THE WORTHY LIFE PROGRAM

Worthy Life Program – Overview

Special awards may be given for completion of certain activities, projects, or accomplishments. Special awards are named for the purpose for which they are given. It should be noted that special awards will be developed over time, following full program implementation.

The most important special award within the Woodlands Trail program centers on faith. This award is titled the Worthy Life Award. Requirements are different for different age groups. The award may be earned once in each age group, with the badge for the award changing for each age group.
WORTHY LIFE PROGRAM – FOXES

SPIRITUAl Theme: Who is God? And...God Loves Me!

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

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

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

Fox Requirements: Complete all 8 requirements.

1. _______Memorize John 3:16.

   Trail Guide: Lead a discussion with the Foxes about God’s love for us and what that means.

   Let’s talk about it:
   - Why did Jesus have to be “sent” for us and why do we need to “believe” in Him?
   - What is “eternal life”?

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

3. _______Understand the basics of prayer using the “ACTS” concept below.

   Trail Guide: A prayer bookmark is located at the end of this Worthy Life section. Make a copy of the Bookmark and distribute to each Trailman. The bookmark is used to help teach the “ACTS” concept. Remind the Trailmen to place the bookmark in his Bible to help him remember how to pray when he talks with God.
Discuss what each word that forms the acronym means, using the information provided.

A—Adoration
C—Confession
T—Thanksgiving
S—Supplication

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

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

**Thanksgiving is a word for giving thanks for our blessings, which are special gifts from God.** Some of our gifts from God are a healthy body, a family that loves us, the bunny in the backyard that brings a huge smile to our face, and, yes, our friends. God gives many blessings to us and we should thank Him every day for them.

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

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

**What you’ll need:**

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

4. _________Participate in a camp prayer or a *Hit the Trail* prayer.
5. ________Find where the Lord’s Prayer is located in the Gospels, and explain "Our Father who art in heaven." What does it mean to call God "Father"? (Matthew 6:9-15, Luke II:2-4)

6. ________Attend a special Christmas, Easter, or other church holiday service and discuss what you learned with your family.

7. ________Understand the concept of Faith in God. Complete parts (a), (b), (c), (d), and (e) below.

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

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

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

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

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

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

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

a. ________ **Awareness of God in Creation**

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

b. _________ Telling of Stories about Persons Who Had Strong Faith in God

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

Example: Abraham - Faith and Righteousness

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

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

Let’s talk about it:

- How can we be “faithful” like Abraham was?
  *Answer: Keep trusting God every day and do what God asks of us.*

- Is it easy?
  *Answer: No, it’s not. Abraham made mistakes along the way. The best way is God’s way.

- Should we do what God says for us to do in the Bible? If so, how?
  *Answer: Yes, absolutely. It is by faith that we can do what God tells us to do – we have a loyalty and allegiance to Him – we trust Him

- Should we do things in faith for God, thinking we are going to get something for being “good”?
  *Answer: No. God wants us to be faithful first. If we are faithful, from that faith we will want to do “good” things but expect nothing in return.

c. _________ Responding to the Goodness of God

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

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

Let’s talk about it:

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

d. _________ Developing Love and Care for Self and Others

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

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

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

Summarize and read the appropriate parts of Exodus 16 to the Foxes. Moses was a man of faith and knew that God would take care of His people even though they griped and complained. God provided a blessing for them in a big way - manna. Explain that the people were hungry and God provided them food from Heaven (manna). What if the Israelites wanted to do things their way instead of God’s way? Would they receive God’s blessings?
Let’s talk about it:

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

e. Continuing Faith in God Through Little Trials

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

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

Example: Jesus - Son of God - Building Faith

Jesus taught: “But seek first the kingdom of God and his righteousness, and all these things will be added to you. Therefore, do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.” (Matthew 6:33-34) How does the Lord want us to “live by faith” here?

Let’s talk about it:

- How does the Lord want us to “live by faith” here?
  Answer: Jesus wants us to look to God first all the time. Don’t worry about things because God will take care of us.
8. Summary for the Fox Worthy Life Program - Talk to the Fox about what he learned during this stage of the Worthy Life Program.

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