



GUIDE

Class Requirements Workbook

Pathfinder:

Teacher:

FRIEND

COMPANION

EXPLORER

RANGER

VOYAGER

GUIDE



Guide Class Requirements Workbook Upgrade 2021

Class Requirements based on the Standard Curriculum (also known as the Card System)

PRODUCED BY:

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Getty Images

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Seventh-day
Adventist Church™

South Pacific



Guide Requirements

GENERAL

1. Be fifteen years of age, and/or Year 10 or its equivalent.
2. Know and understand the Adventist Youth Legion of Honour.
3. Be an active member of Pathfinders.
4. Have a current Book Club Certificate.

SPIRITUAL DISCOVERY

1. Discuss how the Christian can possess the gifts of the Spirit as described by Paul in his letter to the Galatians.
2. View the audio/visual on the Old Testament sanctuary service and discuss how it points to the cross and the personal ministry of Jesus.
3. Through creative study and discussion become familiar with the Bible's emphasis on the stewardship of time, health and possessions.
4. Have a current Memory Gem Certificate.

COMMUNITY OUTREACH

1. As a group (or individually) help organise and participate in one of the following:
 - a. Make a friendship visit with a shut-in person.
 - b. Adopt a person or family in need and assist them.
 - c. Any other outreach of your choice approved by your leader.
2. Participate in a discussion on witnessing to other teenagers.

CHURCH LIFE

1. Following discussion, prepare a flow chart on denominational organisation, with special details of the South Pacific Division.
2. With your group, make plans for a social activity at least once a quarter.

HISTORICAL PERSPECTIVE

1. Trace the development of the Seventh-day Adventist church in Australia and New Zealand OR View the video "Miracle on Pitcairn" and complete the Guide worksheet based on the video OR View any Union Conference or Union Mission Session video.
2. Complete a study on the history of your local church.

PERSONAL GROWTH

1. In group discussion and by personal inquiry, examine your attitudes towards two of the following topics:
 - a. Choosing your career.
 - b. Moral behaviour.
 - c. Sex and dating.
 - d. Choosing your life partner.



HEALTH AND FITNESS

1. Present to your group, with supporting material from resource magazines, your personal reasons why a temperate, healthful life is best for you. Write out and sign a personal pledge of commitment to a temperate, healthful lifestyle.
2. Complete two of the following activities:
 - a. Write a poem or article for possible submission to the Signs magazine.
 - b. As a group, prepare or participate in a program on healthful living and present it to your society, church, or a public group.
 - c. Individually or as a group, organise and participate in a "Fun Run" or similar activity. Discuss and record your physical training program in preparation for this event.
 - d. Read pages 102-125 in the book "Temperance", by E. G. White, and pass the True/False quiz.



OUTDOOR LIVING

1. Participate in a two-night pack camp. Discuss the equipment to be taken.
2. Plan and cook in a satisfactory manner, a three-course meal on an open fire.
3. Complete an object of lashings or rope work, such as a tower, bridge, etc.
4. Complete one honour not previously earned, which can count towards the Nature or Recreation Master Award.
5. Pass a test in Guide First Aid

ADVANCED

It is recommended that for those that wish to do advanced work in the Guide Class, they do the following requirements which will fulfil half the requirements for the A.Y. Silver Award Plan. If they do the Advanced requirements for the Voyager Class, this will entitle the teen to the A.Y. Silver Medal.

- a. *Physical fitness (complete one of the groups).*
- b. *Skills (complete one).*
- c. *Cultural Improvement.*

OR Either complete the Duke of Edinburgh Bronze Award or complete two sections of the Duke of Edinburgh Silver Award.



REQUIREMENT 1

BE FIFTEEN YEARS OF AGE, AND/OR YEAR 10 OR ITS EQUIVALENT.

Date: _____ Supervisor's Signature: _____



REQUIREMENT 2

KNOW AND UNDERSTAND THE ADVENTIST YOUTH LEGION OF HONOUR.

Date: _____ Supervisor's Signature: _____

My Covenant:

1. Fill the blanks.

I volunteer to join the A.Y. LEGION OF HONOUR, and by the grace and power of God I will:

HONOUR CHRIST in that which I choose to B_____.

HONOUR CHRIST in that to which I choose to L_____.

HONOUR CHRIST in the choice of places to which I G_____.

HONOUR CHRIST in the choice of A_____.

HONOUR CHRIST in that which I choose to S_____.

HONOUR CHRIST in the care I give my B_____ T_____.

2. Discuss each segment of the Legion of Honour with emphasis on each point of declaration.
3. Read Proverbs 4:23 and Messages to Young People, page 282, and discuss how they relate to the Legion of Honour.

THE REMEDY:

The best way to prevent the growth of evil is to preoccupy the soil. The greatest care and watchfulness is needed in cultivating the mind and sowing therein the precious seeds of Bible truth. The Lord, in His great mercy, has revealed to us in the Scriptures in the rules of holy living...
Messages to Young People 282.1

He has inspired holy men to record, for our benefit, instruction concerning the dangers that beset the path, and how to escape them. Those who obey His injunction to search the Scriptures will not be ignorant of these things. Amid the perils of the last days, every member of the church should understand the reasons of his hope and faith—reasons which are not difficult of comprehension. There is enough to occupy the mind, if we would grow in grace and in the knowledge of our Lord Jesus Christ.—Christian Temperance and Bible Hygiene.—*Messages to Young People 282.2*



Source: [Messages to Young People](#)

Ellen G. White Writings
(egwwritings.org)



DISCUSSION SUMMARY:



REQUIREMENT 3

BE AN ACTIVE MEMBER OF PATHFINDERS.

Date: _____

Supervisor's Signature: _____



REQUIREMENT 4

HAVE A CURRENT BOOK CLUB CERTIFICATE.

Date: _____

Supervisor's Signature: _____



REQUIREMENT 1 (OPTION A)

DISCUSS HOW THE CHRISTIAN CAN POSSESS THE GIFTS OF THE SPIRIT AS DESCRIBED BY PAUL IN HIS LETTER TO THE GALATIANS.

THREE (3) OPTIONS

- OPTION A – THE KING’S GARDEN**
- OPTION B – SPIRITUAL GROWTH**
- OPTION C – THE GIFTS AND THE FRUIT OF THE SPIRIT**

Date: _____

Supervisor's Signature: _____





REQUIREMENT 1 (OPTION A)

READ THE ALLEGORY OF THE KING'S GARDEN AND DISCUSS WITH THE CLASS THE MEANING OF ALL THE SYMBOLISM USED. TAKE TIME TO IDENTIFY AND DISCUSS THE FOLLOWING ITEMS IN PARTICULAR: WILL'S NAME, THE GATE, THE MIRROR, THE AXE, THE LANTERN, THE PRINCE'S PROMISE.

The King's Garden

There was once a very wise and noble king, who sorted out from his property a beautiful site for a house, a garden and an orchard. He built the house with his own hands and then put a fence around it and locked the gate with a large padlock.

After looking everywhere in his kingdom for someone to live in this special house he finally settled on a young man called William. However, we will call him "Will" for short. When they arrived together at the house the King said to Will, "Here it is, it's yours to keep. All you have to do is keep it clean and plant the orchard. But make sure you keep the gate locked! Don't let anyone in unless they are members of my family. If you need anything that telephone is a direct line to my castle.

"Call me for anything you want and I'll send it right down without delay" ...with that the king was gone.

Will, feeling rather excited about it all, looked over the house and checked out all the rooms; even the kitchen cupboards were full of food. It was late afternoon by the time Will had looked over all the property and already he was deciding on how he would plant the orchard. He was down by the back fence when he heard a muffled voice....

