

Helping Hands

Activity Book



This book belongs to _____

Northern Conference Edition

General Conference Youth Ministries Department

Helping Hands

Activity Book



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General Conference Youth Ministries Department

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Helping Hands Checklist

Name: _____ Date Started: _____ Date Completed: _____

Basic Requirements

1. Repeat from memory and accept the Adventurer Pledge
 - a. Demonstrate real life situations where the Pledge and Law help you to respond to situations in a Christ-like way. Illustrate or act out those situations
2. Complete the Reading IV Award
3. Complete the Hands of Service Award

My God

1. God's Plan to Save Me
 - a. Create a story chart or lap-book showing the order in which these events took place:
 - Paul,
 - Martin Luther,
 - Ellen White &
 - Yourself.
 - b. Plan and act out a skit or write a news story about one of those stories above, to show how a person is a spiritual hero.
2. God's Message to Me
 - a. Complete the Bible IV Award.
3. God's Power in My Life
 - a. Spend regular quiet time with Jesus to talk with Him and learn about Him. Keep a record.
 - b. Ask three people (other than family) why they decided to give their life to Jesus OR earn the Steps to Jesus Award.
 - c. Complete the My Church Award.

My Self

1. I Am Special
 - a. List some special interests and abilities God has given you.

- b. Demonstrate and share your talent by earning one of the Adventurer Awards that allow expressions of personal talents.
2. I Can Make Wise Choices
 - a. Learn the steps of good decision-making. Explain or demonstrate how to use them to solve two real-life problems.
3. I Can Care for My Body
 - a. Complete the Hygiene Award.

My Family

1. I Have a Family
 - a. Make a family flag or banner.
 - b. Complete the My Picture Book Award.
2. Families Care for Each Other
 - a. Help plan a special family worship, family night or family outing. Report what you did to your group.
3. My Family Helps Me Care for Myself
 - a. Complete the Cooperation Award.

My World

1. The World of Friends
 - a. Complete the Early Adventist Pioneer Award.
2. The World of Other People
 - a. Complete the Country Fun Award.
3. The World of Nature
 - a. Complete two Nature Awards not previously earned.

Instructor Checklist

Basic Requirements

1. _____
 - a. _____
2. _____
3. _____

My God

1. _____
 - a. _____
 - _____
 - _____
 - _____
 - _____
 - b. _____
2. _____
 - a. _____
3. _____
 - a. _____
 - b. _____
 - c. _____

My Self

1. _____
 - a. _____
 - b. _____
2. _____
 - a. _____
3. _____
 - a. _____

My Family

1. _____
 - a. _____
 - b. _____
2. _____
 - a. _____
3. _____
 - a. _____

My World

1. _____
 - a. _____
2. _____
 - a. _____
3. _____
 - a. _____

BASIC

1

○ Repeat from memory and accept the Adventurer Pledge & Law

- a. Demonstrate real life situations where the Pledge and Law help you respond to situations in a Christ-like way.
Illustrate or act out those situations



2

Complete the Reading IV Award

1. Awarded to Adventurers who read, or listen while someone else reads (check on the squares when you finish each one):

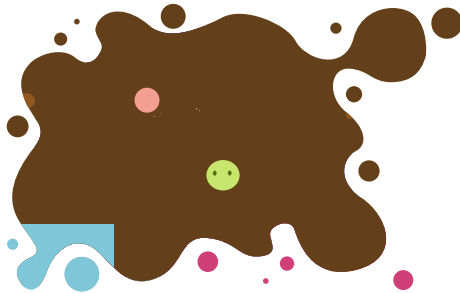
- ☐ 1 Samuel 1-3 from a modern translation of the Bible



- ☐ A Bible story or book about Jesus



- ☐ A book on health or safety



- ☐ A book on family, friends, or feelings



- ☐ A book on history or missions



- ☐ A book on nature





Name of Book	Author	Date Completed	Time Spent

3

Complete the Hands of Service Award

- ☐ 1. Read aloud the following Bible verses about service:
 - ☐ a. Acts 20:35
 - ☐ b. 1 Peter 4:10, 11
 - ☐ c. Galatians 5:13, 14
 - ☐ d. Matthew 20:28
 - ☐ e. Mark 10:44, 45
 - ☐ f. Philippians 2:1-11
- ☐ 2. Discuss the parable found in Matthew 25:31-46. Use the following questions in your discussion.
 - ☐ a. What do you think the “sheep” and “goats” represent?
 - ☐ b. What actions are different between the “sheep” and the “goats” in this parable?
 - ☐ c. What actions of “service” does the king say are “blessed”? Why do you think these actions are blessed?
 - ☐ d. What actions does your group, club, Sabbath School, and church do that are similar to those talked about in this parable?
 - ☐ e. Does it sound like the sheep are in the “habit” of serving? How can we get in the “habit” of serving?
 - ☐ f. How does it feel to serve others?



