Encounter Series I: Christ The Way

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Note: DA is the standard symbol used for the book Desire of Ages.
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SAMPLE OF A DEVOTIONAL JOURNAL

Date:___________________ Material read:_________________________

Reflections on today’s thoughts:
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

My prayer focus:
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
Requirements

1. Answer the following questions:
   a. What is the earth’s nearest celestial neighbor?
   b. What is its distance from the earth?
   c. What governs the tide?
   d. What causes an eclipse?
   e. What is a shooting star?
   f. How fast does light travel?
2. Make a diagram showing relative positions and movements of the earth, sun, and moon. Show positions and movements for eclipses of the sun and moon.
3. Make a diagram of our solar system and be able to name the planets in order from the sun.
4. Identify eight fixed stars in the sky. What is the difference between planets and fixed stars?
5. What is a constellation? Name and point out six. Name two constellations visible throughout the year.
6. For the Northern Hemisphere: draw a chart of the Big Dipper, Cassiopeia, and the North Star. For the Southern Hemisphere: draw a chart of the Southern Cross, Orion, and Scorpio.
7. What is the Milky Way? Observe the Milky Way in the night sky.
8. What is the morning and evening star? Why does it carry both names?
9. Explain zenith and nadir.
10. What is the aurora borealis? What causes it?
Requirements

1. List 10 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 exercises:
   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.

Requirements

1. Describe in writing, orally, or with pictures how the early pioneers met the following basic living needs:
   a. Housing and furnishings
   b. Clothing
   c. Food
   d. Cooking
   e. Warmth and light
   f. Tools and Handiwork
   g. Sanitation
   h. Transportation
2. Construct a piece of useful furniture by lashing. Learn the following lashings:
   a. Square
   b. Diagonal
   c. Sheer
   d. Continuous
3. Do one of the following:
   a. Weave a basket using natural materials.
   b. Make a pair of leather moccasins.
   c. Make a lady’s bonnet by hand sewing.
   d. Make a simple toy used by the pioneers.
4. Know how to make flour from at least one wild plant for use in baking.
5. Build a fire without matches. Use natural fire building materials. Keep the fire going for five minutes. You may use the following to start it:
   a. Flint and steel
   b. Friction
   c. Curved glass
   d. Compressed air
6. Show axmanship knowledge in the following:
   a. Describe the best types of axes.
   b. Show how to sharpen an ax properly.
   c. Know and practice safety rules in the use of an ax.
   d. Know the proper way to use an ax.
   e. Properly cut in two a log at least eight-inches thick.
   f. Properly split wood that is at least eight-inches in diameter and one-foot long.
7. Do two of the following:
   a. Make a 10-foot rope from natural material or twine.
   b. Tie 10 knots useful to the pioneer and tell how they were used.
   c. Using rope and natural materials, make one device for moving heavy objects.
Requirements

1. Explain what a topographic map is, what you can expect to find on it, and three uses for it.
2. Identify at least 20 signs and symbols used on topographic maps.
3. Give the nomenclature of an orienteering compass.
4. Know and explain the following:
   a. Elevation
   b. Azimuth
   c. Back azimuth
   d. Contour interval
   e. Magnetic North
   f. Declination
   g. Scale
   h. Measuring
   i. True North
   j. Distance
   k. Ground forms
5. Demonstrate how to shoot a magnetic azimuth.
6. Demonstrate how to march on a magnetic azimuth.
7. Know two methods to correct for declination and when correction is necessary.
8. Be able to orient yourself with a map by inspection and by compass.
10. Prove your ability in the use of map and compass by following a two-mile (3 kilometers) cross-country orienteering course with at least five given compass readings or control points.
Requirements

1. Draw and explain the food pyramid guide in its various forms. List the number of servings required from each group each day. Why is it important to eat a balanced diet?
2. Explain the difference between the following:
   a. Lacto-ovo vegetarian
   b. Ovo vegetarian
   c. Vegan vegetarian
3. Plan a two-day menu containing a balanced lacto-ovo vegetarian diet utilizing the food guide pyramid.
4. What is another name for:
   a. Vitamin B1
   b. Vitamin B2
5. List at least three significant food sources of the following nutrients:
   a. Vitamin C
   b. Vitamin A
   c. Vitamin B1
   d. Vitamin B2
   e. Iron
   f. Calcium
6. Why is it important to drink plenty of water every day?
7. How much water should you drink every day?
8. Name three common diseases that can be controlled by diet.
9. What is the difference between whole wheat flour and white flour, and which one has the higher nutritive value?
10. What does RDA mean?

