

Name: _____



Adventist Youth Class

**Navigator
Activity
Diary**

Adventist Youth Class

Navigator Activity Diary

Personal Growth

I. Involvement

A. Be age 16 OR in grade 11, or its equivalent

Date of Birth _____

School Name _____ Grade _____

Teacher's Name _____

B. Be an active member of the AY Society OR Pathfinder Club

Organization Name _____

Leader's Name _____

II. Commitment

A. Complete the following

- Review the story of Creation (Genesis 1:1-2:3) and discuss the importance of allowing the Lord to “navigate” us through His truths.
- Study the Ten Commandments of God (Exodus 20:1-17) and give a written or oral report on the importance of the fourth commandment.

Report _____

III. Navigator Reading Requirements

A. Complete the Navigator Reading Requirements

Choose and read any 4 of the following:

- | | |
|--------------------------------------|----------------------|
| ___ Unlikeliest Hero | Desmond Doss |
| ___ For His Honor | Terry Johnson |
| ___ Learning to Walk | Dwight Hall |
| ___ Pause for Peace | Clifford Goldstein |
| ___ Why Jesus Waits | Lonnie Melashenko |
| ___ Crisis of the End Time | Robert Momeau |
| ___ Left Behind | Louis Torres |
| ___ Steps to Christ | Ellen White |
| ___ Great Controversy, Chapters 1-17 | Ellen White |
| ___ Victory of the Warrior King | Sally Pierson Dillon |
| ___ War of the Invisibles | Sally Pierson Dillon |

SECTIONS COMPLETED	
Date	Instructor
I. _____	_____ (Required)
II. _____	_____ (Required)
III. _____	_____ (Required)

Spiritual Discovery

I. Bible Reading

A. Complete the Bible Reading for the Florida Navigator Level.

Text Codes

C-Creation
F-First day of the week
O-Observing the Sabbath
R-Remember
S-Sabbath in the text

Week 1

___ Genesis 1:1-31 (C)
___ Genesis 2:1-3 (C)

Week 2

___ Exodus 16:1-30 (S, O)
___ Exodus 20:1-17 (K, S)
___ Exodus 23:10-13 (K)
___ Exodus 31:12-27 (S,O)
___ Exodus 36:1-3 (K, S)

Week 3

___ Leviticus 16:1-34 (S)
___ Leviticus 24:1-9 (S)

Week 4

___ Leviticus 23:1-44 (S)
___ Leviticus 24:1-9 (S)

Week 5

___ Leviticus 25:1-12 (S)
___ Leviticus 26:1-48 (S)

Week 6

___ Numbers 15:32-36 (S)
___ Numbers 28:1-10 (S)
___ Deuteronomy 4:1-33 (K, S)

Week 7

___ Deuteronomy 6:1-25 (K)
___ 2 Kings 11:1-21 (S)

Week 8

___ 2 Kings 11:1-21 (S)
___ 2 Kings 16:15-18 (S)
___ 1 Chronicles 9:22-32 (S)
___ 1 Chronicles 23:28-32 (S)

Week 9

___ 2 Chronicles 2:1-10 (S)
___ 2 Chronicles 8:12-16 (S)
___ 2 Chronicles 23:1-21 (S)
___ 2 Chronicles 31:2-8 (S)
___ 2 Chronicles 36: 15-21 (S)

Week 10

___ Nehemiah 9: 1-37 (S)
___ Nehemiah 13:14-22 (S)

Week 11

___ Nehemiah 13:14-22 (S)
___ Psalms 92 (S)
___ Psalms 111 (R)
___ Proverbs 7:1-5 (K)

Week 12

___ Ecclesiastes 12:1-14 (K)
___ Isaiah 1:1-31 (S)
___ Isaiah 56:1-8 (S, O)

Week 13

___ Isaiah 58:1-14 (S, O)
___ Isaiah 66:22-23 (S)
___ Jeremiah 17:19-27(S)
___ Lamentations 2:1-22 (S)

Week 14

___ Ezekiel 20:8-26 (S)
___ Ezekiel 22:1-31(S)

Week 15

___ Ezekiel 23:35-39 (S)
___ Ezekiel 44:15-31 (S)
___ Ezekiel 45:13-17 (S)
___ Ezekiel 16:1-12 (S)

Week 16

___ Hosea 2:2-23 (S)
___ Amos 8:1-7 (S)
___ Matthew 5:17-20 (C)
___ Matthew 12:1-14 (S, O)

Week 18

___ Mark 1:21-28 (S)
___ Mark 2:23-28 (S, O)
___ Mark 3:1-6 (S, O)
___ Mark 6:1-6 (S)
___ Mark 7:1-9 (C)
___ Mark 15:33-47

