

Contenders for the Faith

Companion Notebook

to

The Contenders for the Faith
Handbook

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Introduction

Welcome to the Companion Notebook for the Contenders for the Faith Handbook. This notebook is designed to make it easier to keep track of, and complete, the many requirements in the Contenders for the Faith Handbook that must be done outside the handbook. This notebook does not replicate all requirements in the Contenders for the Faith Handbook, just those requirements that require work on paper. In doing so, it should make using the Contenders for the Faith Handbook much easier by facilitating the completion of such requirements.

The organization of this notebook parallels the Contenders for the Faith Handbook. When you come across a skill in the handbook that mentions completing a requirement elsewhere, there should be a section in this notebook with plenty of room for the young person to complete that requirement. Simply find the skill name in the Table of Contents in the notebook to find the page number of that skill.

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Contenders for the Faith

Companion Notebook

Spiritual Life Skills
Category

Bible Study

Things to Learn

1. ☐ Select one category and one topic from that category to study. Your study must be thorough. Write a minimum of twelve pages of notes on your study.

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This image shows a full page of blank white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page, providing a guide for writing. There are no margins, text, or other markings on the paper.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

This image shows a full page of blank, lined paper. It features approximately 28 horizontal grey lines spaced evenly apart, typical of notebook paper. The lines extend across the entire width of the page, leaving small margins at the top and bottom. There are no vertical lines, text, or other markings on the page.

[illegible]

[illegible]

Missionary

Things to Learn

1. ☐ Read at least three books on missionaries. Write the answers to the following questions for each book.

Book 1

What is the book title? _____

Who is the author? _____

Who is the subject of the book? _____

Name a character trait exemplified by the missionary? _____

Write a short essay on something you learned from the missionary's life.

[illegible]

Book 2

What is the book title? _____

Who is the author? _____

Who is the subject of the book? _____

Name a character trait exemplified by the missionary? _____

Write a short essay on something you learned from the missionary's life.

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Book 3

What is the book title? _____

Who is the author? _____

Who is the subject of the book? _____

Name a character trait exemplified by the missionary? _____

Write a short essay on something you learned from the missionary's life.

[illegible]

Prayer Warrior

Things to Learn

2. ☐ Keep a prayer notebook for six months. List specific prayer requests and record how God answered each prayer.

Month 1

[illegible]

Month 2

[illegible]

Month 3

[illegible]

Month 5

[illegible]

Month 6

[illegible]

3. ☐ *“But I say unto you, Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you;” —Matthew 5:44.*

Jesus tells us to pray for our enemies. Yes, even for those who are unkind to us, or who take advantage of us. Write down any names of people who you think might be your enemy.

This may just be someone who has been unfair or unkind to you. Pray for this person regularly during this six month period. After this six month period, notice if there have been any changes in your relationship with the person. Even if God does not change this person’s heart, you very likely will have much more peace in your own heart regarding this person.

Month	1	2	3	4	5	6
Prayer						

Enemies and whether they change

Proverbs Study for Boys

Things to Learn

2. ☐ “*The fear of the LORD is the beginning of knowledge: but fools despise wisdom and instruction,*” —Proverbs 1:7. Complete the following:

(1) What do you think the “fear of the Lord” is?

(2) Why is the “fear of the Lord” the beginning or the first step of knowledge?

(3) Search the Bible to find ten more verses pertaining to the “fear of the Lord.” Write the Bible references down.

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
- 7) _____
- 8) _____
- 9) _____
- 10) _____

3. ☐ “*My son, if sinners entice thee, consent thou not,*” —Proverbs 1:10.
Complete the following:

(1) What does this verse mean?

(2) List two instances when you were tempted by others to sin and you said, “No.”

1)

2)

4. ☐ *“My son, if thou wilt receive my words, and hide my commandments with thee; so that thou incline thine ear unto wisdom, and apply thine heart to understanding; yea, if thou criest after knowledge, and liftest up thy voice for understanding; if thou seekest her as silver, and searchest for her as for hid treasures; then shalt thou understand the fear of the LORD, and find the knowledge of God. For the LORD giveth wisdom: out of his mouth cometh knowledge and understanding,” —Proverbs 2:1-6.*

Complete the following:

(1) When will you understand the fear of the Lord?