Requirements Advanced

1. Have the Nutrition Honor.
2. Read a book about nutrition.
3. Do the following:
   a. Keep a food diary on yourself for one week.
   b. Calculate the total nutrients for each day of the following: calories, protein, iron, calcium, Vitamin A, Thiamine, Riboflavin, Niacin and Vitamin C or Ascorbic Acid.
4. How does this compare with the Recommended Dietary Daily Allowance chart?
5. Explain why a high fiber diet is important and tell how this can be obtained.
6. Name three diseases due to malnutrition and describe the symptoms of each.
7. What are the symptoms of vitamin B12 deficiency?
8. What advice would you give a person who decided to be a total vegetarian?
9. What is the difference between saturated and unsaturated fats? Which is the most healthful and why?
10. Why is it advisable to use less sugar in our diet and suggest ways in which this may be accomplished?
11. Using the book Counsels on Diet and Foods, write a paragraph on the benefits of a lacto-ovo vegetarian diet.
Requirements:

1. Explain and demonstrate the main points of good hiking practice, such as pacing, speed, resting, and etiquette.

2. Explain the importance and method of proper foot care with regard to cleanliness, care of nails, socks, shoe selection, and first aid of tender or blistered feet.

3. Make a list of proper clothing to be worn on a hike in both hot and cool weather.

4. Make a list of needed gear for a long day hike in the wilderness and a short country hike.

5. List five safety and courtesy rules to be used in wilderness trail hiking and road hiking.

6. Explain the importance of drinking water and list three signs of contaminated water.

7. Explain the importance of proper eating while hiking.

8. Describe proper clothing and foot gear for cold and hot wet weather hiking.

9. Submit a written plan for a ten-mile hike which includes: map route, clothing list, equipment list, and water and/or food.

10. Use a topographical map and/or a road map in planning and doing one of the hikes in Requirement 11.

11. Have the following hiking record:
   a. One five-mile (8 km) rural or town hike
   b. One five-mile (8 km) hike on a wilderness trail
   c. Two 10-mile (16.1 km) day hikes on different routes
   d. One 15-mile (24.2 km) hike on a wilderness trail
   e. Within a month of each hike, write a short report, giving dates, routes covered, weather, and any interesting things you saw.
Requirements:

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 fire wood.
7. Demonstrate ability to start fire on a rainy day or in the snow.
8. Demonstrate simmering, boiling, frying, baking bread on a stick, aluminum foil baking, reflector oven baking.
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.
Requirements:

1. Explain five or more objectives of drill.

2. Define:
   a. formation
   b. line
   c. rank
   d. interval
   e. column
   f. file
   g. distance
   h. cover
   i. flank
   j. cadence

3. Explain the actions in each of the following groups:
   a. At Ease, Stand At Ease, and Parade Rest.
   b. Mark Time, Quick Time, and Double Time.
   c. Hand Salute and Present Arms.
   d. Right (Left) Flank, and Column Right (Left).

4. Properly execute the following basic movements:
   a. Attention
   b. Parade Rest
   c. Stand At East
   d. At East
   e. Dress Right Dress
   f. Prayer Attention
   g. Present Arms
   h. Order Arms
   i. Right Face
   j. Left Face
   k. About Face
   l. Fall Out

5. Properly execute the following movements:
a. Mark Time  
b. Forward March  
c. Right Flank  
d. Left Flank  
e. Column Right (with column of threes or fours)  
f. Column Left  
g. Rear March  
h. Halt

6. Explain and demonstrate how to use, display, and care for the national flag, including how to properly fold it.
Requirements:

1. What well-balanced combination of strengths did Jesus develop as a growing youth? (Luke 2:52)

2. According to Psalm 8, what estimate does God place on your personal worth?

3. Are names important to God? Does He know your name? (Isa. 43:1; Ex. 33:17; Isa. 45:4)

4. Demonstrate or discuss proper conversational skills, including:
   a. The proper way to talk to older people in public
   b. How to address people and make proper introductions
   c. Questions to avoid
   d. How to think of pleasant things to say
   e. How to show concern for the feelings of others
   f. What to say when you answer the door
   g. How to answer the telephone correctly

5. If you want to use your gift of speech to God's glory, what should your prayer be? (Psalm 19:14).

6. List seven points showing the power of correct posture. Check your posture and body profile. Demonstrate how to stand and sit correctly. Read Education, page 198, paragraph 3, and note the benefits mentioned that come to you as a result of correct posture.