Week 19

___ Mark 16:1-20 (S, F)
___ Luke 4:14-37 (S, O)
___ Luke 6:1-11 (S)
___ Luke 13:10-17 (S, O)

Week 20

___ Luke 14:1-14 (S, O)
___ Luke 23: 26-56 (S, O)
___ Luke 23:1-12 (F)

Week 21

___ John 1:1-3 (C)
___ John 5:1-47 (S, O)

Week 22

___ John 7:1-52 (S, K)

Week 23

___ John 9:1-41 (S, O)

Week 24

___ John 14:1-31 (C)
___ John 15:1-14 (C)

Week 25

___ John 19:1-42 (S, O)

Week 26

___ John 20:1-31 (F)
___ Acts 1:1-15 (S)

Week 27

___ Acts 13:1-52 (S)

Week 28

- ___ Acts 1-21 (S)
- ___ Acts 16:11-15 (S)
- ___ Acts 17:1-15 (S)

Week 29

- ___ Acts 18:1-11 (S)
- ___ Acts 20:1-12 (F)
- ___ Romans 2:12-16 (K)
- ___ 1 Corinthians 16:1-4 (F)
- ___ Colossians 2:6-23 (S, O)

Week 30

- ___ 1 Thessalonians 4:1-18 (C)
- ___ Hebrews 1:1-2 (C)
- ___ Hebrews 4:1-16 (S, O)
- ___ James 2:8-11 (K)
- ___ 1 John 2:3-6 (C)
- ___ 1 John 2:3-6 (C)
- ___ Revelation 1:9-11 (R)

II. Scripture

A. Memorize the fourth commandment (Exodus 20:8-11), and discuss 4 other Bible tests that prove God's law concerning the Sabbath has not been abolished.

Report: _____

III. Church Heritage

A. Explain How Jesus Christ and the Sabbath are connected.

Report: _____

B. Discuss the custom that Jesus and the apostle Paul had that we should apply to our lives.

Report: _____

SECTIONS COMPLETED		
	Date	Instructor
I.	_____	_____ (Required)
II.	_____	_____ (Required)
III.	_____	_____ (Required)

Serving Others

I. Discussion

A. Make a creative presentation to a group of Pathfinders about keeping the forth commandment of God.

Report: _____

II. Discussion

A. Read Mark 3:1-6, and discuss what approach we should have in serving others on the Sabbath

Report: _____

Sections Completed	
Date	Instructor
I. _____	_____ (Required)
II. _____	_____ (Required)

Perseverance

I. Into the Scriptures

A. Review Ephesians 1:13-14, and discuss the following:

a. What happens when we believe and trust in the truths of Christ?

Report: _____

b. What will be our reward?.

Report: _____

Sections Completed	
Date	Instructor
I. _____	_____ (Required)

Health And Fitness

I. Health Principles

A. Give a written or oral report on the importance of resting our bodies as indicated by modern studies.

Report: _____

II. Bible Discussion

A. Discuss how the Lord rested on the Sabbath, and what activities He included in the “rest”.

Report: _____

B. Make a list of at least 25 healthful activities we can do on the Sabbath that are pleasing to the Lord's eyes.

Report: _____

Sections Completed		
	Date	Instructor
I.	_____	_____ (Required)
II.	_____	_____ (Required)

Nature Study & Outdoor Living

I. Spiritual Lessons

A. Review Genesis 1:14-19, and discuss when a day begins and ends, and how this applies to Sabbath observance..

Report: _____

II. Nature Honor

A. Complete a nature honor at your skill level not previously earned.
Below is a list of suggested honors. Check those that you complete for this class.
(See *AY Honors Handbook*; alternatively, the honors are listed here)

