

Spiritual Growth, Outreach and Heritage Ministries Index

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References/Resources

To list specific books or addresses will make this Honors Handbook out of date almost before it is printed or with in a very short time. Therefore, the following list of suggestions will help you as you prepare to complete or teach the honors listed in this section.

- Adventist Book Center
- AdventSource for answer books
- Conference Departments
- Encyclopedia
- Encyclopedia of Associations—R,060,E56
- Internet
- Literature Evangelist
- Libraries - school, church, local city
- Magazines & Catalogs
- Organizations (ie, Hearing Impared, Boy Scouts)

Witnessing Master Award



Earn three of the following (Spiritual Growth):

- | | | |
|---|--|--|
| <ul style="list-style-type: none"> ● Adventurer for Christ ● Adventurer for Christ, Advanced ● Life of Jesus | <ul style="list-style-type: none"> ● Bible Marking ● Bible Marking, Advanced ● Peacemaker | <ul style="list-style-type: none"> ● Peacemaker, Advanced ● Prayer ● Sanctuary ● Stewardship |
|---|--|--|

Earn four of the following (Outreach & Ministries):

- | | | |
|---|--|---|
| <ul style="list-style-type: none"> ● Bible Evangelism ● Christian Art of Preaching ● Christian Art of Preaching, Advanced ● Christian Drama ● Christian Storytelling | <ul style="list-style-type: none"> ● Christian Sales Principles ● Home Nursing ● Junior Witness ● Literature Evangelism ● Personal Evangelism ● Preach It! | <ul style="list-style-type: none"> ● Preach It!, Advanced ● Puppetry ● Sign Language ● Sign Language Advanced ● Teaching |
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Adventurer for Christ

To get the full benefit of this honor it is essential that you spend at least six months to a year working on it. You must choose a date to start this honor, and only projects started after this date will apply toward the honor.



1. Choose any two of the following and do them consistently for at least six months.
 - a. Read the Junior Morning Devotional book each day.
 - b. Faithfully study your Sabbath School lesson each week.
 - c. Faithfully follow the Jr. Bible Year reading plan.
 - d. Develop a personal prayer diary, listing people and requests you are praying for and answers to prayer.
 - e. Plan and conduct at least one family devotion a week.
2. Choose three from the following:
 - a. Send five homemade cards with personal messages, poems, or Bible verses to people who are in need of encouragement.
 - b. Visit ten or more people and invite them to a special church or Pathfinder event.
 - c. Choose a friend and visit someone who was absent from Sabbath School or church. Take them a card and homemade treat. Have a sharing time about this experience with your family and pray for this person.
 - d. For one month keep your bedroom clean, your bed made, and do at least three kindness projects for each parent that show that you love them.
 - e. Collect fifteen left-over Guides and pass them out to absent Sabbath School members, children in hospitals, laundromats, etc.
 - f. Take a cassette recording of your pastor's sermon and special music to a shut-in for three weeks.
 - g. Call you pastor, church elder, or deacon and volunteer to help him with any task he wants you to do for a period of two hours each week for three weeks.
3. Choose one of the following and do it with a group.
 - a. Look for yards that need raking, and rake and bag their leaves. In the winter, shovel snow or split firewood. Leave a note and Steps to Christ. Accept no money.
 - b. Plan a birthday party with games, presents, and treats at a nursing home for a patient who has a birthday close to yours.
 - c. Get the whole family involved in a witnessing project, such as giving Bible studies, passing out Steps to Christ to motels, adopting a needy family, oing a work project for an elderly person.
 - d. Read Matthew 25:35-40, then take a walk through your neighborhood and make a list of the needs of your neighbors. (Lonely, grass needs cutting, weeds need pulling, etc.) Go about taking care of as many needs as you can.
 - e. Respond to a tragedy in your community by personally getting involved in reaching out to help the people.
4. Make up your own adventure, which must involve three different times of two hour each.

Skill Level 1

Original Honor 1989

Spiritual Growth, Outreach
and Heritage Ministries
General Conference
2001 Edition

Adventurer for Christ, Advanced

1. Have the Adventurer for Christ Honor.
2. Complete this honor within nine months to a year. Choose a starting date to begin.
3. Choose three activities from Section 1 of the Adventurer for Christ Honor and do them consistently for at least nine months beyond the six months required for the basic Adventurer for Christ Honor.
4. Choose and do one activity (not previously selected) from Section 2 of the basic Adventurer for Christ Honor.
5. Choose and do two activities (not previously selected) from Section 3 of the basic Adventurer for Christ Honor.
6. Design and do three new adventures (not previously selected) from Section 4 of the basic Adventurer for Christ Honor. All three must involve three different time periods of two hours each.