"Don't do itDon't do it."

Will scanned the fence line to see where the voice came from, and seeing no one, called out loud "Don't do what?"

"Don't do all that work!" came the reply. Then Will saw a tall dark stranger standing outside the fence just near the gate. Will moved over a little closer and asked the stranger what he meant. "Don't do all that work, that king is nothing more than a tyrant, he'll make you work, work, work and then when the orchard is ready, he'll come down and take all the fruit. The only thing you'll get out of it is a sore back!"

"Oh", said Will, "I didn't think he was like that."

"Oh yes he is", said the stranger. "I've known him for a real long time, but if you let me in—I'll do the work. You can lie down on that bed there on the veranda, you can watch me! In no time I'll have the orchard up—you don't have to do a thing, but you can help me gather the fruit and you can eat as much as you like."

Well, Will was a little soft and he opened the gate to the stranger. And apparently the stranger had spoken the truth—he was a real worker, not a shirker! He knew how to dig; he knew how to raise trees and soon the orchard was there and the fruit was ready to pick. "Come on Will, let's sample the fruit." The fruit looked so inviting as it glistened on the tree and Will could hardly wait to sink his teeth into all the different varieties.

The very first one he tried was absolutely delicious, and the next even better—sort of like a combination mango, pineapple and passion fruit. After he had

eaten as much as he could Will lay down on the veranda. The fruit felt like it had gone sour in his stomach. He was sick—real sick—so sick that he thought he would never eat again! But strangely enough an hour or so later Will was hungry again and went back to the orchard for some more fruit. It was just as delicious as the first time, and he couldn't understand why it had made him so sick before. However, it was only minutes after his last mouthful when that same sick feeling came back with a vengeance! Poor Will, he spent the rest of the day picking, eating and being sick; picking, eating and being sick. And that's the way it went the next day and the next week and the next month. Will hated it but he couldn't resist it.

One day he said to the stranger "You'd better tell me the name of this fruit." But the stranger wouldn't tell. It was only after weeks of nagging that the stranger finally led Will down to the orchard and said, "Here... this one I called Impurity, this one is called Lying, this one is Disrespect, this one is Stealing, this one is Hate, Envy, Wrong Thoughts, Cheating", and so the list went on.

Will couldn't believe it and rushed inside past the mirror where he saw for the first time that his face was changing—he was beginning to look like the stranger whereas before he used to look a little bit like the king. Will was so angry that he ran out to the woodshed and grabbed his trusty axe. He was going to chop down every one of those trees even if it killed him. As he picked up the axe all rusty with age, he noticed these words written on the handle.... "GOOD RESOLUTIONS."

With great determination, Will ran out into the orchard and hacked into every tree until the complete orchard was gone. His hands were blistered and bleeding, his back was sore, but he sure felt good knowing all those trees were gone—all except the roots—they were still there!

When Will woke up the next morning and looked out the window, he couldn't believe his eyes. The trees were there just as big as ever before—and so were his blisters! And what's more, Will was hungry and he couldn't resist the fruit. Will was heartbroken—he was so sick and so tired. How he hated the stranger.



One night Will noticed the warm glow of a lantern just outside the gate. He knew it wasn't the stranger because he was inside. From the distance he was standing, he could tell that it wasn't the king but it sure looked like the king, perhaps it was the king's son. As Will moved closer to the gate he could see that something dreadful had happened to the Prince, for the hand that held the lantern had a terrible scar.

And as he examined the scars on his head and face, the prince spoke and said, "Behold, I stand at the door and knock, if any man hear my voice and open the door, I will come in and live with him."

Hardly before the prince had finished, the stranger came running down the path shouting "Don't let him in! He will destroy all my work! Don't let him in!"

Well, that's all Will needed to hear. Without hesitating, Will stepped forward and opened the gate, and as soon as the prince came in, the stranger went out.

The prince wasn't about to waste any time, and quickly led Will down to the orchard and together they went around every tree. Where ever the prince held his lantern the trees just shrivelled up, and the fruit dropped off, and even though the roots were still there the trees never grew back just as long as the prince was there.

The prince explained to Will, "It cannot be as it was with the stranger. This time we must work together." It took longer for this orchard to get planted but the trees were fantastic. And as they planted each one, the prince would say to Will, "This one is Love, and



this one over here is Truth, this one Joy, and Peace, Gentleness, Faith, Self-Control, Purity and so the orchard grew. Will would want you to know that the fruit was delicious and what's more it didn't make him sick . . . not one bit! And his face began to change once more to resemble the face of the king.

However, Will had one dreadful fear that caused a terrible ache in his heart. It worried him so much that he just had to ask the prince. "What would happen to me if you ever went astray? The Prince just smiled and said "Will, I will never leave you or forsake you" and the Prince was true to his word.

Take time to identify and discuss the following items:

1. Will's name

2. The gate

3. The mirror

4. The axe

5. The lantern

6. The prince's promise



REQUIREMENT 1 (OPTION B)

Spiritual Growth

Every living thing, whether plant or animal, goes through stages of growing. Nothing is mature at birth. Growth takes time, nourishment, and sometimes much help and care, as with an infant human being, for instance.

Spiritual growth takes place too (1 Peter 2:2, Peter 3:18, Ephesians 4:15). Perhaps we could liken the Christian to a tree which has its roots in good, fertile soil. At every moment the tree is sending out roots to collect its food from the earth. In much the same way the Christian is planted in Christ. He is rooted and grounded in Christ (Ephesians 3:17, Colossians 2:7, Romans 6:5). He fully believes that Christ is his Saviour and that He died for him. He has repented of sin and

sought for forgiveness. He believes that he has been forgiven and “transplanted” into new ground and now belongs to Christ.

As he reads God’s Word, thinks upon it and prays for God’s help and blessings, he not only understands the promises and teachings of God, but applies them to his daily living. He keeps on doing this and as he does, he grows more and more like Christ in character.

He may make many mistakes, and sometimes may commit sin, but if he does, he remembers that Christ loves him still and will forgive his sin if he turns to Christ with repentance and confession (1 John 2:1, 1:9).

No one can grow as a Christian who is planted in the wrong soil. He cannot have his roots in sinful things or be trying to stand in his own strength and succeed as a Christian. He can obtain nourishment only by personal faith in a real and living Saviour and can only stand against the storms of life as his roots are planted firmly in Christ. Faith is like the roots of the tree that hold it securely in the soil, as well as gather food.

God gives the Christian whatever he needs, like forgiveness (1 John 1:9), and new heart (new desires Ezekiel 18:31), a new birth (John 3:3,5), help in time of need, (Hebrews 4:16), power to resist temptation (1 Corinthians 10:13), and the Word of God to live by and feed upon (Matthew 4:4). By accepting all these gifts, we grow up into Him.

DISCUSSION SUMMARY





REQUIREMENT 1 (OPTION C)

The Gifts and the Fruit of the Spirit

All this help really comes to the Christian by the Holy Spirit who has a way of teaching and strengthening those who choose to live for Christ. The Holy Spirit also gives other special abilities called “gifts” to various members of the church to help the whole church grow and to produce fruits.

These gifts are mentioned in 1 Corinthians 12 and in Ephesians 4. They help the church not only to grow, but to work for others. They help individual church members to produce what the Bible calls “fruit” in their lives, just like a tree which is planted in good soil will produce good fruit.