7. Give two reasons why physical fitness is important. Explain the relationship between proper diet, exercise and weight control.

8. Tell the importance of proper grooming, including bathing, body hygiene, breath; proper care of clothes, shoes, etc.

9. Describe the proper way to wash your hair and care for your "hair tools."

10. Describe the proper care for your hands and fingernails.

11. Know the importance of daily "soul-grooming" and of building a Christian character, and why "belonging to Christ" makes a difference in the way you dress and act.
12. Discuss Scriptural guidelines that will help you cope with your sexuality and keep your thought-life clean. Discuss intelligently the "do's" and "don'ts" of dating.

13. List four reasons why your face is important to you and show how the way you exercise and sleep can improve your facial appearance. What relationship do thoughts have to facial "print-out"? Describe proper facial care.

14. Know the rules of table etiquette which make it easier for you and those around you, such as what to do with your knife and fork after using them. Know how to be a welcome dinner guest and a joy to your hostess.

15. List ten principles to help you overcome self-consciousness and social embarrassment.

16. Demonstrate two exercises that will improve your posture, trim your hips, waist, thighs and stomach.

17. Know how to choose a hair style that makes you look your best.

18. Tell the proper style of clothes to wear if you are tall, plump, short, thin, have a heavy hipline, or full bosom.

19. Tell why Christians should practice good manners.

   **For Young Men**

20. Demonstrate how to seat a girl or woman at a table, and how to properly escort a lady from her home to a social function.
Requirements:

1. Name one source where you have found material for stories for each of the following categories. Tell a story from each category.
   
   a. Sacred history  
   b. Church history  
   c. Nature  
   d. Character story  
   e. Object lesson with visual aid

2. For the above stories you tell, do the following:
   
   a. Tell a story to children not over five years of age, for at least three minutes.  
   b. Tell a story to a group of children ages 10 - 12 for at least five minutes.

3. Make a written outline of a story you are to tell.

4. State how and under what circumstances course material is to be modified for the following:
   
   a. Telling the story in first person, second person, and third person.  
   b. Different audiences, ages, and purposes.  
   c. Making the story shorter.  
   d. Making the story longer.

5. Tell why a definite aim is necessary in telling a story. Tell how you obtain a good climax for a story.

6. Tell one story of foreign missionaries, not less than five minutes in length.

7. Tell one story teaching health principles.
Requirements:

1. Describe the national, state or provincial, AY, Pathfinder and Christian flags.

2. Know how to display the national flag with two other flags under the following situations:
   a. Campout / camporee
   b. Pathfinder Day Program
   c. Parade

3. Demonstrate how to fold and salute your national flag. Mention when and how it should be displayed.

4. Explain the meaning and reason for the National Anthem and recite the words from memory.

5. Give the rights and responsibilities of a citizen of your country.

6. Have an interview with a local, regional or national official of your country and learn about his duties.

7. Write a one-page essay or give a two-minute oral report about a famous person in your country. Mention what he has done to gain his recognition.

8. Do one of the following:
   a. Make a list of ten famous quotations from leaders of your country.
   b. Make a list of ten famous historic places in your country.
   c. Make a list of ten famous historic events in your country.

9. Describe what you can do as a citizen to help your church and country.

10. Go through the steps of an individual acquiring citizenship in the country and learn how this is done.

11. Know how to explain the process of government in your country.

12. Explain the meaning of the statement Jesus made in Matthew 22:21: "Render therefore unto Caesar the things which are Caesar's; and unto God the things that are God's."

13. Explain why laws are established in your country.
Requirements:

1. Be at least in the 6th grade or 11 years old.

2. Develop a personal philosophy of outdoor etiquette, such as courtesy to other campers and outdoor conservation.

3. Know and understand the following six W=s for the selection of a good campsite:
   a. Wind
   b. Water
   c. Wild things
   d. Wood
   e. Weather
   f. Willingness

4. Demonstrate your ability to protect the wilderness and your water source by proper personal hygiene and cooking sanitation.