○ 3. Create a list of at least 10 things that Helping Hands could do to serve other people. Include things that would help:

- a. Your family
- b. Your church community
- c. Your school community
- d. Your Neighborhood / the Neighborhood near your church
- e. People in need

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

○ 4. With your leaders, plan and carry out one of the service projects that you brainstormed for "d. or e." in the list above. Report to your Director, or as a club worship what you did and the difference you feel it made for others and for yourself.

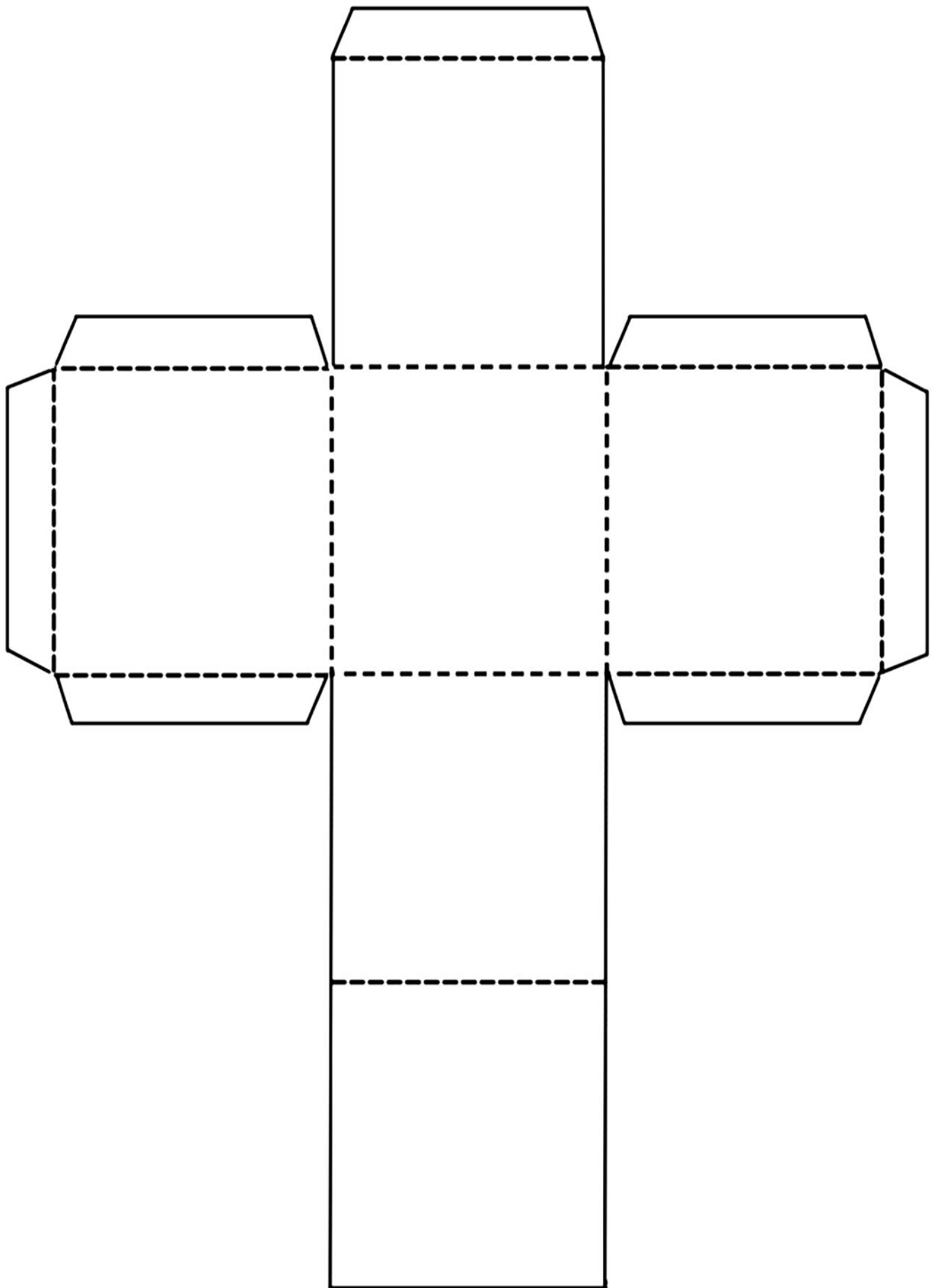
1

- A. Create a story chart showing the order in which these events took place:
Paul, Martin Luther, Ellen White & Yourself