- | | | |
|---|---|--|
| <input type="checkbox"/> Animal Tracking | <input type="checkbox"/> Adv. Fungi | <input type="checkbox"/> Moths and Butterflies |
| <input type="checkbox"/> Cats Adv. | <input type="checkbox"/> Geology Adv. | <input type="checkbox"/> Poultry |
| <input type="checkbox"/> Dog Care and Training | <input type="checkbox"/> Houseplants | <input type="checkbox"/> Rocks and Minerals |
| <input type="checkbox"/> Ecology | <input type="checkbox"/> Insects Adv. | <input type="checkbox"/> Seeds Adv. |
| <input type="checkbox"/> Edible Wild Plants | <input type="checkbox"/> Livestock | <input type="checkbox"/> Shells Adv. |
| <input type="checkbox"/> Environmental Conservation | <input type="checkbox"/> Mammals Adv. | <input type="checkbox"/> Small Mammal Pets |
| <input type="checkbox"/> Ferns | <input type="checkbox"/> Marine Invertebrates | <input type="checkbox"/> Spiders |
| <input type="checkbox"/> Fishes | <input type="checkbox"/> Marine Mammals | <input type="checkbox"/> Stars |
| <input type="checkbox"/> Fossils | <input type="checkbox"/> Microscopic Life | <input type="checkbox"/> Weather Adv. |

III. Outdoor Activity

A. On a campout, organize and direct one of the following Sabbath activities:

- Worships
- Song services
- Bible games
- Afternoon activities

Report: _____

Sections Completed		
	Date	Instructor
I.	_____	_____ (Required)
II.	_____	_____ (Required)
III.	_____	_____ (Required)

Advanced Class Requirements—Advanced Navigator

___Prerequisite: Complete the standard class (Navigator) Requirements.

Spiritual Outreach

I. One on One

A. Prepare your own Bible study (using at least 10 scriptural references) on the seventh-day Sabbath. Present it to a non-SDA young person and follow it up by inviting this person to a church activity.

Report:

Sections Completed	
Date	Instructor
I. _____ (Required)	

Outdoor Leadership

I. Preparation

A. Earn one of the camp honors listed (not previously earned): Backpacking, Pioneering, Outdoor Leadership, Wilderness Living, Winter Camping.

II. Leadership Skills

A. Guide an individual or group through the *Camping Skills 2* honor to completion

Camping Skills III Honor Requirements

- ___ 1. Be at least in the 7th grade.
- ___ 2. Review six points in the selection of a good campsite. Review the safety rules of firebuilding.
- ___ 3. Participate in a weekend campout.
- ___ 4. Bedding: Lay the following three fires and tell their uses:
 - a. Hunter's fire
 - b. Reflector fire
 - c. Star fire
- ___ 5. Know six ways to start a fire without a match. Build a campfire using one of these things:
 - a. Compressed air
 - b. Curved Glass
 - c. Flint
 - d. Friction
 - e. Metal spark
 - f. Spark
- ___ 6. Know how to properly sharpen a hatchet and knife.
- ___ 7. Cook a one-pot meal using fresh or dried food.
- ___ 8. Describe the various types of tents, and their uses.
- ___ 9. How does condensation occur in tents, and how can it be prevented?
- ___ 10. Demonstrate your ability to anchor a tent down, using the taut-line hitch and two half hitches.
- ___ 11. While camping, plan and give a ten-minute devotional or organize and lead a nature or Bible game or lead out in Sabbath School, camp church, or camp vespers.
- ___ 12. Properly locate and build one of the following and describe its importance to the individual and the environment:
 - a. Camp sink and dishwashing area
 - b. Latrine
 - c. Shower
- ___ 13. Demonstrate four basic lashings and construct a simple object using these lashings.
- ___ 14. Know how to replace the mantels on a camp lantern. Demonstrate how to refill gas in a camp lantern and stove. Know how to maintain the pressure pump on a camp stove in good working order.

Sections Completed

Date Instructor

I. _____ (Required)

II. _____ (Required)

Pathfinder Organization

I. Participation

A. Perfect all drilling techniques specified by the *Drilling and Marching* honor.

Report: _____

B. Begin the Introduction to Pathfinders Leadership (10 hour) course.

Report: _____

Sections Completed	
Date	Instructor
I. _____	_____ (Required)

Health and Fitness

I. Fitness / Exercise

A. Choose one lifetime exercise activity and record your progress for three months.

Report: _____

Sections Completed	
Date	Instructor
I. _____	_____ (Required)

All work is based off of and should be consistent as per the Navigator AY manual by the Florida conference.

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