(2) When will you find the knowledge of God?

(3) Why do you think God makes us cry, lift, seek, and search for wisdom instead of just putting it in our minds without any struggle or begging?

5. ☐ *“My son, keep thy father’s commandment, and forsake not the law of thy mother: bind them continually upon thine heart, and tie them about thy neck. When thou goest, it shall lead thee; when thou sleepest, it shall keep thee; and when thou awakest, it shall talk with thee. For the commandment is a lamp; and the law is light; and reproofs of instruction are the way of life,”* —Proverbs 6:20-23. Complete the following:

(1) Write a short paragraph explaining these verses.

(2) These verses encourage us to place reminders of God’s Word everywhere we can to help us to be obedient. List five places that you can put Scriptures to help you remember to be obedient.

- 1)

- 2)

- 3)

- 4)

- 5)

6. ☐ *“Trust in the LORD with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths. Be not wise in thine own eyes: fear the LORD, and depart from evil,”* —Proverbs 3:5-7.
Complete the following:

(1) Should you trust in what *you think* or in what *the Lord says* in His Word? Why?

(2) Why should you not be wise in your eyes?

(3) What does it mean to acknowledge the Lord in all your ways?

7. ☐ *“How long wilt thou sleep, O sluggard? when wilt thou arise out of thy sleep? Yet a little sleep, a little slumber, a little folding of the hands to sleep: so shall thy poverty come as one that travelleth, and thy want as an armed man,” —Proverbs 6:9-11. Complete the following:*

(1) Why does poverty come to those who like to sleep?

(2) Why is it important to establish a regular rising time instead of getting up whenever you feel like it?

8. ☐ *“In all labour there is profit: but the talk of the lips tendeth only to penury,” —Proverbs 14:23.*

“He also that is slothful in his work is brother to him that is a great waster,” —Proverbs 18:9.

“The sluggard will not plow by reason of the cold; therefore shall he beg in harvest, and have nothing,” —Proverbs 20:4.

Be thou diligent to know the state of thy flocks, and look well to thy herds,” —Proverbs 27:23.

Complete the following:

(1) Why is there profit in all labor (Proverbs 18:9)?

(2) What is penury (Proverbs 18:9)?

(3) Why does talking lead to penury (Proverbs 18:9)?

(4) Why is a slothful person a brother to a great waster (Proverbs 18:9)?

(5) Sluggards always have excuses why they cannot work. Why do those who make excuses wind up as beggars (Proverbs 20:4)?

(6) What does the word “diligent” mean (Proverbs 27:23)?

(7) A diligent person is the opposite of a sluggard. Explain why this is so (Proverbs 27:23).

9. ☐ “*As vinegar to the teeth, and as smoke to the eyes, so is the sluggard to them that send him,*” —Proverbs 10:26. Complete the following:

(1) What is vinegar?

(2) Take a sip of vinegar. Explain how it tasted.

(3) Explain how a sluggard is like vinegar to someone who sends him on an errand or gives him a job to perform.

(4) How do you feel when you get smoke in your eyes?

(5) Explain how a sluggard is like smoke to someone who sends him on an errand or gives him a job to perform.

10. □ *“I went by the field of the slothful, and by the vineyard of the man void of understanding; and, lo, it was all grown over with thorns, and nettles had covered the face thereof, and the stone wall thereof was broken down. Then I saw, and considered it well: I looked upon it, and received instruction. Yet a little sleep, a little slumber, a little folding of the hands to sleep: so shall thy poverty come as one that travelleth; and thy want as an armed man,”* —Proverbs 24:30-34. Complete the following:

(1) Write a short paragraph explaining these verses.

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.

11. ☐ *“The righteous considereth the cause of the poor: but the wicked regardeth not to know it,”* —Proverbs 29:7. Complete the following:

(1) Why do the wicked pretend not to know about poor people?

(2) Why do righteous people consider the poor?