Jesus once told His disciple that He was the vine and they were the branches (John 15:5). He said that those who lived by faith in Him would produce much fruit. What is this fruit? How can we know that we are bringing forth good fruit? Listen to the list of fruit that a true, happy Christian life will bare as listed for us in Galatians 5:22,23. Love, joy, peace, long-suffering (patience and tolerance), gentleness, goodness, faith, meekness (teachableness), and temperance.

This kind of fruit can all grow in the life of a Christian who by true faith, surrenders his life in willing, loving, obedience to Christ.

DISCUSSION SUMMARY



REQUIREMENT 2

VIEW THE AUDIOVISUAL ON THE OLD TESTAMENT SANCTUARY SERVICE, AND DISCUSS HOW IT POINTS TO THE CROSS AND THE PERSONAL MINISTRY OF JESUS.



Link: [Pathfinder Sanctuary Honour](#)



Date: _____ Supervisor's Signature: _____



REQUIREMENT 2

Complete the following:

1. Describe and discuss the events leading up to the construction of the original sanctuary, i.e. the Tabernacle in the Wilderness:

- What group of people were involved and what were they doing at the time? _____

- Why was it constructed? _____
- Who specified the design and the materials to be used? _____
- Where did the materials come from? _____
- Who constructed it? _____

2. The following colours were used in the sanctuary and in the priests' clothing. Tell what each colour represented:

- Red _____
- Blue _____
- Purple _____
- White _____
- Black _____
- Gold _____
- Silver _____
- Brass _____

3. Match the following:

SYMBOL
Lamb
Wash Basin (laver)
Candlestick
Holy Bread
Altar of Incense
Priest
Mercy Seat

JESUS IS FOR US
The Water of Life
The Bread of Life (Bible)
Intercessor
Our Priest
The Covering for our Sins
The Sacrifice for our Sins
The Light of the World



REQUIREMENT 3

**THROUGH CREATIVE STUDY AND DISCUSSION,
BECOME FAMILIAR WITH THE BIBLE'S EMPHASIS ON
THE:**

- STEWARDSHIP OF TIME
- STEWARDSHIP OF HEALTH
- STEWARDSHIP OF POSSESSIONS



Refer to current Stewardship resources on stewardship.adventistchurch.com/ if further assistance is needed.



Date: _____ Supervisor's Signature: _____



1. STEWARDSHIP OF TIME

Use the diagram given to represent a 24-hour day. Each segment represents six (6) hours. Write onto each segment what you normally do every day, and how long it takes to do it. Once you have honestly completed your daily program in "Diagram of Life 1" chart, write how you think you *should* spend each day in the "Diagram of Life 2" chart.

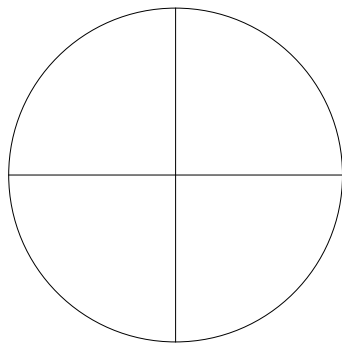


DIAGRAM OF LIFE 1

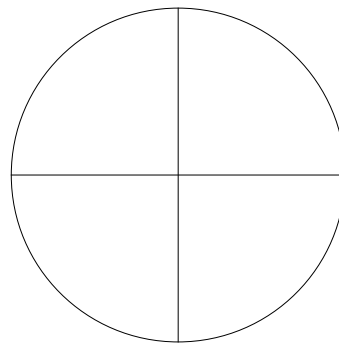


DIAGRAM OF LIFE 2

Draw up your own Life Insurance Policy based on God's Word:

Example:		Bible Reference	
Length of time insured			
Value of the insured			
Specific items covered			
Premium			
Conditions			
Benefits			
1 Peter 1:18,19	2 Thessalonians 5:23	Hebrews 13:5	Jude 24
John 1:12	Galatians 4:7	3 John 2	John 10:10
1 Corinthians 3:16,17	Psalms 103:2,3	Psalms 34:7	Philippians 4:19
Deuteronomy 5:32	1 Corinthians 10:31	Leviticus 3:17, 11:3,9	Proverbs 23:29-35



2. STEWARDSHIP OF HEALTH

Bible emphasis on Health

God made man a total human being. Health is living to the fullest: mentally, physically, socially and spiritually.

Jesus said: "I am come that they might have life, and that they might have it more abundantly." John 10:10.

Disease is a breakdown of the physical, mental, social and spiritual faculties.

Discussion Summary





TRUE OR FALSE QUIZ

- | | | | |
|-----------|--|----------|----------|
| 1 | Health is the absence of disease physically. | T | F |
| | Discussion: Psalm 67:2, Psalm 103:1-3
Ministry of Healing p. 241 | | |
| 2 | Disease usually comes as a result of breaking the laws of health. | T | F |
| | Discussion: Exodus 15:26
Ministry of Healing 127 | | |
| 3 | If we break the laws of health, we are breaking the commandments of God. | T | F |
| | Discussion: Exodus 20:13
Ministry of Healing 128, 51, 310 | | |
| 4 | Sleep and rest are important necessities for health. | T | F |
| 5 | God is interested in us having adequate, sound sleep. | T | F |
| 6 | Lack of exercise is one of the major causes of disease today. | T | F |
| | Discussion: Ministry of Healing 238, 237 | | |
| 7 | Work was given to Adam and Eve after they sinned. | T | F |
| | Discussion: Genesis 2:15 | | |
| 8 | One of the best exercises is walking. | T | F |
| | Discussion: Ministry of Healing 238
Testimonies of the Church, vol.3, 78
New Aerobics by Kenneth Cooper MD | | |
| 9 | Self-control is foolish. We were made to do our own thing and have good time. | T | F |
| | Discussion: 2 Corinthians 3:16,17
Ministry of Healing 176 | | |
| 10 | Since alcohol, tobacco and other harmful drugs are habit-forming, it is best never to take the first taste. | T | F |



THOUGHT DISCUSSIONS

- 1. Is this old proverb true: Cleanliness is next to godliness?
(Disease breeds in dirt)**

Psalm 24:3,4

Revelation 19:8

- 2. Since Paul said: "Eat that which is set before you." (1
Corinthians 10:27), does it matter what we eat? (Discuss original
diet)**

1 Corinthians 10:31 (eat to glory of God)

1 Corinthians 3:16,17

Isaiah 55:2

- 3. Since grief, sorrow and especially guilt is said to be the major
factor in causing stress – and stress in turn causes disease –
what can be done to reduce stress?**

- a. Bible's best medicine – clear conscience and happy Christian
life.

Proverbs 17:22

1 John 1:9

- b. Are the pleasures of "sin for a season" really worth it?

Hebrews 11:25

- c. It is God's desire to give us lasting joy and pleasure.

Psalm 16:11

Ministry of Healing 251





3. STEWARDSHIP OF POSSESSIONS

Bible Emphasis on Stewardship of Possessions

Every human being on earth has a stewardship responsibility to God. His responsibility does not depend upon whether a person is rich or poor. Nor does it make any difference whether a person is Muslim, Christian, Jew, or atheist. Man has a responsibility to God on the single basis that God gave him life.

True Christian stewardship involves the wise and unselfish use of life.

From his very beginning, God intended that mankind should have responsibility and be entrusted with possessions.

DISCUSSION

- When God made Adam a steward of His creation, He did reserve a portion of Himself (Genesis 2:16, 17). Why?
- Consider Genesis 2:16,17; Genesis 3:1-8.
- "This tree God reserved as a constant reminder of His ownership of all things. Thus He gave them opportunity to demonstrate their faith and trust in Him by their perfect obedience to His requirements." 6T 386

God's desire today is that His people shall be prosperous.

