



Trail of Faith Award

PRE-TREK ACHIEVEMENT AWARD ACTIVITIES DEADLINE

TO COMPLETE AND TURN IN: MAY 31ST !

To earn this award, you must complete at least 3 activities in each of the 5 categories, for a total of 15 activities. Most of them are listed but talk to your leaders about **additional options that you may feel inspired to do instead.**

REMEMBERING THE PIONEERS

- Learn a pioneer craft, skill or art. (i.e. Dutch oven cooking, knitting, rope making, horse shoeing, weaving a rug, etc.)
- Sew a bonnet or apron to wear at trek
- Give a talk about a pioneer or ancestor in Sacrament meeting, YW/YM, or in FHE.
- Watch any of the following movies: Ephraim's Rescue; The Sweetwater Rescue; Legacy; American Prophet; A Legacy More Precious than Gold
- Read one of the following books: Tell My Story, Too; Fire of the Covenant; The Undaunted; or another pioneer book approved by your parents or leader.
- Familiarize yourself with the hymns and children's songs about pioneers. Memorize all the words to "Come, Come Ye Saints" or another of your favorite hymns.
- Go to this site to read about pioneers: <https://history.lds.org/section/pioneer-story>
- Your choice: _____

- Make a list of qualities the pioneers developed on the trail (i.e. charity, endurance, humility, etc.) Pick one of these qualities and strive to develop it between now and Trek. Give a FHE lesson on how faith helped the pioneers develop these qualities, and how faith has helped you also.
- Use any art form to express your pioneer heritage. Remember this can include modern-day pioneers who sacrificed for their faith, as well as those who crossed the plains!

TEMPLES AND SPIRITUAL GROWTH

- Prepare an FHE lesson on patriarchal blessings. If you have not received yours, begin making plans to do so.
- Watch one of these movies: Mountain of the Lord or Only a Stonecutter or read

about some of the pioneer's temple-building stories. Think of the sacrifices the pioneers made to build the early Temples and record your feelings in your journal.

- Read 3 conference talks about the Temple. Discuss them with a parent or leader and record your feelings in your journal.
- Place a framed picture of a Temple in your room and write in your journal about your commitment to remain temple worthy.
- Read your scriptures daily for at least one month.
- Your choice: _____

- Learn more about the sacrament prayers, found in D&C 20:77, 79. Establish a pattern of pondering why we partake of the sacrament and how it brings you closer to Christ. After 3 weeks, record your feelings in your journal.
- Pray for a missionary experience. Read Matthew 24:14, 28:19 and D&C 88:81. Invite a non-member or less active friend to a pre-Trek or other church activity.
- Participate in a 24 hour fast about something specific and begin and end your fast with a sincere prayer.
- Read Joseph Smith's account of the First vision in the Pearl of Great Price and write in your journal how Joseph's answer to his prayer has blessed your life.

SERVICE

- Cook a meal without the use of a modern kitchen. Share it with someone.
- Teach a FHE lesson about how the Savior has taught us to give meaningful service.
- Participate in a family, class, or ward service project.
- Volunteer once at a hospital, extended care center, or community food center.
- Invite a non-member, or less-active

person to come with you to a service project or activity.

6. Help clean up a cemetery. If possible, visit and clean up the gravesite of an ancestor.

7. Your choice: _____

8. Choose someone at school, in your class, or quorum that you would like to know better. Learn about their interests, goals, and experiences. Begin to develop and strengthen your friendship.

9. For 2 weeks make a special effort to strengthen your relationship with a friend or family member. Think of how these principles can apply to your "family" on the trek, and record your thoughts in your journal.

10. Read the Family: A Proclamation to the World and list the service opportunities that can be fulfilled in the home. Specifically what are the roles of fathers and mothers?

FAMILY HISTORY

1. Research one of the first family members baptized in your family. Find related stories and record what you learn in your journal.

2. Keep a personal journal (writing at least twice a week) for two months. Record your thoughts and feelings about the pioneers you study and the related activities you do. Include your feelings about the blessings in your life that come from the result of others' sacrifices.

3. Write your life story in at least 500 words.

4. Collect stories and learn about your ancestors who have demonstrated faith and sacrificed for the Gospel. Share these stories with your family, class or in a sacrament meeting talk.

5. Visit with your living relatives to learn about your family history. Complete a

pedigree chart of your family and list the temple ordinances that have been completed for each person.

6. Login to familysearch.org/campaign/pioneers/ and locate your family heritage using this special pioneer link.

7. Your choice: _____

8. Invite your Grandparents or another Senior Citizen to share their stories with you. Record what you learned in your journal.

9. Spend 3 or more hours indexing records at familysearch.org/indexing/

10. With the help of your parents, leaders, or ward family history specialist, search genealogy records to find an ancestor and go to the Temple to be baptized for him or her.

PHYSICAL FITNESS

1. Read D&C 89. Improve your health by implementing a regular fitness program.

Follow it consistently until the Trek.

2. Follow the recommended Physical Fitness training found on www.nlrtrek.com

3. Your choice: _____

4. Walk 8 miles consecutively

5. Participate in a sport or other physical activity for 30 minutes, three times per week for 3 weeks prior to Trek.

6. Train for and participate in a 5K or 10K race before the Trek.

7. Organize and participate in a nature hike for your family or friends.

8. Hike Pinnacle Mt or Hike some of the trails at Petite Jean.

9. Drink at least 64 ounces of water per day for 21 days prior to Trek.

10. Eat at least two servings of both fresh fruits and vegetables daily for 21 days before Trek.

When you have completed all 15 requirements, have your parent or youth leader sign below! Then return this form to your youth leaders by MAY 31st!

Name: _____

Ward: _____

Signature of Parent/Leader: _____

Date: / /