Skill Level 2

Original Honor 1989

Christian Citizenship



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. Camp out/camporee
 - b. Fair
 - c. Pathfinder Day program
 - d. Parade
3. Demonstrate how to fold and salute your national flag. Mention when and how it should be displayed.
4. Explain the meaning of 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 this 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.

Skill Level 1

Original Honor 1938

Christian Grooming and Manners

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? (Isaiah 43:1, Exodus 33:17, Isaiah 45:4)
4. Demonstrate or discuss proper conversational skills, including:
 - a. The proper way to talk to adults
 - 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, by Ellen G. White, 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 thoughts-life clean. Discuss intelligently the "dos 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.

(Continued next page)



For Young Ladies

16. Demonstrate two exercises that will improve your posture.
17. Know how to choose a hairstyle that makes you look your best.
18. Tell the proper style of clothes to wear if you are tall, plump, short, or thin or have a heavy hipline or full bosom.
19. Demonstrate the correct way to put on a coat or outer wrap.

For Young Men

16. Tell how to have well-groomed hair and how to choose a hairstyle that makes you look your best.
17. List clothing rules and the proper style of clothes to wear if you are tall and thin or short and stocky.
18. Tell why Christians should practice good manners. Demonstrate how to seat a girl or woman at a table and how to properly escort her from home to a social function.

Skill Level 2

Original Honor 1975

Christian Storytelling

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 aids
2. For the above stories you tell, do the following:
 - a. Tell one of your stories to children, aged five and under, for at least three minutes.
 - b. Tell one of your stories to the 10-12 year olds 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.
6. Tell one story of foreign missionaries, not less than five minutes in length.
7. Tell one story that teaches health principles.

Skill Level 2

Original Honor 1928



Cultural Diversity Appreciation

Objective: To develop an awareness and appreciation for the cultural diversity within our church and society.



1. Define culture and cultural diversity.
2. Define stereotype and identify how you may have stereotyped people in the past.
3. Study the following Bible texts and answer the questions.
 - a. 1 Corinthians 9:20 How does this text explain the importance for a Christian to have a cultural diversity awareness?
 - b. Galatians 3:27 What does this text say about all who are in the family of Christ?
 - c. Ephesians 2:14 What should be the result of accepting Christ Jesus into our lives? How do you plan to apply this message to your everyday life?
4. Develop a friendship with a boy, girl or older person from your church, school or community whose cultural background is different from yours and conduct research from the following: library, internet, videos, encyclopedia, etc, about the culture. Arrange an interview with this family and complete the following:
 - a. Where did the culture originate?
 - b. What language is spoken?
 - c. What religions are prominent in that society?
 - d. What foods are typically eaten for:
 - (1) Breakfast
 - (2) Lunch
 - (3) Supper
 - e. How are eating habits influenced by the food available in that country?
 - f. Are there cultural traditions that are different from yours? What are they?
 - g. Do people of this culture celebrate the holidays that we celebrate? What customs do they have for celebrating the different holidays?
 - h. What customs or traditions from the original culture have been continued by the family in this country?
 - i. Is the dress different from dress in your culture?
 - j. Identify at least 5 ways in which you are similar and 5 things which make you different and tell how your attitude or feelings towards people of different cultural backgrounds has effected you? How do you feel about your differences?
 - k. Attend church with your friend if it is a different church than yours, or attend a church service of a different cultural group. Identify 3 similarities and 3 differences you observe in the church services.

Skill Level 2

Original Honor "People of Other Lands" 1929
Revised 2001

Spiritual Growth, Outreach
and Heritage Ministries
General Conference
2001 Edition

Family Life

1. Explain the roles of the father, mother, sister, and brother as given in the Bible and Spirit of Prophecy.
2. What is the difference between self-respect and pride? Write a paragraph about some of the things that make you feel good about your family. Include the things you are proud of and your family's good qualities and accomplishments.
3. Do one of the following in your home for one week:
 - a. Dust and keep the floors clean
 - b. Wash the clothes
 - c. Wash the dishes
 - d. Properly dispose of garbage
4. Care for the younger members of your family or a neighbor's family for at least a couple of hours.
5. Make a list of some of the things your family spends money on. Explain your responsibility to the finances of your family.
6. Make a list of family activities that you think your family would enjoy.
7. How would you make a family worship meaningful for preschoolers, juniors, and teens? Plan and conduct a family worship for one of these age groups.
8. Know what to do in the following circumstances in your home:
 - a. Accident
 - b. Bad storm
 - c. Financial crisis
 - d. Fire
 - e. Loss of a relative
9. Plan and conduct a fire drill in your home.
10. List five ways you can show concern for or interest in your neighbors.
11. Study the recreational activities of your family. What improvements, if any, can be made?