- Consider 3 John 2, Joshua 1:8, Psalm 122:7, Malachi 3:10.

Does God make any reservations in the things we possess today?

- Leviticus 27:30,32. Tithe holy unto the Lord.
- Deuteronomy 14:22. Tithe of increase.
- Malachi 3:8-10. To withhold God's portion is to rob Him.

God also honours the gifts of His people.

- Deuteronomy 16:17. Give as able.

- Proverbs 3:9. Honour God with substance.
- Matthew 10:8. Freely give.
- 2 Corinthians 9:7. God loves a cheerful giver.

By returning God's portion (tithe), and giving our gifts to God, we too demonstrate our obedience, loyalty and love.

- Consider Leviticus 14:22,23. "So it is with God's claims upon us. He places His treasures in the hands of men, but requires that one tenth shall be faithfully laid aside for His work. He requires this portion to be placed in His treasury. It is to be given to Him as His owner. It is sacred. By faithfully obeying this requirement, we acknowledge that all belongs to God." 6T 386.

Consider the difference between "tithes" and "offerings".

- Leviticus 27:30. Tithe belongs to God. It is not a gift. It is simply returned to God.
- An offering is a gift offered willingly of that which God allows you to call your own, after the portion which He owns is returned to Him. See Malachi 3:8.

Giving demonstrates a right relationship with God regarding possessions.

- Deuteronomy 8:18, Matthew 6:21.

This relationship attracts God's blessing.

- 2 Chronicles 31:10, Malachi 3:10, Proverbs 10:22.



REQUIREMENT 4

HAVE A CURRENT MEMORY GEM CERTIFICATE.

I passed my memory gem test on: _____

Supervisor's Signature: _____



REQUIREMENT 1

AS A GROUP (OR INDIVIDUALLY) HELP ORGANISE AND PARTICIPATE IN ONE OF THE FOLLOWING:

- a. Make a friendship visit with a shut-in person.
- b. Adopt a person or family in need and assist them.
- c. Any other outreach of your choice approved by your leader.

Date: _____

Supervisor's Signature: _____





My Understanding of Witnessing

Why Christ is looking to me to be his witness

Is my life an effective witness?

Share your story of witnessing:

REQUIREMENT 2

PARTICIPATE IN A DISCUSSION ON WITNESSING TO OTHER TEENAGERS AND PUT SOME OF THE GUIDELINES INTO PRACTICE IN A REAL SITUATION.

Date: _____ Supervisor's Signature: _____



REQUIREMENT 1

FOLLOWING DISCUSSION, PREPARE A FLOW CHART ON DENOMINATIONAL ORGANISATION, WITH SPECIAL DETAILS OF THE SOUTH PACIFIC DIVISION.

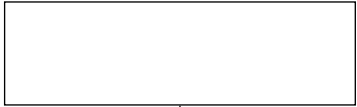
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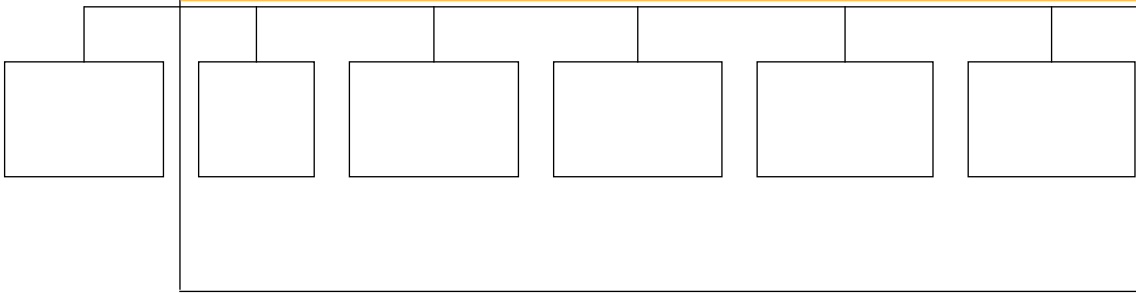


FLOW CHART OF DENOMINATIONAL ORGANISATION

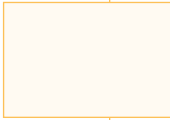
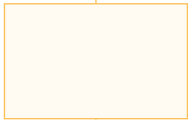
WORLD CHURCH



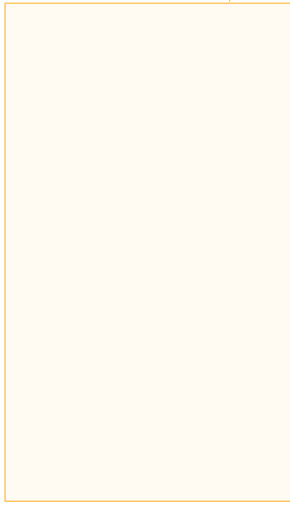
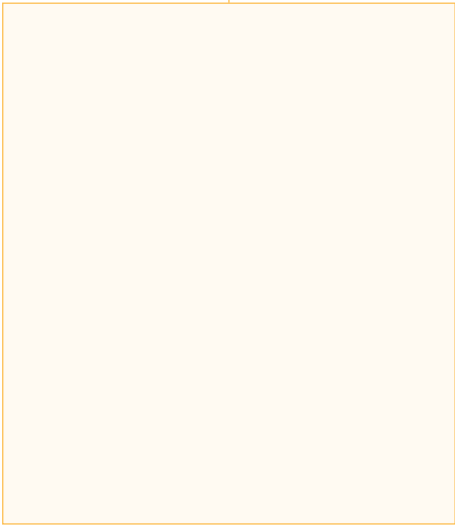
WORLD DIVISIONS



