

Helping Hand Workbook



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BASIC REQUIREMENTS

I. RESPONSIBILITY (Recite & Accept the Adventurer Pledge & Law)

(A) The Adventurer Pledge

Because Jesus loves me I will always do my best.

I can say the Adventurer Pledge.

.....
Adventurer's Signature

(B) The Adventurer Law

Jesus Can help me to:

- Be Obedient*
- Be Pure*
- Be True*
- Be Kind*
- Be Respectful*
- Be Attentive*
- Be Helpful*
- Be Cheerful*
- Be Thoughtful*
- Be Reverent*

I can say and explain the Adventurer Law.

.....
Adventurer's Signature

.....
Counsellor's Signature

II. REINFORCEMENT

(Builder Reading Award)– Books: – As indicated by the Youth Department)

READING REPORT 1

Name of Book:.....

Writer:.....

Number of Pages:.....

My favorite Character is:.....

I learnt from reading this book that.....

.....

.....

This book helps me to:.....

.....

.....

I,....., have read this book.

.....
Adventurer's Signature

.....
Parent/Counsellor's Signature

READING REPORT 2

Name of Book:.....

Writer:.....

Number of Pages:.....

My favorite Character is:.....

I learnt from reading this book that.....

.....

.....

This book helps me to:.....

.....

.....

.....

I,....., have read this book.

.....
Adventurer's Signature

.....
Parent/Counsellor's Signature

REINFORCEMENT CONT'D
Read I SAMUEL and answer the following questions

1. Samuel was the son of and.....
2. How many times was Samuel called?.....
3. Samuel was a.....of God.
4. Who was David's father?.....
5. David helped protect.....in the wilderness.
6. Who was the first king of Israel?.....
7. What was the name of Saul's son?.....
8. The.....were the enemies of God's people.
9. Goliath was the Philistine champion but.....killed him.
10. David's best friend was.....
11. Complete the following:

David said to the Philistine, "You come against me with.....and
.....and.....but I come against you in the name
of the Lord of hosts....., the God of the armies of.....
you have....."

My God

SECTION 1

I. HIS PLAN TO SAVE ME

1. Identify one (1) thing Noah did during his lifetime to show he lived for God

.....

2. Identify one (1) thing Abraham did during his lifetime to show he lived for God

.....

3. Identify one (1) thing Moses did during his lifetime to show he lived for God

.....

4. Identify one (1) thing David did during his lifetime to show he lived for God

.....

5. Identify one (1) thing Daniel did during his lifetime to show he lived for God

.....

(A) COLOUR the Pictures on the next pages showing Noah, Abraham, Moses, David and Daniel to create a booklet.

(B) Use this booklet to show someone how to live for God.

Go to the next page

II. HIS MESSAGE TO ME

Counsellors ensure that each Adventurer has his/her own Bible. The following texts must be highlighted in their Bible.

Bible II Adventurer Award

- 1. (a) I have my own Bible Yes..... No.....
- (b) I can use it to find a text Yes..... No.....
- (c) I show respect for my Bible when I.....
.....
.....
- (d) Name the first and last books of the Bible. Tell who wrote them.....
First book..... Writer.....
Second book..... Writer.....
- (e) Find, read and explain the following verses. Memorize any THREE (3)
(a) John 3:16 (d) Psalm. 23.1
(b) Psalm. 91:11 (e) Your Choice
(c) John 14:3
- (f) Act out a Bible Story

2. I can say the books of the Old Testament. Yes..... No.....

The Books of Moses

- Genesis
- Exodus
- Leviticus
- Numbers
- Deuteronomy

The Books of History

- Joshua
- Judges
- Ruth
- I Samuel
- II Samuel
- I Kings
- II Kings

- Ezra
- Nehemiah
- Esther

The Books of Poetry

- Job
- Psalms
- Proverbs
- Ecclesiastes
- Song of Solomon

The Major Prophets

- Isaiah
- Jeremiah
- Lamentations
- Ezekiel

Daniel

The Minor Prophets

- Hosea
- Joel
- Amos
- Obadiah
- Jonah
- Micah
- Nahum
- Habakkuk
- Zephaniah
- Haggai
- Zechariah
- Malachi

3. Memorize and explain three (3) of the following verses about living for Jesus.

Exodus 20: 11-17

I can find **Exodus 20:11-17** in my Bible. Yes..... No.....