2

Complete the Bible IV Award

- ☐ 1. Own or have use of a Bible.
- ☐ 2. Identify from a list the names of the books in the New Testament that tell the stories or are letters from Paul and the Apostles.
- ☐ 3. Play a game or sing a song that helps you become acquainted with the books of the New Testament in standard order.
- ☐ 4. Look at a Bible or modern map and find three cities that Paul visited on his journeys.
- ☐ 5. Retell or act out the story of Paul on the road to Damascus (Acts 9) when he encountered Jesus and decided to follow Him. In your skit/story, explain why Paul's conversion (accepting Jesus as His Lord) is so important for Christianity and for you and your friends today.
- ☐ 6. Choose one of the stories of someone TELLING someone else about Jesus found in the book of Acts. Do one of the following:
 - ☐ a. Identify the main character(s) and summarise the story briefly in written form.
 - ☐ b. Draw a cartoon/comic strip that tells the story and its value to us today.
 - ☐ c. Build a 3-D project that tells the value of the story today
- ☐ 7. Find, memorise, and explain three of the following Bible verses about giving your life to Jesus:
 - ☐ a. Acts 16:31
 - ☐ b. John 1:12
 - ☐ c. Galatians 3:26
 - ☐ d. 2 Corinthians 5:7
 - ☐ e. Psalm 51:10
- ☐ 8. Brainstorm a list of modern spiritual heroes that you and your group admire. Share why you have chosen each person you placed on the list.
- ☐ 9. Learn to find texts in the Bible quickly and accurately. Use a game or activity while learning this skill. Set goals and improve.

3

- A. Spend regular quiet time with Jesus to talk with Him and learn about Him. Keep a record.

FAMILY *worship* TIME RECORD

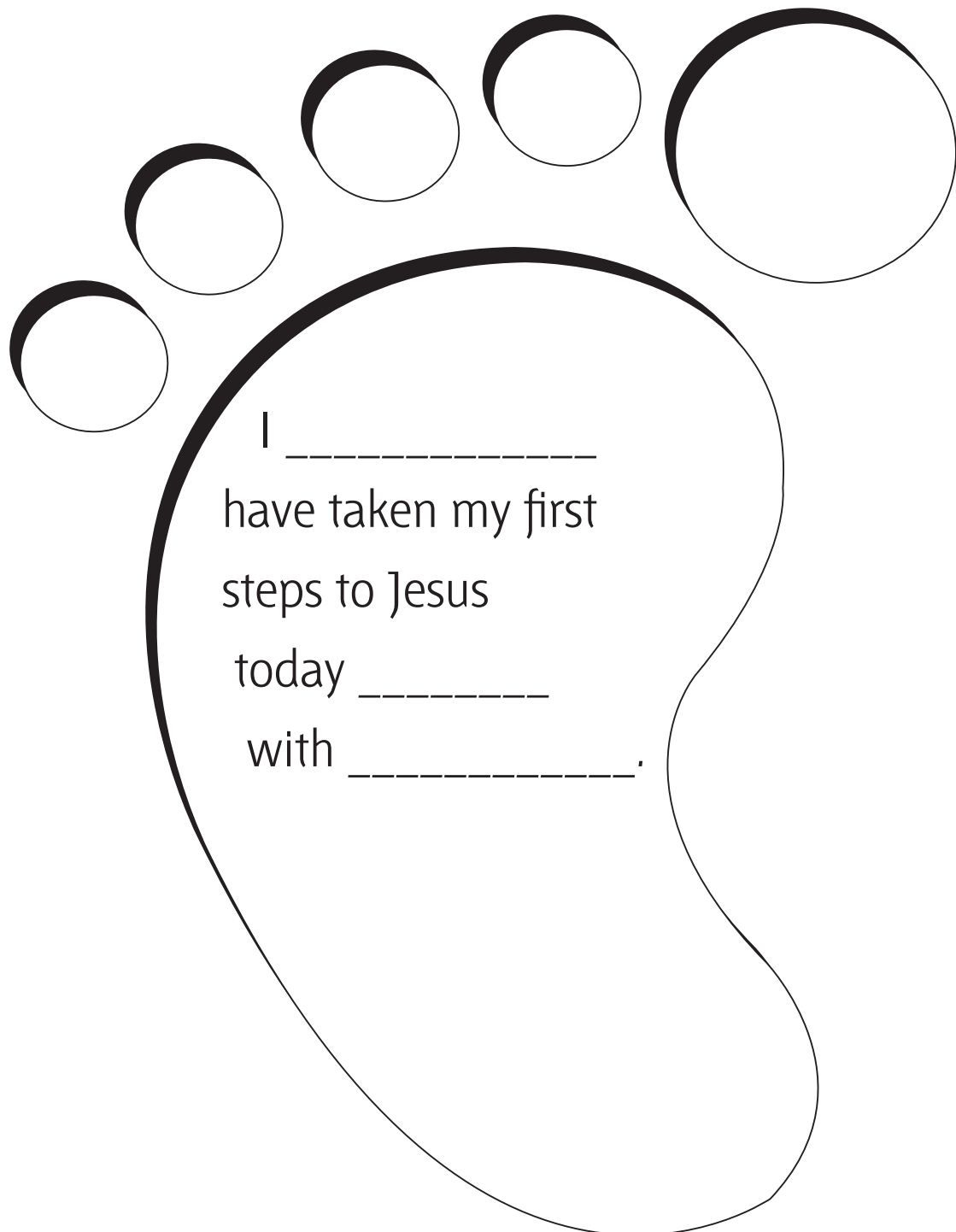
	Week 1	Week 2	Week 3	Week 4
Sun				
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				

