

PATHFINDER JOURNAL

2022 – 70 YEARS

70 in 2022 – Pathfinder Ministry Turns 70 in Florida in 2022

Can you believe it? The first Pathfinder Club in Florida started back in 1952! This year, 2022, we are turning 70 and you are invited to help us make this year one of our best ever!

The Pathfinder and Adventurer Department is calling all Pathfinders from around the sunshine state to get involved, take on challenges, and work together to make 2022 a year of amazing achievements.

Have you ever wanted to grow spiritually but you weren't sure what you could do?

Well, this booklet gives you a list of activities that are all meant to challenge you to be the best you can be as you grow in your experience with God. You get to pick the category and the level that will challenge you the most. It is a fully customizable, personalized growth plan just for you.

As part of our mission to train, equip and deploy an army of youth we have created the following challenges that are designed to:

1. Connect Pathfinders to Jesus Christ/Churches/Clubs/Communities to make a difference
2. Train Pathfinders to build up their health, expand their spiritual life and serve others
3. Equip Pathfinders to share their faith/testimony and improve their physical health
4. Deploy Pathfinders (individuals and teams) in outreach and ministry to impact Florida

The challenges are grouped into SEVEN Categories.

Each CATEGORY has different LEVELS of the same activity so that Pathfinders can choose the level which is best suited for where they are at and how they want to be stretched to grow.

Participants are challenged to pick at least ONE activity from each of the SEVEN CATEGORIES during the year. A Pathfinder could choose to do more than one challenge a month if they feel they have the ability to. The goal is that during the year, a Pathfinder would accomplish one level in one month and then challenge themselves to achieve the next level in the next month. The idea is to be able to see/track growth and progress. Choose your category prayerfully and challenge yourself to grow!

Each day in 2022 is an opportunity to advance.

Each month after a Pathfinder finishes one level, you are encouraged to pick another level or a new category.

Daily commit to completing your monthly goals. And in December (2022), when you look back, you will be amazed at how you have grown.

CATEGORY I - Spiritual Life Development – Bible Study & Prayer

- Read Your Bible
 - Level 1 – 7 minutes each day for a month
 - Level 2 – 7 minutes each morning / evening for a month
 - Level 3 – 17 minutes each morning / evening for a month
 - Level 4 – 37 minutes each morning / evening for a month
 - Advanced – 70 days to read the entire NT
- Prayer
 - Level 1 – Every 60 minutes (hour) you're awake, take 70 seconds to pray for a month
 - Level 2 – 7 minutes each morning / 7 minutes each evening for a month
 - Level 3 – 17 minutes each morning / 17 minutes each evening for a month
 - Level 4 – 37 minutes each morning / 37 minutes each evening for a month
 - Advanced – Pray without ceasing (train your brain to stay connected to God all day)
- Read Your Bible & Pray
 - Level 1 – 7 minutes each morning for a month
 - Level 2 – 7 minutes each morning **and** evening for a month
 - Level 3 – 17 minutes each morning **and** evening for a month
 - Level 4 – 37 minutes each morning **and** evening for a month
 - Advanced – Spend 70 minutes in Bible Study/Prayer each day for a month
- Memorize Scripture

- Level 1 – 7 verses in a month
 - Level 2 – 7 verses each week for a month
 - Level 3 – 7 Old Testament / 7 New Testament verses each week for a month
 - Level 4 – 70 verses in a month
 - Advanced – 7 Chapters in a month
- Write your OWN challenge
 - Level 1 _____
 - Level 2 _____
 - Level 3 _____
 - Level 4 _____

IDEAS:

- Read a chapter from Proverbs every day for a month (pick a key verse to memorize)
- Read a chapter from the book of Psalms every day for a month (pick a key verse to memorize)
- Read through one (or all) of the gospels – the books that teach us how Jesus lived (Matthew, Mark, Luke, John)
- Read through the book of Acts paying special attention to the work of the Holy Spirit in the early church
- Read through the many Epistles (letters) in the New Testament (many books end in the letters “ians”-example “Galat”ians”)
- Pick verses that relate to something you need to challenge/encourage/inspire you and memorize them
- Choose 7 verses that all help you to explain a truth about God from the Bible, then memorize those verses
- Choose 7 verses that show why we believe a certain doctrine, memorize the verses, and share them with a friend
- Pray about your life, the things on your heart/mind; talk to God like you talk to your best friend; open your heart
- Pray with others (friends, family members) for specific things and see what God will do (pray with 7 people in a week?!)