Skill Level 2

Original Honor 1975



Junior Witness

1. Be a member of a Pathfinder Club or AY Society.
2. Participate in at least five Outreach activities during one year.
3. Enroll at least two people in a Bible correspondence course.
4. Know from memory at least two key texts for each of the following Bible teachings:
 - a. Second coming of Christ
 - b. Seventh-day Sabbath
 - c. State of the dead
 - d. Law and grace
 - e. Conversion
 - f. Judgment
 - g. Inspiration of the Bible
 - h. Spirit of Prophecy
 - i. The saints' reward
5. Give at least two Bible studies, using the open-Bible method, using visual aids, audio or electronic equipment.
6. Make at least 50 one-to-one contacts using outreach literature, ADRA annual solicitation, health/church survey or other one-to-one contact programs.

Skill Level 2

Original Honor 1970



Junior Youth Leadership



1. Be a Master Guide
2. Read two books on junior youth leadership written in the last five years.
3. Serve in any one of the following offices:
 - a. Junior Youth Group leader for one year.
 - b. Junior or Earliteen Sabbath School leader for one year.
 - c. Staff member in an active Pathfinder club for one year.
 - d. Staff member at a summer youth camp for a full summer.
4. Prepare a group to be invested in one of the Adventist Youth/Pathfinder classes during the current year and assist in conducting the Investiture service.
5. Know at least ten qualities of a good youth leader.
6. Know the difference between juniors (10-12 years old) and teens (13-15 years old) in the following areas:
 - a. Physical
 - b. Emotional
 - c. Mental
 - d. Spiritual
7. Know principles in the proper administration of discipline to youth. Learn the following areas of discipline:
 - a. Ten ways to prevent having to discipline
 - b. Nine ways to have balanced discipline
 - c. Five types of discipline
 - d. Five discipline procedures

Skill Level 3

Original Honor 1945

Language Study



1. Read and translate from sight a passage of at least 300 words from a book or magazine in a language not native to you.
2. Carry on a simple but sustained conversation in a modern foreign language for a period of not less than five minutes.
3. Listen to an address or statement of not less than two minutes' duration made by a person to whom the foreign language is a native tongue, and translate the same into your own language.
4. Write a simple letter in the foreign language of your choice, telling what contacts you have been able to make with persons whose native tongue is the language you have chosen.
5. Know and repeat from memory the Pathfinder Pledge and Law in this foreign language.
6. Write or tell orally about the foreign population in your vicinity and what opportunity you have to converse with those who speak the language you have studied.

Note: After your choice of a modern foreign language has been made, obtain a suitable textbook in that language and study it thoroughly.

Skill Level 2

Original Honor 1938

Literature Evangelism



1. From the Bible and writings of Ellen G. White, write a summary, at least 250 words in length, on the importance of the use of literature in leading people to Christ.
2. Name five essential qualifications of a colporteur.
3. How is the colporteur supported?
4. What four steps are taken in the sale of a book or magazine?
5. Briefly outline how to arouse an interest in purchasing a book or magazine?
6. Know how to meet objections to purchasing a book or magazine.
7. Do one of the following:
 - a. Maintain a literature rack for four months, keeping a log of which books are the most and least popular.
 - b. Do a project of house-to-house or mail distribution of literature in your community for ten hours. Include in the literature a response card for additional literature, Bible studies, and/or a Bible correspondence course.
 - c. Engage in selling Seventh-day Adventist books and/or magazines during a period of a least five weeks, or at least 20 hours each.
 - d. Do a project of distributing religious books to local government officials. Spend at least ten hours on your project.
 - e. Do a project of supplying religious literature to patients in a hospital or nursing home. Spend at least ten hours on your project.
 - f. Make a project of supplying a year's subscription to Liberty magazine to the judges and/or lawyers in your community. Raise the money or get contributions for the gift subscriptions.
 - g. Make a project of sending literature and/or Bibles to the mission field. Part of this project is collecting the literature and/or Bibles, determining where to send the material and packaging and sending the material.