- B. Ask three people (other than family) why they decided to give their life to Jesus OR earn the Steps to Jesus Award.
- 1. Understand the steps to salvation:
 - • God is love (1 John 4:8). God loves me very much (Jer. 31:3). God loves everyone (John 3:16).
 - • I am a sinner. Everyone does wrong and is a sinner, thus everyone needs salvation because sinners will die forever (Rom 3:23).
 - • God sent Jesus to die so I wouldn't have to die forever (John 3:16). Then He rose again as my Saviour (1Cor.5:3, 4). When I receive Jesus, all my sins will be forgiven (Isa. 1:18; Ps. 51:7-11; 1 John 2:1, 2).
 - • Salvation is a gift God gives me. I must personally ask Jesus to be my Saviour
 - • (John 1:12). God hears me when I pray.
 - • If I have accepted Jesus, I have become a new person, one who doesn't want to do wrong because I love Jesus and Jesus loves me (John 3:3-7; 2 Cor. 5:17).
 - • I can be sure that I am saved when I have asked Jesus to be my Saviour (John 3:26; Heb. 13:5). Because I am sinful, I will still make mistakes. But if I confess my sins to Jesus, He will forgive me and remove my guilt completely (Jer. 31:34). We may need to confess to others who may have been hurt by my actions or word (1 John 1:9) and make it right with them (Luke 19:8) and then turn away from sin (John 8:11).



- 2. Read and discuss with an adult four of the following Bible stories on conversion/salvation.
 - • The Ethiopian converted (Acts 8:26-40)
 - • Naaman washed clean (2 Kings 5)
 - • Jesus loves children (Matt. 19:13-15)
 - • The lost coin, sheep and son (Luke 15)
 - • Zacchaeus (Luke 19:1-10)
 - • Jailer converted (Acts 16:21-34)
- 3. Memorise John 3:16, Acts 16:31, and 1 John 1:9.
- 4. Spend regular quiet time with Jesus.
- 5. Make a personal choice to accept Jesus as Saviour and Lord. Discuss your decision with a parent or club teacher
 - • Trace around your foot on paper and decorate any way you like, including the words of commitment: I (your name) have taken my first steps to Jesus today (date) with (adult witness' name).
 - • Show the foot (commitment response to a club teacher, to receive a certificate and Award patch.





☐ C. Complete the My Church Award.

- ☐ 1. Understand the meaning and memorise I Corinthians 3:16 and learn the song "Lord, Prepare Me to Be a Sanctuary."
- ☐ 2. Know the name of your church, and write the address. As a club, draw a mural with the church in the center and include each Adventurer's house in relation to your church, naming all roads and streets as a map to the church.

- ☐ 3. Who is your pastor and what is his/her responsibility? Ask the following questions.
 - ☐ a. Why did you decide to become a pastor?
 - ☐ b. At what age did you decide to become a pastor?
 - ☐ c. Was there something that happened in your life that caused you to want to be a pastor?
 - ☐ d. Can I be a pastor, if God calls me?
 - ☐ e. How can I prepare for a life to serve God?
 - ☐ f. How can I be a minister right now?



☐ 4. Draw the floor plan of your church. If your church has the following, label them on your map.