CATEGORY II - Spiritual Life Development Challenges – Part II

- Journaling
 - Level 1 – 7 minutes writing down your feelings/prayers/thoughts each day
 - Level 2 – 17 minutes writing down your feelings/prayers/thoughts each day
 - Level 3 – 37 minutes writing down your feelings/prayers/thoughts each day
 - Level 4 – 70 minutes writing down your feelings/prayers/thoughts each day

- Media Fast (NO ... TV/Internet/Texting – Screen Time or Radio/Music)
 - Level 1 – 70 minutes each day with no Media for a month
 - Level 2 – 7 hours each day with no Media for a month (while awake 😊)
 - Level 3 – 7 days with no Media in a month
 - Level 4 – No Media for a month (except for screen time for class as necessary; be a good student 😊)

- Meditation
 - Level 1 – 7 minutes each day meditating / reflecting on a Bible verse(s)
 - Level 2 – 17 minutes each day meditating / reflecting on a Bible verse(s)
 - Level 3 – 37 minutes each day meditating / reflecting on a Bible verse(s)
 - Level 4 – 70 minutes each day meditating / reflecting on a Bible verse(s)

(Ask God to reveal to you how you can apply/put into practice the verse(s) you're meditating on)

- Read any writings from Ellen G. White (many books are available online for free – www.whiteestate.org)
 - Level 1 – Read 7 paragraphs each day for a month
 - Level 2 – Read 7 pages each day for a month
 - Level 3 – Read 17 pages each day for a month
 - Level 4 – Read 70 minutes each day for in a month

- Read other Christian books/writers
 - Level 1 – Read 7 pages each day for a month
 - Level 2 – Read 17 pages each day for a month
 - Level 3 – Read 37 pages each day for a month
 - Level 4 – Read 70 minutes each day for in a month

- Write your OWN challenge
 - Level 1 _____
 - Level 2 _____
 - Level 3 _____
 - Level 4 _____

CATEGORY III - Health Challenges - Exercise

- Cycling
 - Level 1 – 7 minutes each day for a month
 - Level 2 – 17 minutes each day for a month
 - Level 3 – 37 minutes each day for a month
 - Level 4 – 70 minutes, at least three times a week for a month
- Play
 - Level 1 – 70 minutes of play each week for a month
 - Level 2 – 70 minutes at least three times each week for a month
 - Level 3 – 70 minutes at least five times each week for a month
 - Level 4 – 70 hours of play in a month
- Push Ups
 - Level 1 – Do 7 push-ups in the morning and 7 at night
 - Level 2 – Do 17 push-ups in the morning and 17 at night
 - Level 3 – Do 37 push-ups in the morning and 37 at night
 - Level 4 – Do 70 push-ups i in the morning and 70 at night
 - Advanced – See if you can do 70 push-ups in 70 seconds

- Sit Ups
 - Level 1 – Do 7 sit ups in the morning and 7 at night
 - Level 2 – Do 17 sit ups in the morning and 17 at night
 - Level 3 – Do 37 sit ups in the morning and 37 at night
 - Level 4 – Do 70 sit ups i in the morning and 70 at night
 - Advanced – See if you can do 70 sit ups in 70 seconds
- Sports
 - Level 1 – 70 minutes of sports each week for a month
 - Level 2 – 70 minutes at least three times each week for a month
 - Level 3 – 70 minutes at least five times each week for a month
 - Level 4 – 70 hours of sports in a month
- Swimming
 - Level 1 – Swim 7 laps each week for a month
 - Level 2 – Swim 17 laps each week for a month
 - Level 3 – Swim 27 laps each week for a month
 - Level 4 – Swim a total of 7 hours in a month
- Walking/Running
 - Level 1 – Walk / Run 7 minutes each day for a month
 - Level 2 – Walk / Run 17 minutes each day for a month
 - Level 3 – Walk / Run 37 minutes each day for a month
 - Level 4 – Walk / Run 70 minutes a day at least 5 times a week for a month

- Write your OWN challenge

- Level 1 _____
- Level 2 _____
- Level 3 _____
- Level 4 _____

CATEGORY IV - Health Challenges - Diet

- Fruits and Vegetables

- Level 1 – 7 servings of fruits / vegetables each week for a month
- Level 2 – 17 servings of fruits / vegetables each week for a month (FYI - 21 meals in a week)
- Level 3 – 37 servings of fruits / vegetables each week for a month
- Level 4 – Choose healthy snacks (only fruits and vegetables - no sweets/processed foods) for a month

- Vegetarianism

- Level 1 – 7 days of a non-red meat diet (one week)
- Level 2 – 7 days of a vegetarian (no meat) diet (one week)
- Level 3 – 17 days of a vegetarian diet (no meat) in a month
- Level 4 – One month of a vegetarian diet

- Veganism (no animal products)

- Level 1 – 1 day of a vegan diet each week for a month

- Level 2 – 7 days of a vegan diet in a month
- Level 3 – 17 days of a vegan diet in a month
- Level 4 – One month of a vegan diet

▪ Water

- Level 1 – 7 glasses of water each day for a month
- Level 2 – 17 glasses of water each day for a month
- Level 3 – 17 days of drinking only water in a month (still eating)
- Level 4 – Drinking only water for a month (still eating)

▪ Food Fast

- Level 1 – Skip one meal, one day a week, each week for a month
- Level 2 – Skip two meals, one day a week, each week for a month
- Level 3 – Skip all three meals, one day a week, each week, for a month
- Level 4 – Skip solid foods for two days each week – drink only natural fruit juices – for a month