5. Participate in a weekend campout.

6. Take part in a camp worship service to include one of the following:
   a. Sabbath School lesson study
   b. Story
   c. Worship thought
   d. Leading song service

7. Know how to safely light and use a camp stove and lantern.

8. Know safety rules and demonstrate your ability to properly cut firewood.

9. Demonstrate how to break dead wood properly.

10. Using fuzz sticks or shaved sticks, build and know the use of a council or crisscross fire and one type of cooking fire. Review fire building safety rules.

11. Explain two ways to keep camp food cool.

12. Build two different camp cranes.

13. Prepare camp meals using boiling, frying, and baking.

15. Bedding:
   a. Show proper ways to stuff or role your sleeping bag or bed roll for travel.
   b. Tell how to keep a sleeping bag or bed roll dry on a camping trip.
   c. Describe how to properly clean your sleeping bag or bed role.
Requirements:

1. Be at least in the 5th grade or ten years old.

2. Understand and practice wilderness and camping etiquette, regarding preservation of the outdoors.

3. Know eight things to do when lost.

4. Be familiar with various types of sleeping equipment suitable to location and season.

5. List personal items needed for a weekend campout.

6. Plan and participate in a weekend camping trip.

7. Know how to properly pitch and strike a tent. Observe fire precautions when tent is in use.

8. Know and practice the proper principles for camp sanitation for both primitive and established campsites.

9. Properly use the knife and hatchet. Know ten safety rules for their use.


11. Demonstrate how to protect firewood in wet weather.

12. Bake bread on a stick.

13. Describe the proper procedures for washing and keeping clean the cooking and eating utensils.

14. Describe sleeping wear and how to stay warm at night.

15. Draw a spiritual object lesson from nature on your camping trip.

16. Explain and practice the motto: “Take only pictures and leave only footprints”.
Requirements

1. Explain how and why weather, season, and water supply are considered when choosing a campsite.
2. Prepare a list of clothing you would need for an overnight camp in warm and cold weather.
3. Know and practice the safety rules in camping.
4. Show your ability to use a camp knife by demonstrating or explaining safety rules for its use and making shavings for tinder.
5. Prepare for an overnight camp with a group by making a list of personal items and group items that will be needed.
6. Prepare balanced menus for one cooked breakfast, lunch, and supper.
7. Complete the following while on an overnight camping trip:
   a. Prepare ground properly for comfortable sleeping.
   b. Correctly pitch and strike a tent.
   c. Prepare a proper safe area for campfire. Show proper use of wood tools in getting and preparing fuel for a fire.
   d. Show how to protect your camp against animals, insects, and wet or bad weather.
   e. Show how to take proper care of the environment as you camp and leave the area with no trace of having been there.
8. Know eight things to do when lost.
9. Camp for a continuous three days and two nights, sleeping each night under the stars or in a tent. Be actively involved in cooking at least two of the meals.
10. Considering the things learned in this honor and the camping done, what is the meaning and the reason of the Pathfinder Camping Code?
**Swimming**

**Requirements**

Complete the Red Cross Swim level VI--Skills Proficiency or the following:

1. Demonstrate approach and hurdle on the diving board.
2. Demonstrate jump tuck from diving board.
3. Swim front crawl stroke—100 yards.
4. Swim back crawl stroke—100 yards.
5. Swim breaststroke—25 yards.
7. Swim butterfly—10 yards.
9. Demonstrate breaststroke turn.
10. Demonstrate speed turn and pull-out for breaststroke.
11. Demonstrate speed turn for front crawl.
12. Demonstrate flip turn for front crawl.
13. Demonstrate pike surface dive.
14. Demonstrate tuck surface dive.
15. Tread water for three minutes (one minute with no hands).
16. Demonstrate throwing rescue.
17. Demonstrate rolling spinal injury victim to face up.

**Swimming Advanced**

**Requirements**

Complete the Red Cross Swim level VII -- Advanced Skills or the following:

1. Springboard dive in tuck and pike positions in suitable depth water.
2. Swim continuously any combination of strokes for 500 yards.
3. Swim front crawl—200 yards.
5. Swim back crawl—100 yards.
7. Swim side stroke—50 yards.
8. Swim butterfly—25 yards
9. Demonstrate backstroke flip turn.
10. Do in-water rescues using equipment.
11. Discuss conditioning principles and demonstrate checking your heart rate.
12. Retrieve a diving brick (10-lb) from 8-10 feet of water.
13. Review water safety skills.
14. Tread water for five minutes.
15. Assist with a backboard rescue.