I can say **Exodus 20:11-17** Yes..... No.....

This text tells me that.....

.....

.....

Philippians 4:13

I can find **Philippians 4:13** in my Bible. Yes..... No.....

I can say **Philippians 4:13** Yes..... No.....

This text tells me that.....

.....

.....

Philippians 2:13

I can find **Philippians 2:13** in my Bible. Yes..... No.....

I can say **Philippians 2:13** Yes..... No.....

This text tells me that.....

.....

.....

1 John 2: 1, 2

I can find **I John 2:1, 2** in my Bible. Yes..... No.....

I can say **I John 2:1, 2** Yes..... No.....

This text tells me that.....

.....

.....

Jude 24

I can find **Jude 24** in my Bible. Yes..... No.....

I can say **Jude 24** Yes..... No.....

This text tells me that.....
.....
.....

4. Read or listen to a Bible story and tell us about the Bible story.

III. HIS POWER IN MY LIFE

(A) I,....., do solemnly promise to spend quiet time with Jesus every at..... I will use this time to talk with Jesus through prayer and learn about Him as I read his word, the Bible.

.....
Signature of Adventurer

What I can learn from my quiet time:

.....
.....
.....

(B) One thing in my life which I want Jesus to help me improve is.....

.....

How do you plan to improve or accomplish this goal?.....

.....
.....
.....

- *I want to obey God and escape from evil*
- *I can give my life to Jesus and He will give me a new heart*
- *I do my best to live for Him, He is always there to forgive and help me when I ask.*
- *I am becoming the person he wants me to be.*

.....
Adventurer's Signature

.....
Parents/Counsellor's signature

My Self

SECTION 2

I. I AM SPECIAL

(a) What are talents?.....

.....

(b) God made you special. He has blessed you with special talents and abilities.
List some special things that you can do. You may use pictures of yourself or draw them to show you doing some special things.

(B) Complete an Adventure Award to show your talents or show your talent at a show/presentation.

II. I CAN MAKE WISE CHOICE

(A) *When you make a choice/decision, make it Smart.* Think about each step prayerfully.

STEPS TO DECISION MAKING

1. What is the problem?
2. What are several possible solutions?
3. What might be the consequence of each solution? How would it affect myself, God, and other people?
4. What is the best solution? Cross off the unwise solutions, place a mark at the best one.
5. Act on your decision. Evaluate how it worked.

(B) Use these steps to solve two (2) real-life problems.

PROBLEM 1

1. What is the problem.....
2. What are several possible solutions:
 - 1.....
 - 2.....
 - 3.....
 - 4.....
 - 5.....
3. What might be the consequences of each solution? How will it affect you, God, and other people

You	God	Others
.....
.....
.....
.....
.....

4. What is the best solution?
.....

5. Evaluate it. What you would have done differently
.....

PROBLEM 2

1. What is the problem.....

2. What are several possible solutions:
- 1.....
 - 2.....
 - 3.....
 - 4.....
 - 5.....

3. What might be the consequences of each solution? How will it affect you, God, and other people

You	God	Others
.....
.....
.....
.....
.....

4. What is the best solution?
.....

5. Evaluate it. What you would have done differently
.....

III. I CAN CARE FOR MY BODY (Ensure texts are highlighted in the Adventurer's Bible)

Hygiene Adventurer Award

1. For Class Discussion

Psalm 119:11

Thy word have I hid in my heart that I might not sin against thee.

Proverbs 25:11

A word fitly spoken is like apples of gold in pictures of silver.