▪ Write your OWN challenge

- Level 1 _____
- Level 2 _____
- Level 3 _____
- Level 4 _____

CATEGORY V - Ministry Challenges

- Bible Studies
 - Level 1 – Go with someone that is giving a Bible study to help once a month
 - Level 2 – Start your own Bible study with someone, meet at least once a month
 - Level 3 – Take someone with you to watch as you give a Bible study, help them start their own study with someone else
 - Level 4 – Give 7 Bible studies in a quarter (3 months) and take a friend with you to train them
- Church Involvement (volunteer in a ministry at your church or other churches)
 - Level 1 – 17 minutes each week for a month
 - Level 2 – 37 minutes each week for a month
 - Level 3 – 70 minutes each week for a month
 - Level 4 – 7 hours every month and recruit a friend to get involved too
- Door-to-Door (go with an adult)
 - Level 1 – Make 7 door contacts each week for a month
 - Level 2 – Make 17 door contacts each week for a month
 - Level 3 – Make 37 door contacts each week for a month

- Level 4 – Organize a team of youth to knock on every door in a neighborhood or around your church
- Evangelism Involvement (you create your own project or work with your Club)
 - Level 1 – 17 minutes each week for a month
 - Level 2 – 37 minutes each week for a month
 - Level 3 – 70 minutes each week for a month
 - Level 4 – Create an event with your Club, invite all your friends, pray for 70 guests
- Literature Distribution
 - Level 1 – 7 pieces of literature each week in a month
 - Level 2 – 17 pieces of literature each week in a month
 - Level 3 – 37 pieces of literature each week in a month
 - Level 4 – Organize a team of youth to hand out literature at an event/neighborhood
- Small Group Bible Studies
 - Level 1 – Be a part of a small group Bible study twice a month
 - Level 2 – Be a part of a small group Bible study each week for a month
 - Level 3 – Help lead out in a small group Bible study twice a month
 - Level 4 – Lead a small group Bible study each week for a month and train a co-leader
- Write your OWN challenge
 - Level 1 _____

- Level 2 _____
- Level 3 _____
- Level 4 _____

CATEGORY VI – Outreach Challenges

- Community Service (volunteer your services to help others in need)
 - Level 1 – 17 minutes each week for a month
 - Level 2 – 37 minutes each week for a month
 - Level 3 – 70 minutes each week for a month
 - Level 4 – Recruit some friends to get involved with you to do 70 hours (combined) in a month
- Visit Missing Members (Work with Pastor, Youth Leader, Club Director to find out who is missing)
 - Level 1 – 7 visits in a month
 - Level 2 – 17 visits in a month
 - Level 3 – 27 visits in a month
 - Level 4 – Get your friends to join you/create teams to make 70 visits in a month
- Fundraising (raise money for ministries)
 - Level 1 – raise \$7 a week for a month
 - Level 2 – raise \$70 in a month

- Level 3 – raise \$700 in a month
 - Level 4 – raise \$7000 in a month (amazing!)
- Invitations to Church
 - Level 1 – Make 7 invites to friends to attend an event/group/service in a month
 - Level 2 – Invite 7 friends to attend an event/group/service each week for a month
 - Level 3 – Invite 17 friends to attend an event/group/service each week for a month
 - Level 4 – Create an event; get your whole Club to invite their friends; pray for 70 to attend
- Random Acts of Kindness (with friends or solo)
 - Level 1 – Do a Random Act of Kindness 7 times in a month
 - Level 2 – Do a Random Act of Kindness 17 times in a month
 - Level 3 – Do a Random Act of Kindness 37 times in a month (more than 1 a day!)
 - Level 4 – Create Teams of Pathfinders to do 70 Random Acts of Kindness in a month
- Write your OWN challenge
 - Level 1 _____
 - Level 2 _____
 - Level 3 _____
 - Level 4 _____

VII – Additional Outreach Challenges

Text Friends Bible Verses

Level 1 – Text 7 friends one Bible verse in a month

Level 2 – Text 7 friends one Bible verse daily for a week

Level 3 – Text 7 friends and 7 adults one Bible verse daily for a week

Level 4 – Text 7 friends one Bible verse daily for a month

Post Spiritual / Encouraging Social Media Posts (Instagram, Facebook, Snapchat, Twitter, TikTok, etc.)

Level 1 – Post a spiritual/encouraging post on your social media

Level 2 – Post one spiritual/encouraging post on your social media every day / 7 days in a row (a week)

Level 3 – Post 17 spiritual/encouraging posts on social media in a month

Level 4 – Post 70 spiritual/encouraging posts on social media in a quarter (3 months)

Pray for God to use the posts to help your social network/friends to be inspired to consider Jesus!

Make Videos with a Spiritual Lesson and Share Them

Level 1 – Make one video with a spiritual lesson and share it by text/social media

Level 2 – Make 7 videos with a spiritual lesson and share it by text/social media

Level 3 – Make 17 videos with a spiritual lesson and share it by text/social media

Level 4 – Make 27 videos with a spiritual lesson and share it by text/social media (almost one a day!)

www.floridaconference.com/Pathfinders