UNIONS



CONFERENCES / MISSIONS

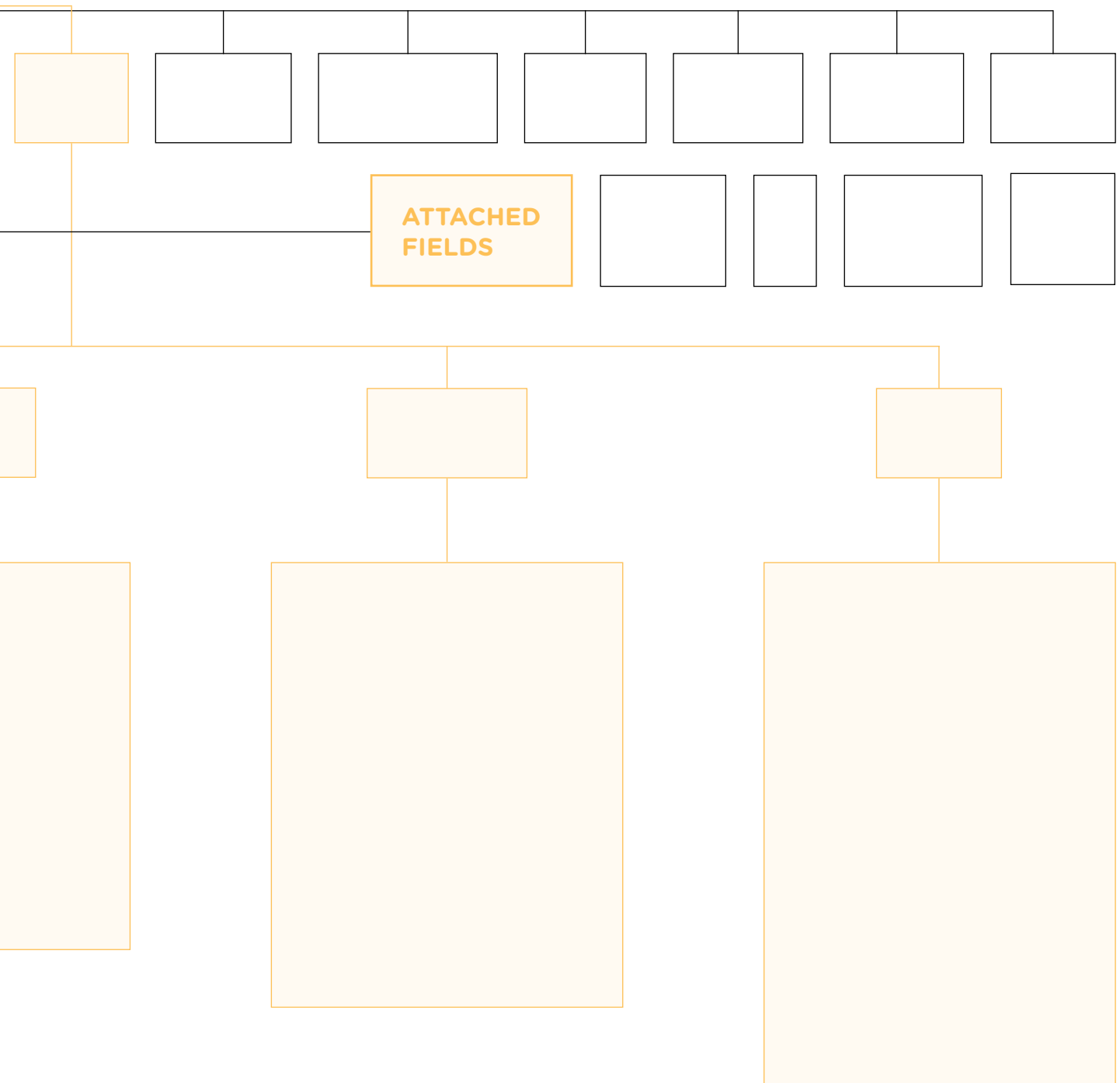


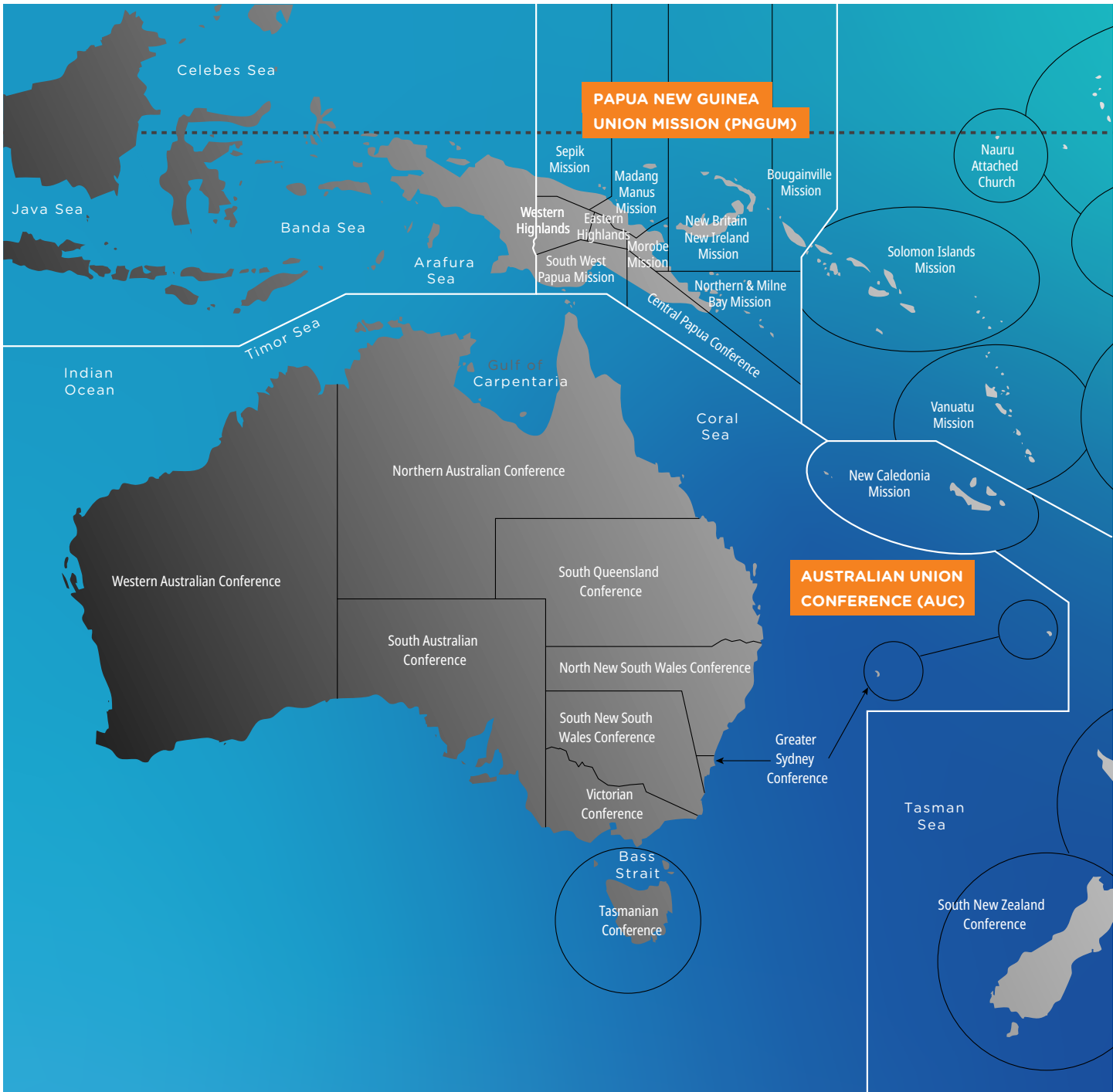
The General Conference (GC) is overseen by an administrative team and governing body, all of which are elected at General Conference Sessions which occur every five years. The GC coordinates the work the denomination does collectively on a global scale, interfacing with division leaders who coordinate activities in their parts of the world.

The world headquarters of the Seventh-day Adventist Church, located in Silver Spring, Maryland, United States, houses a number of departments and services

that support the global denomination and its needs. All of these entities exist to uphold the Adventist promise to help others understand the Bible and find freedom, healing and hope in Jesus.

To facilitate its worldwide activity, the GC established regional offices, known as divisions, who have administrative and supervisory responsibilities for groups of unions and other church units within specific geographic areas of the world.









REQUIREMENT 2

WITH YOUR GROUP, MAKE PLANS FOR A SOCIAL ACTIVITY AT LEAST ONCE A QUARTER.

(Include additional pages to this workbook, may include photos, draft plans of social activity etc.)

QUARTER 1: _____

QUARTER 2: _____

QUARTER 3: _____

QUARTER 4: _____

Date: _____

Supervisor's Signature: _____



REQUIREMENT 1

TRACE THE DEVELOPMENT OF THE SEVENTH-DAY ADVENTIST CHURCH IN AUSTRALIA AND NEW ZEALAND

OR

VIEW THE VIDEO “MIRACLE ON PITCAIRN” AND COMPLETE THE GUIDE WORKSHEET BASED ON THE VIDEO

OR

VIEW ANY UNION CONFERENCE OR UNION MISSION SESSION VIDEO.

Date: _____

Supervisor's Signature: _____





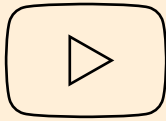
REQUIREMENT 1—OPTION A

TRACE THE DEVELOPMENT OF THE SEVENTH-DAY ADVENTIST CHURCH IN AUSTRALIA AND NEW ZEALAND

Complete the worksheets based on a few episodes of the Lineage Journey, Season II.