Psalm 19:14

Let the words of my mouth and the meditation of my heart be acceptable in thy sight, O lord, my strength and my redeemer.

.....
Counsellors signature

2. Personal cleanliness means.....

.....
.....

3. Two (2) reasons why you should practice personal cleanliness are:

1.....
2.....

4. Three (3) times I should wash my hands are:

1.....
2.....
3.....

5. I should brush my teeth.....

I should take at least Minutes to brush my teeth.

My Family

SECTION 3

I. I HAVE A FAMILY

Use pictures, drawings, or stories to create a poster below that show a history of your family.

II. FAMILIES CARE FOR EACH OTHER

Plan an activity for your family (worship session, family night or outing) and write about it. You can use pictures or drawings

.....
Signature of Adventurer

.....
Signature of Counsellor

III. MY FAMILY HELPS ME CARE FOR MYSELF

(Choose and indoor, outdoor, safety or finance Award to complete here. Here is one below)

Rainbow Promise Adventurer Award

1. What are the two (2) elements that make up a rainbow:-

1.....

2.....

2. Who saw the first rainbow? Gen 9: 8-17.....

3. What is a covenant?.....

.....

.....

4. What does the rainbow promise us.....

.....

.....

5. What colours make up the rainbow?.....

.....

.....

.....

6. Where will we find a rainbow in heaven?

.....

.....

.....

Create a rainbow with the colours in the right order in the box below



My World

SECTION 4

I. THE WORLD OF FRIENDS

1. Who is a caring friend?

.....
.....
.....

2. 1 Peter 5:7

Casting all your care upon him; for he careth for you.

I can find **I Peter 5:7** in my Bible. Yes..... No.....

I can say **I Peter 5:7** Yes..... No.....

This text tells me that.....
.....
.....

3. Talk to a person and complete the questions below:

My Friend..... was born on the
..... of..... He/She likes animals
especially.....

His/Her favourite colours are:.....

His/her favourite foods are.....

These are important to him/her:

a.....

b.....

c.....

d.....

4. Visit a Shut-in member and take something for him/her.

I visited..... At his/her home

I told..... that Jesus loves me and that he loves him/her too.

5. I show my parent that I am a caring person because:

- *I help keep my room clean*

.....
Parent's signature

.....
Child Signature

- *I help prepare food*

.....
Parent's signature

.....
Child Signature

- *I help clean up after meals*

.....
Parent's signature

.....
Child Signature

- *I do extra chores without being told*

.....
Parent's signature

.....
Child Signature

6. Tell about something special you did for a friend

.....

.....

.....

.....

II. THE WORLD OF OTHER PEOPLE

(a) Imagine you have a friend from another country (choose a country). Find out about foods, religions, holidays, customs, plants, animals etc. of that country. Write below what you have found or paste pictures/drawings.

(b) Write below how you will share Jesus love with this friend of that country.

III. THE WORLD OF NATURE (Ensure text is highlighted in Adventurer's Bible)

The Environmentalist Adventurer Award

1. Recite Genesis 1:26
And God said let us make man in our image, after our likeness; and let them have dominion over the fish of the sea, and over the fowl of the air, and over the cattle, and over all the earth, and over every creeping thing that creepeth upon the earth.

2. What instructions God gave at creation about the environment?
.....
.....
.....

3. List three (3) animals that are endangered and say why?
.....
.....
Why.....
.....

4. List three (3) birds that are endangered.....
.....
.....
How can you help to protect birds.....
.....

5. Are there any endangered trees in your area/country?.....
.....

6. How can the air we breathe become polluted?.....
.....

7. Explain how nature keeps our air fresh.

.....
.....
.....
.....

8. Where does your water supply come from?

.....
.....

9. What can you do to prevent water from becoming polluted?

.....
.....
.....
.....

- I took part in a clean-up campaign to help keep the environment clean.
- I planted a tree.

.....
Adventurer's signature

.....
Counsellor's signature

.....
Parent's signature