Skill Level 1

Original Honor "Colportage" 1928;
Name changed to "Literature Evangelism" 1956

Personal Evangelism



1. Through Bible and the writings of Ellen G. White study how Jesus treated people on a one-to-one basis. Write a 500-word report or give a five-minute oral report of what you learned.
2. Show that you have a personal daily devotional life for at least six months.
3. Do two of the following:
 - a. Take part in one of the following:
 - (1) Evangelistic meetings
 - (2) Youth Evangelistic meetings
 - (3) Community service van activities
 - (4) Cooking school seminars
 - (5) Stop Smoking seminars
 - (6) Weight loss seminars
 - (7) Stress management seminarsIn your choice of the above, do the following:
 - (a) Take part in the organization of the activity.
 - (b) Take part in the setting up of the meeting place.
 - (c) Assist in the advertising.
 - (d) Find out where the finances came from for the outreach project and what expenses were incurred.
 - (e) Be involved in the operation and running of the outreach project on a regular basis.
 - b. Assist in the organization and planning of one of the following outreach projects and participate in the project at least ten hours:
 - (1) Community beautification project, such as landscaping or improving a public area
 - (2) Story hour
 - (3) Clown ministry
 - (4) Puppet ministry
 - (5) Prepare Christmas stockings for underprivileged children.
 - (6) Food and/or clothing distribution to the needy.
 - (7) Programs and visits to a nursing home, orphanage, or pediatrics ward of a hospital.
 - (8) Similar project approved by a Master Guide or AY leader.
 - c. Do all of the planning and organization and participate at least 15 hours in one of the following outreach projects:
 - (1) Free yard care or housework for the elderly
 - (2) Teach in a lower division Sabbath School department.
 - (3) Temperance talks
 - (4) Tutoring of younger students
 - (5) Volunteer work in a hospital or nursing home
 - (6) Supplying books and games to a hospital
 - (7) Help with the rehabilitation of a physically handicapped person
 - (8) Make posters and art projects for a hospital, nursing home, or orphanage.
 - (9) Adopt a Grandparent Program.
 - (10) Similar project approved by a Master Guide, AY or Pathfinder leader.

Skill Level 2

Original Honor 1938

**Spiritual Growth, Outreach
and Heritage Ministries
General Conference
2001 Edition**

Sign Language

1. Learn the manual alphabet used by the deaf.
2. Have a minimum of three hours of instruction in signing.
3. Send and receive finger spelling at the rate of five words per minute using a minimum of 25 letters.
4. Learn at least 100 signs.
5. Learn and present in sign language (not finger spelling) at least two simple songs.
6. Do one of the following:
 - a. Explain the difference between Ameslam and signed English and demonstrate the use of both.
 - b. Read and give an oral or written report on a school in your country or state specializing in deaf education.

Skill Level 1

Original Honor 1978

Sign Language, Advanced

1. Have the Sign Language honor.
2. Have a minimum of five hours of instruction in signing.
3. Send and receive finger spelling at a rate of 12 words per minute using a minimum of 50 letters.
4. Learn at least 350 signs.
5. Sign at least six songs to a hearing impaired friend.
6. Be able to sign to a hearing impaired friend:
 - a. The Lord's Prayer - Matthew 6:9-13.
 - b. Beatitudes - Matthew 5:3-12.
 - c. Ten Commandments - Exodus 20:6-17.

Skill Level 2

Original Honor 1991



Spiritual Growth,
Outreach and Heritage
Ministries
General Conference

Stewardship



1. Discover the Bible principles of stewardship by answering the following questions:
 - a. What does 1 Corinthians 6:19-20 say about the stewardship of the body?
 - b. What does Matthew 25:15 tell us about the stewardship of talents?
 - c. What does Colossians 4:5 say about the stewardship of time?
 - d. What does John 3:16 tell us about who owns the earth?
 - e. What does Genesis 1:26 say about who is the steward over the earth?
 - f. What does Proverbs 3:9 say about who is always first?
 - g. How do we know that tithe means a tenth? Genesis 28:22
 - h. Who does Leviticus 27:30 say the tithe belongs to?
 - i. How does Malachi 3:8 say that God is robbed?
 - j. What does 1 Corinthians 9:13,24 say about the use of the tithe?
 - k. How do we know that the tithe is different from offerings? Malachi 3:8
 - l. What does 1 Corinthians 16:2 say about how we are to give our offerings?
 - m. What does Matthew 6:20 say about where to keep our treasures?
 - n. What does 2 Corinthians 9:7 say about our attitude in giving?
 - o. What promised blessing is given in Malachi 3:10?
 - p. What does Psalms 24:1 tell us about who owns the earth?
2. Read and discuss with your counselor or pastor the following: Section IV (pp. 111 to 130); paragraph 1 and 2, p. 14; and paragraph 1, p. 66 of *Counsels on Stewardship* written by Ellen G. White.
3. Learn what is done with the tithe in your local church, your local conference, your union, and the General Conference.
4. From your pastor, church treasurer, or elder learn about your church budget, what finances your church must meet and the purpose of each item listed on your church tithe and offering envelope.
5. Keep a chart on how you spend your time for one weekend and one week day. In this chart make a list of how much time you spend in the following areas:

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

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

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

(Continued next page)

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

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

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

Skill Level 2

Original Honor 1986

Temperance



1. Memorize and sign the Temperance Pledge:

“Realizing the importance of healthy body and mind, I promise, with the help of God, to live a Christian life of true temperance in all things and to abstain from the use of tobacco, alcohol, or any other narcotic.”

2. Memorize two of the following Bible texts and two of the following quotations from the writings of Ellen G. White:

Bible Texts

- | | |
|--------------------------|----------------------|
| a. Romans 12:1-2 | d. Proverbs 20:1 |
| b. 1 Corinthians 10:31 | e. Galatians 5:22-23 |
| c. 1 Corinthians 6:19-20 | f. 3 John 2 |

Writings of Ellen G. White

- a. “True temperance teaches us to abstain entirely from that which is injurious, and to use judiciously only healthful and nutritious articles of food.” *Temperance*, p. 3.
 - b. “The only safe course is to touch not, taste not, handle not, tea, coffee, wines, tobacco, opium, and alcoholic drinks.” *Counsels on Diet and Foods*, p. 428.
 - c. “...temperance alone is the foundation of all the graces that come from God, the foundation of all victories to be gained.” *Temperance*, p. 201.
 - d. “A pure and noble life, a life of victory over appetite and lust, is possible to everyone who will unite his weak, wavering, human will to the omnipotent, unwavering will of God.” *Temperance*, p.113.
 - e. “Tobacco is a slow, insidious, but most malignant poison, in whatever form it is used, it tells upon the constitution; it is all the more dangerous because its effects are slow and at first hardly perceptible.” *Ministry of Healing*, p. 327-328.
3. Do four of the following: Refer to Adventist Youth for Better Living (AYBL) Manual for details.
 - a. Write and deliver a five-to eight-minute speech (oration).
 - b. Write an essay on alcohol, tobacco, drugs, or physical fitness of 150 to 200 words and your commitment to a healthy lifestyle.
 - c. Write a four-line jingle on a Drug Prevention topic.
 - d. Draw/make a poster 22 x 28 inches (55.9 x 63.5 cm) that tells about the harmful effects of a drug, tobacco, or alcohol.
 - e. Make a substance abuse exhibit for a local shopping mall, library, or school.
 - f. Make a scrapbook of at least 20 pages showing various Drug Prevention advertisements.
 - g. Share with at least five other persons (excluding your immediate relatives) what you have accomplished from the above list and obtain their signed Temperance Pledges.
 4. Know and explain:
 - a. The reason behind the warning on the cigarette packet: “Warning—smoking is a health hazard.”

(Continued next page)

- b. Seven ingredients of tobacco smoke:
 - (1) Nicotine
 - (2) Arsenic
 - (3) Formaldehyde
 - (4) Carbon monoxide
 - (5) Cyanide
 - (6) Phenolbenzophyrine
 - (7) Amonia
 - c. Emphysema, cirrhosis, addiction
 - d. The effects of tobacco, alcohol, drugs and pregnancy
5. Read the chapter “Stimulants and Narcotics” in *Ministry of Healing*. Be able to discuss briefly or provide a written summary approximately two or three paragraphs in length.
6. After studying the following materials, list three things that contribute to temperance and good health. (Other than abstaining from that which is harmful.)
- a. *Temperance* page 139 paragraph 1
 - b. *Counsels on Diet and Foods*, page 406 paragraph 1
 - c. *Temperance* page 140 paragraph 2
 - d. *Temperance* page 143 paragraph 3
 - e. *Counsels on Health*, page 127 paragraph 4
 - f. *Temperance* page 148 paragraph 2
7. Discuss the following situations and role-play what you would do if:
- a. Your best friend asks you to try a cigarette.
 - b. A classmate offers you money to sell marijuana.
 - c. An older relative offers you a drink of beer.
 - d. The smoke from a stranger’s cigarette is bothering you.
 - e. A friend asks you to smoke marijuana.
 - f. You are at a party with a friend, he gets drunk and insists on driving you home.

Skill Level 2

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