Date: _____

Supervisor's Signature: _____



Youtube — Lineage Journey Season II: Episodes 35-Episode 39



Episode 35 [Ellen White Called to Australia](#)



Episode 36 [The Birth of Adventism in New Zealand](#)



Episode 37 [The Birth of Adventism in Australia & Sanitarium](#)



Episode 38 [Avondale College](#)



Episode 39 [Ellen White & Sunnyside](#)



COMPLETE THE WORKSHEET BASED ON EPISODE 37—THE BIRTH OF ADVENTIST IN AUSTRALIA & SANITARIUM (LINEAGE JOURNEY)

How old was Ellen G. White when she arrived into Australia? _____

Which city is the birthplace of Adventism in Australia? _____

What was the name of the first school on St Kilda Road and how many students attended in the first term?

The first copy of The Bible Echo and Signs of the Times was published in what month and year?

In 1905, the publishing house moved to which Victorian town? _____

What is the name of the first Adventist church in the southern hemisphere? _____

Sanitarium is known for what products? Name at least three. _____

What is their reason to move Sanitarium in Melbourne to Avondale? _____

COMPLETE THE WORKSHEET BASED ON EPISODE 36—THE BIRTH OF ADVENTISM IN NEW ZEALAND (LINEAGE JOURNEY)

Sabbath School members in California raised funds to send a missionary team to which country?

How long did S. N. Haskell stay in New Zealand while en route to their destination?

What was Haskell impressed by? _____

What was the name of the couple that hosted Haskell? _____

What township did the rest of the Hare family live in? _____

Haskell met the patriarch of the family. What was this gentleman's name and the son Haskell met also?

What was their profession/occupation? _____

Name the first SDA Church in NZ and what date was this was established? _____

What was the name and age of the evangelist sent from the General Conference in 1887?

This evangelist led the first evangelistic tent series in which city of New Zealand?

A small wooden church was built on M _____ Street with _____ charter members and the first service took place on the 15th _____ 1887.

Name of the first SDA Church built in the southern hemisphere _____

Name the SDA college established in the south part of the North Island of NZ _____

Date: _____ Supervisor's Signature: _____





REQUIREMENT 1

OR VIEW THE VIDEO “MIRACLE ON PITCAIRN” AND COMPLETE THE GUIDE WORKSHEET BASED ON THE VIDEO.

Activity Sheet – Miracle on Pitcairn



[Miracle on Pitcairn](#): Travel to one of the most remote islands on Earth. Halfway between New Zealand and Peru sits Pitcairn Island, the hiding place of the mutineers in the 18th century.



1. What year did Mutiny of the HMS Bounty happen? _____
2. The mutineers decide to settle on which island? _____
3. After most of the male population were killed, what did John Adams do improve the islands way of living?

4. Name the SDA missionary that arrived on the island? _____
5. List three family groups that live on the Pitcairn Islands:
 - a. _____
 - b. _____
 - c. _____

6. Write three interesting facts learnt from watching this short film.

Date: _____ Supervisor's Signature: _____



REQUIREMENT 1

OR VIEW ANY UNION CONFERENCE OR UNION MISSION SESSION VIDEO.

Date: _____ Supervisor's Signature: _____



REQUIREMENT 2

COMPLETE A STUDY ON THE HISTORY OF YOUR LOCAL CHURCH.

1. RESEARCH ON THE HISTORY OF YOUR LOCAL CHURCH, PRESENT IT BY USING A FLOW CHART.

People you can interview: Church pastor, church clerk(s), your parents, your grand-parents etc.

TIMELINE & NOTES:

Date: _____ Supervisor's Signature: _____





REQUIREMENT 1

IN GROUP DISCUSSION AND BY PERSONAL INQUIRY, EXAMINE YOUR ATTITUDES TOWARDS TWO OF THE FOLLOWING TOPICS:

- A. CHOOSING YOUR CAREER**
- B. MORAL BEHAVIOUR**
- C. SEX AND DATING**
- D. CHOOSING YOUR LIFE PARTNER**

Date: _____

Supervisor's Signature: _____



REQUIREMENT 2

COMPLETE TWO OF THE FOLLOWING ACTIVITIES:



A. WRITE A POEM OR ARTICLE FOR POSSIBLE SUBMISSION TO THE SIGNS MAGAZINE.



B. AS A GROUP, PREPARE OR PARTICIPATE IN A PROGRAM ON HEALTHFUL LIVING AND PRESENT IT TO YOUR SOCIETY, CHURCH, OR A PUBLIC GROUP.



C. INDIVIDUALLY OR AS A GROUP, ORGANISE AND PARTICIPATE IN A “FUN RUN” OR SIMILAR ACTIVITY. DISCUSS AND RECORD YOUR PHYSICAL TRAINING PROGRAM IN PREPARATION FOR THIS EVENT.



D. READ PAGES 102-125 IN THE BOOK “TEMPERANCE”, BY E. G. WHITE, AND PASS THE TRUE/FALSE QUIZ.

Date: _____

Supervisor's Signature: _____



A. WRITE A POEM OR ARTICLE FOR POSSIBLE SUBMISSION TO THE SIGNS MAGAZINE.

A large, empty rectangular box with a light beige background, intended for writing a poem or article.

Date: _____ Supervisor's Signature: _____



B. AS A GROUP, PREPARE OR PARTICIPATE IN A PROGRAM ON HEALTHFUL LIVING AND PRESENT IT TO YOUR SOCIETY, CHURCH, OR A PUBLIC GROUP.

(Include additional pages to this workbook, may include photos, plans, program etc.)

Date: _____ Supervisor's Signature: _____

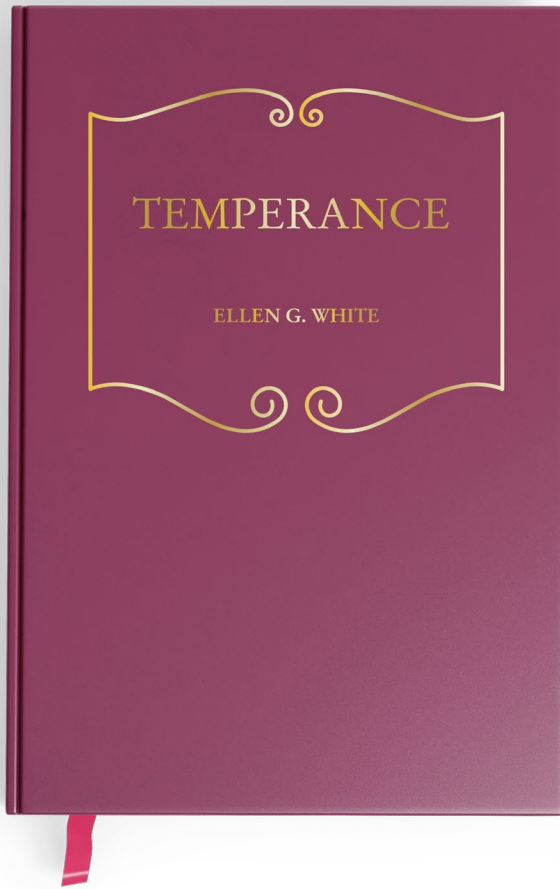


C. INDIVIDUALLY OR AS A GROUP, ORGANISE AND PARTICIPATE IN A “FUN RUN” OR SIMILAR ACTIVITY. DISCUSS AND RECORD YOUR PHYSICAL TRAINING PROGRAM IN PREPARATION FOR THIS EVENT.

