reach or Throw, Don't Go—reaching assists, demonstrate.
2. Think Twice Before Going Near Cold Water or Ice—discuss/demonstrate.
3. Look Before You Leap—understand and demonstrate.

Passing Skills:

Jump into chest-deep water from the side, swim the front crawl for 15 yards, maintain positions by treading water or floating for 30 seconds and swim elementary backstroke for 15 yards.

Recreation
General Conference
2001 Edition

Skill Level 1

Original Honor 1944

INVESTITURE ACHIEVEMENT MATERIALS

Record Cards

Friend	#002976
Companion	#002977
Explorer	#002978
Ranger	#002979
Voyager	#002980
Guide	#002981



Record Charts

Friend	#002982
Companion	#002983
Explorer	#002984
Ranger	#002985
Voyager	#002986
Guide	#002987
Set of 6	#002988

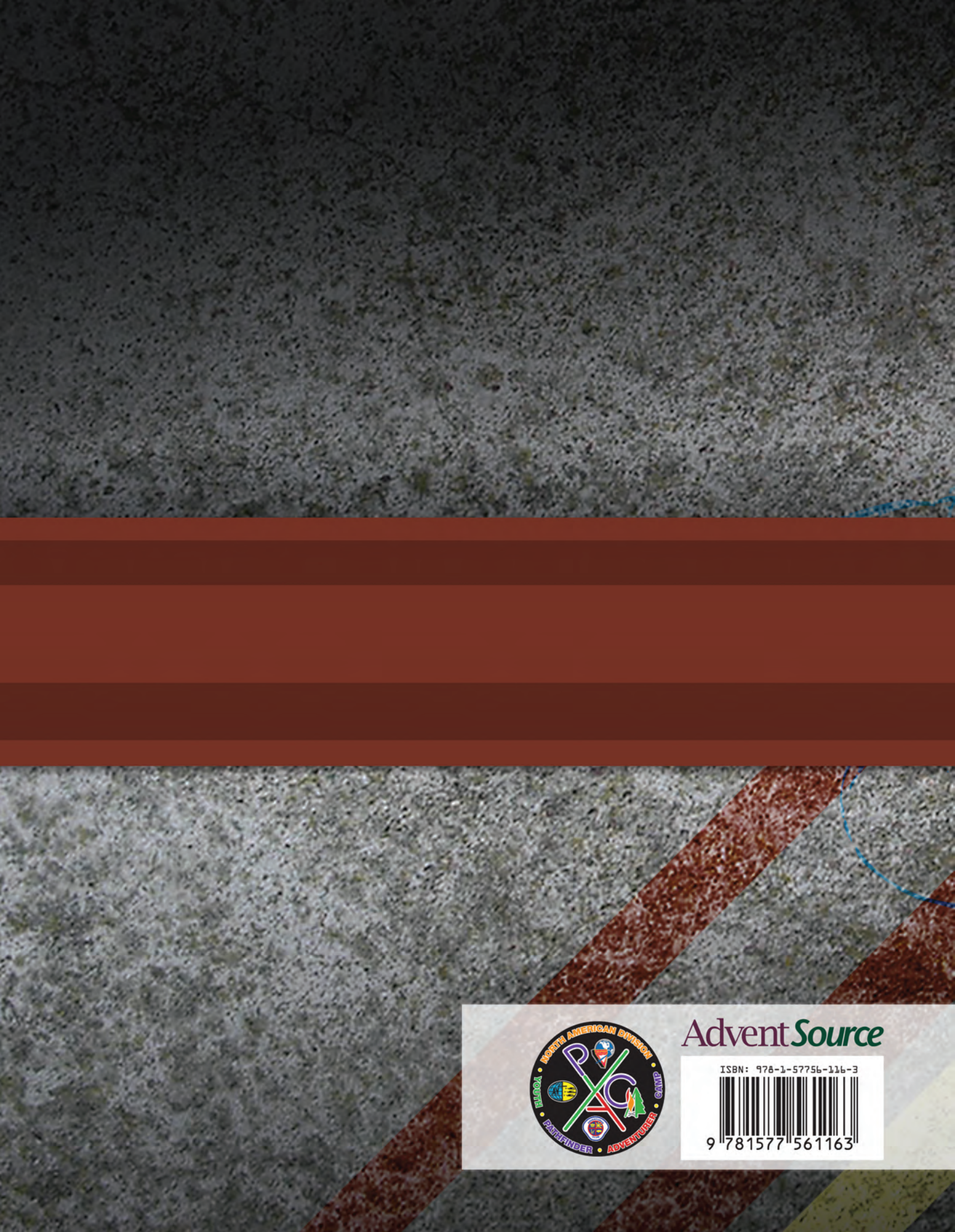


Record Journals

Friend	#002970
Companion	#002971
Explorer	#002972
Ranger	#002973
Voyager	#002984
Guide	#002985



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