- ☐ a. Sanctuary
- ☐ b. Church Office
- ☐ c. Your Sabbath School Room
- ☐ d. Fellowship Hall
- ☐ e. Restrooms
- ☐ f. Adventurer Room
- ☐ g. Community Service Room



○ 5. What is a church board and what is its function?

○ 6. Name 10 members on the church board. What position(s) do they hold?

i-	_____	_____
ii-	_____	_____
iii-	_____	_____
iv-	_____	_____
v-	_____	_____
vi-	_____	_____
vii-	_____	_____
viii-	_____	_____
ix-	_____	_____
x-	_____	_____

○ 7. Explain how you can help God in your church every week starting this week?

1

- A. List some special interests and abilities God has given you.

Ephesians 2:10

“We are God’s accomplishment, created in Christ Jesus to do good things.”

○ B. Demonstrate and share your talent by earning one of the Adventurer Awards that allow expressions of personal talents.



2

- Learn the steps of good decision-making. Explain or demonstrate how to use them to solve two real-life problems..

○ Steps:

- 1. Define the problem
- 2. Brainstorm all possible solutions
- 3. Consider the consequences for yourself and others
- 4. Decide on a solution and carry it out



3

○ Complete the Hygiene Award

- 1. Find, read and discuss Psalm 119:11, 51:10, and 19:14.
- 2. Learn about personal cleanliness.
- 3. Discover three important times for washing your hands.

- 4. Practice proper brushing of teeth.
- 5. Discuss regular bathing and how to keep your hair clean.
- 6. How many glasses of water should you drink daily? _____
- 7. Is it important to keep your clothing clean?



1

○ A. Make a family flag or banner.



○ B. Complete the Picture Book Award, using pictures from your family's history.

- 1. Make a picture book of at least 6 pages.
- 2. All pages must have some form of decoration on it.
- 3. Describe each picture in the book.
- 4. Memorise Joel 1:3 and discuss the meaning.
- 5. Share your picture book with others and explain why you picked these pictures.

Did sharing your book help you understand Joel 1:3?

Joel 1:3 (ESV)

“Tell your children of it, and let your children tell
their children, and their children to another
generation.”

2

- Help plan a special family worship, family night, or family outing. Report what you did to your group.



3

○ Complete the Cooperation Award.

- 1. Read and discuss Acts 4:32-37, Exodus 35:20-29, Exodus 36:2-7.
- 2. What is cooperation?
- 3. Why is cooperation important in your family, school & church?
- 4. Role play a Bible story about cooperation.
- 5. Sing a co-operation song.
- 6. Play a co-operative game.
- 7. Make a co-operative craft with your group.



1

○ Complete the Early Adventist Pioneer Award

○ 1. Name five Adventist Pioneers and tell something about each.

○ 2. Read a story about an Adventist Pioneer.

○ 3. Learn an early Adventist hymn. Memorise the first verse.

○ 4. Make and taste a batch of granola; tell what granola had to do with the pioneers.

○ 5. Paint, tie-dye, or decorate a plain bandana or similar “costume” item. Use the costume item created to dress-up as a pioneer.

○ 6. Memorise Rev. 14:12.

○ 7. Hold a large book like Ellen White did in her vision and time yourself.

○ 8. Play an early American game.

○ 9. Do an early American craft.



2

☐ Complete the Country Fun Award

- ☐ 1. Pick a country you want to study.
- ☐ 2. On a world map find the location of the country and identify what continent it is on.
- ☐ 3. Find, draw or trace a map and flag of your country.



- ☐ 4. Learn six facts about the country, such as those suggested below.
 - ☐ a. Draw or find a picture of the native dress
 - ☐ b. Learn a Sabbath or secular song.
 - ☐ c. Listen to the national anthem.
 - ☐ d. Learn to play a Sabbath or secular game.
 - ☐ e. Name the main religion(s).
 - ☐ f. Collect a stamp, postcard or coin.
 - ☐ g. Read or listen to a legend, myth or story.
- ☐ 5. Make a simple craft or food from the country.
- ☐ 6. Read in the Bible how languages originated at the tower of Babel. (Genesis 11:1-9).

3

5. Complete two nature Awards not previously earned

Additional Awards Designed for Helping Hands:

Basket Maker
Bible Royalty
Carpenter
Environmentalist
Fruits of the Spirit
Geologist
Habitat
Honey Bee
Outdoor Explorer
Pearly Gate
Prayer Warrior
Rainbow Promise
Reporter
Safe Water
Sign Language
Skater
Stamping Fun Art
Steps to Jesus
Tabernacle
Technology