(Include additional pages to this workbook, may include photos, plans, program etc.)

Date: _____ Supervisor's Signature: _____





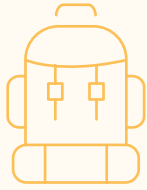
D. READ PAGES 102-125 IN THE BOOK “TEMPERANCE”, BY E. G. WHITE, AND PASS THE TRUE/FALSE QUIZ.

Date: _____ Supervisor's Signature: _____

TRUE OR FALSE QUIZ

1	The purpose of Temperance is to allow the grace of Christ to bring us into a living connection with God	T	F
2	Habits that weaken us physically do not affect the mind	T	F
3	Controlling desires is not so very important because we are free to do as we please	T	F
4	Satan has no power over us when we have the courage to positively say "no"	T	F
5	People who sincerely ask God for help to overcome smoking will receive it	T	F
6	God has promised a way out of every temptation	T	F
7	There are many and varied remedies for the sin problem	T	F
8	Good resolutions, made in one's own strength, will always fail	T	F
9	God doesn't require perfect obedience because He knows we are sinners	T	F
10	When we feel discouraged, it is not much use praying. We should wait until we are feeling better	T	F
11	Physical health improves by realising we have security in Christ	T	F
12	It is impossible to present our bodies as acceptable to God while continuing to indulge in intemperate habits	T	F
13	We cannot, on our own, have victory over temptation	T	F
14	Victory comes mainly as a result of our own efforts	T	F
15	Some people just can't resist evil	T	F
16	Everyone who unites his will to the will of God can overcome habits like smoking, drinking, etc	T	F
17	Even the feeblest cry for help is heard by God	T	F
18	Ignoring the laws of heaven can lead to liquor drinking	T	F
19	It was impossible for man outside Eden to resist Satan's temptations	T	F
20	Christ refused to heal some people because they had brought disease upon themselves	T	F





REQUIREMENT 1

PARTICIPATE IN A TWO-NIGHT PACK CAMP. DISCUSS THE EQUIPMENT TO BE TAKEN.

This camp-out is different and more involved than previous requirements, because all the gear, food, tents and clothing is to be carried in packs.

Camp-site: _____

Date: _____

Items Required: _____

Pack Camp Review: _____

Date: _____

Supervisor's Signature: _____



REQUIREMENT 2

PLAN AND COOK IN A SATISFACTORY MANNER, A THREE-COURSE MEAL ON AN OPEN FIRE.

(Include additional pages to this workbook, may include photos, plans, program etc.)

This could be done either on a normal club or unit camp out or on the pack camp. Thus the teens will have a wide scope with the menu and can ensure a balanced diet.

CAMP MEAL

First Course: _____

Second Course: _____

Third Course: _____

Date: _____

Supervisor's Signature: _____



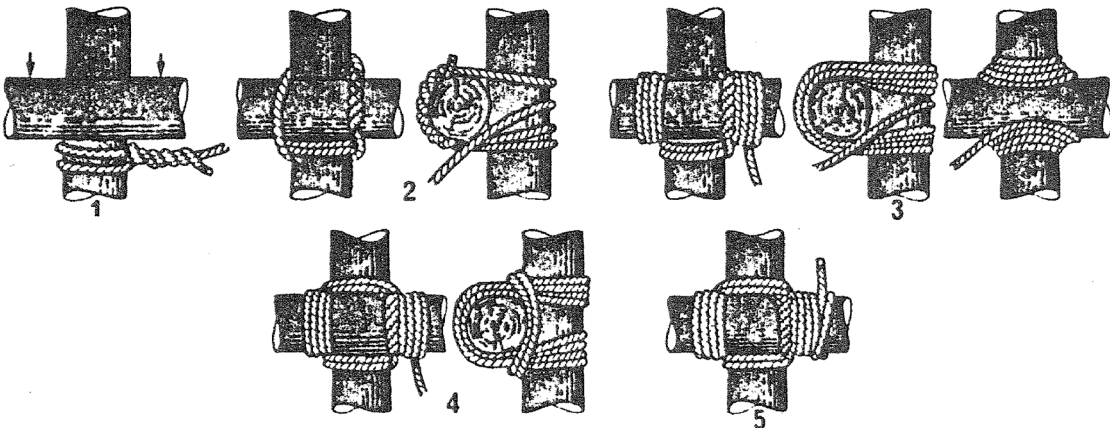


REQUIREMENT 3

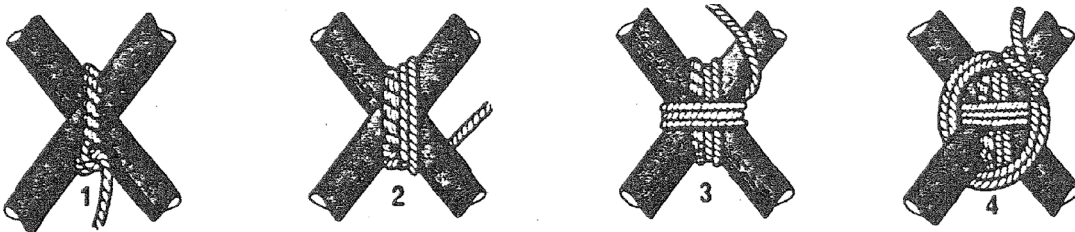
COMPLETE AN OBJECT OF LASHINGS OR ROPE WORK, SUCH AS A TOWER, BRIDGE, ETC.

Learn and present your Lashing into your workbook:

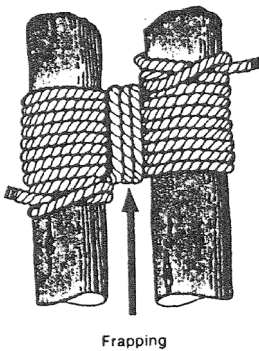
SQUARE LASHING



DIAGONAL LASHING



ROUND OR SHEER LASHING



CONTINUOUS LASHING

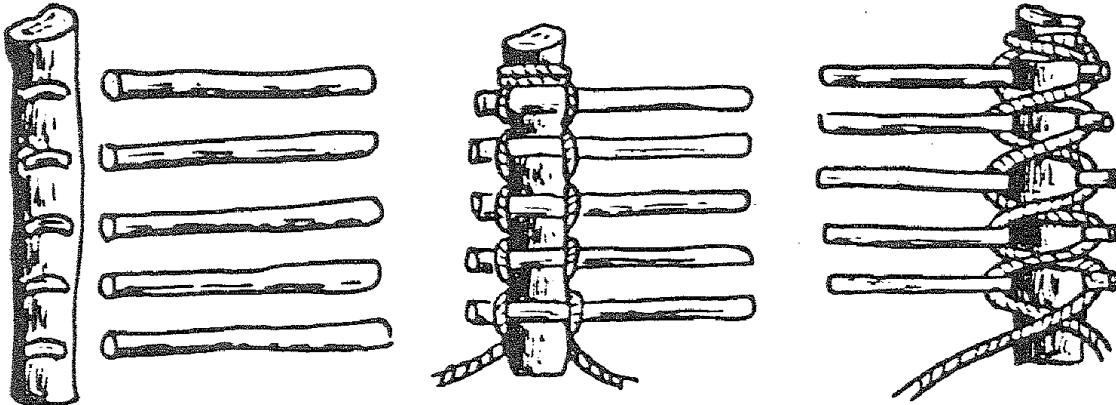
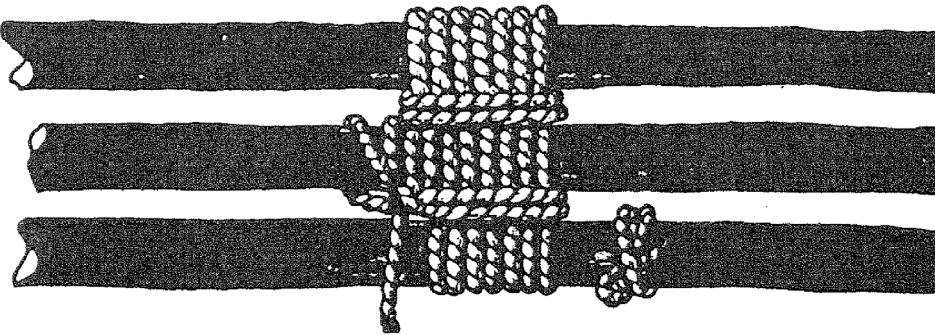
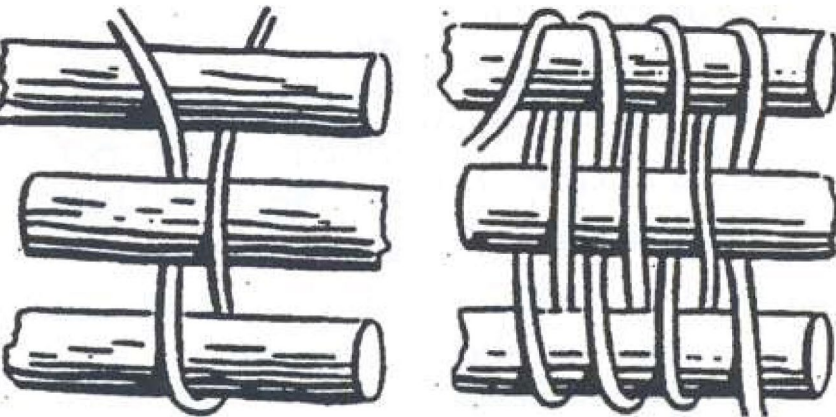


FIGURE OF EIGHT LASHING



TRIPOD LASHING



BUILD A BRIDGE USING WHAT YOU'VE LEARNT FROM THIS REQUIREMENT. (INCLUDE ADDITIONAL PAGES TO THIS WORKBOOK, MAY INCLUDE PHOTOS ETC.)





REQUIREMENT 3

**COMPLETE AN OBJECT OF LASHINGS OR ROPE WORK,
SUCH AS A TOWER, BRIDGE, ETC.**

Date: _____

Supervisor's Signature: _____

REQUIREMENT 4

**COMPLETE ONE HONOUR NOT PREVIOUSLY EARNED,
WHICH CAN COUNT TOWARDS THE NATURE OR
RECREATION MASTER AWARD.**

I have completed the
following Honour:



Date: _____

Supervisor's Signature: _____





REQUIREMENT 5

PASS A FIRST AID COURSE FOR TEENS



First Aid Honour [\(not yet achieved\)](#)



Important Information

Throughout the SPD we have a wide diversity of countries and local legal requirements. Local requirements are changing regularly.

There is a world-wide trend for only accredited organisations or persons to train people in First Aid using government-approved courses. Often there are serious legal consequences if these requirements are not met.

Everyone must check and comply with the legal requirements of their area / country.

Date: _____

Supervisor's Signature: _____



REQUIREMENT 5

PASS A TEST IN GUIDE FIRST-AID

Refer to your local Youth Departments.

Guide First Aid

HEART ATTACK:

Occurs because of the failure of the blood supply to the heart. If patient collapses follow the DRS ABC procedure. Get medical aid.

ANGINA

Is recognised by pain in the heart area. The pain travels up the arm and into the neck area and is aggravated by exertion. Loosen the clothing and place the patient in the half sitting position. Check to see if the patient has any tablets to take. Get medical aid.

CORONARY OCCLUSION

Vice-like pain behind breastbone resembling acute indigestion. Similar signs to Angina with dilation of pupils. The patient is very distressed and pulse may be absent. If in shock, with weak rapid pulse, treat in recovery position. Get medical air.

CONGESTIVE CARDIAC FAILURE

Cause by insufficient oxygen in blood. Patient may cough up blood, become giddy, neck veins swell, cyanosis may occur. Sit the casualty in half sitting position, loosen clothing, wipe away secretions, and seek medical aid.



IMPORTANT

Do not waste time calling the local doctor if it is possible to transport the casualty to hospital by ambulance. Specialised and intensive care given early in heart conditions, saves lives.





REQUIREMENT 5

PASS A TEST IN GUIDE FIRST-AID

First Aid Test (Theory)

1. What do the letters DRSABC stand for in First Aid? (12 marks)

D _____

R _____

S _____

A _____

B _____

C _____

2. What do you consider is the actual cause of a heart attack? (4 marks)

3. What procedure should be followed in the case of all heart attacks? (4 marks)

4. If pain travels from the heart area, up the arm and into the neck area, what type of heart problem is indicated, especially if the problem is aggravated by exertion? (4 marks)

5. What procedure should you follow? (4 marks)

6. What does a vice-like pain behind the breastbone usually indicate? This pain may be like acute indigestion. (4 marks)

7. What other signs or symptoms may be present in this case? (4 marks)

8. What procedure should you follow? Give an example. (4 marks)

9. How would you recognise congestive cardiac failure? (4 marks)

10. What procedure should you follow? Give an example. (4 marks)

11. What is the important reason for carrying out First Aid? (1 mark)

- a) To promote recovery
- b) To sustain life

12. Which do you consider the most important priority in rendering First aid? (1 mark)

- a) Sufficient oxygen
- b) Blood replacement
- c) Control of bleeding

First Aid Test (Practical)

1. The candidate must be able to demonstrate the:

- a) Recovery position (25 marks)
- b) Administration of C.P.R. (25 marks)

Date: _____

Supervisor's Signature: _____



IT IS RECOMMENDED THAT FOR THOSE THAT WISH TO DO ADVANCED WORK IN THE GUIDE CLASS, THEY DO THE FOLLOWING REQUIREMENTS WHICH WILL FULFIL HALF THE REQUIREMENTS FOR THE A.Y. SILVER AWARD PLAN. IF THEY DO THE ADVANCED REQUIREMENTS FOR THE VOYAGER CLASS, THIS WILL ENTITLE THE TEEN TO THE A.Y. SILVER MEDAL.

- A. PHYSICAL FITNESS (COMPLETE ONE OF THE GROUPS).**
- B. SKILLS (COMPLETE ONE).**
- C. CULTURAL IMPROVEMENT.**

OR EITHER COMPLETE THE DUKE OF EDINBURGH BRONZE AWARD OR COMPLETE TWO SECTIONS OF THE DUKE OF EDINBURGH SILVER AWARD.



[A.Y. Silver Award Plan:](#) A.Y. Silver - Physical Fitness Requirements - April 2010 (adventistchurch.com)



[Duke of Edinburgh Bronze Award:](#) Recreation, the Law and Youth Groups (adventistchurch.com)



Date: _____

Supervisor's Signature: _____

ADDITIONAL WORK

CATEGORY:

- | | | | |
|---|--|---|---|
| <input type="checkbox"/> General | <input type="checkbox"/> Spiritual Discovery | <input type="checkbox"/> Community Outreach | <input type="checkbox"/> Church Life |
| <input type="checkbox"/> Historical Perspective | <input type="checkbox"/> Personal Growth | <input type="checkbox"/> Health & Fitness | <input type="checkbox"/> Outdoor Living |

Requirement: _____





South Pacific