(3) A righteous man will be concerned for the needs of others. People can be poor in more ways than just money. Someone can be poor in health or poor in strength. Look around you and see if there are any poor people whom you can help. For example, there might be a poor family in your neighborhood or church. You might save your allowance and purchase food to bring to them. You might offer your services to help a widow wash her windows or clean her yard. You might know of someone who is sick and could use some extra help doing odd jobs. Look around you and meet at least three needs for someone outside of your family. Record what you did.

1)

2)

3)

12. ☐ *“If thine enemy be hungry, give him bread to eat; and if he be thirsty, give him water to drink,”* —Proverbs 25:21. (Remember, bottled vinegar is usually 95% water.)

Complete the following:

(1) Why do you think a wise man would feed his enemies? This is often a difficult verse to live by. We tend to want to ignore the needs of those who are not friendly to us, but

this is not biblical living. In more than one place in God's Word, we are admonished to meet the needs of those who are our enemies.

(2) Do one kind thing for three people who are the least friendly to you. Write what you did.

1)

2)

3)

13. ☐ *"In the multitude of words there wanteth not sin: but he that refraineth his lips is wise,"*
—Proverbs 10:19. Complete the following:

(1) What does multitude mean?

(2) What does refrain mean?

(3) Why do think that in the multitude of words there is no lack of sin?

(4) Name three ways that you can avoid the temptation to talk too much.

1) _____

2) _____

3) _____

(5) For the next eight weeks, make a diligent effort to be a person of few words instead of many words. After each week, make a note about how you did and what, if more, you could have done.

Week 1

How did I do? _____

How could I have done better? _____

Week 2

How did I do? _____

How could I have done better? _____

Week 3

How did I do? _____

How could I have done better? _____

Week 4

How did I do? _____

How could I have done better? _____

Week 5

How did I do? _____

How could I have done better? _____

Week 6

How did I do? _____

How could I have done better? _____

Week 7

How did I do? _____

How could I have done better? _____

Week 8

How did I do? _____

How could I have done better? _____

Stewardship

Things to Learn

1. Complete the following:

(1) Write the dictionary definition of a steward.

(2) Write three verses from the Bible in which stewardship is discussed.

1) _____

2) _____

3) _____

(3) Find and read the Bible account of the men who were given talents from their lord who was going on a journey. Explain why the first two servants pleased their lord but the third one displeased him.

[illegible]

(4) Explain why it is important to be a good steward.

(5) Write a short essay that lists three ways that you can be a better steward in your own life.

[illegible]

Timothy

Things to Learn

2. ☐ Answer the following questions:

(1) What was Paul's faithful saying that was worthy of all acceptance? (ch 1, v 15)

(2) What charge or command did Paul give Timothy? (ch 1, v 18-19)

(3) What was Paul's first exhortation to Timothy? (ch 2, v 1-8)

(4) What was Timothy to teach women? (ch 2, v 9-15)

(5) What are the requirements for being a bishop? (ch 3, v 1-7)

(6) What are the requirements for being a deacon? (ch 3, v 8-13)

(7) Of what did Paul tell Timothy to put the brethren in remembrance? (ch 4, v 1-6)

- (8) Paul told Timothy to be an example in what things? (ch 4, v 12)

- (9) How should a young man treat an elder man, elder woman, younger women, widows? (ch 5, v 1-3)

- (10) Explain why godliness with contentment is great gain? (ch 6, v 6-10)

- (11) What should a young man follow after? (ch 6, v 11)

4. ☐ Answer the following questions:

- (1) To what did Paul encourage Timothy to hold fast? (ch 1, v 13-14)

- (2) If you are a good soldier of Jesus Christ, why will you not entangle yourself with the things of this life? (ch 2, v 3-4)

- (3) Why did Paul endure all things? (ch 2, v 9-10)

- (4) Explain the importance of Chapter 2, v 11-13.

- (5) Why and what did Paul encourage Timothy to study? (ch 2, v 15)

- (6) Why must everyone that names the name of Christ depart from iniquity? (ch 2, v 19)

- (7) What should a young man follow after? (ch 2, v 22)

- (9) For what three things is Scripture profitable? (ch 3, v 16)

- (10) What is one reason that Scripture is given? (ch 3, v 17)

- (11) What example does Paul leave Timothy and us? (ch 4, v 7)

- (12) What is laid up in Heaven for all those who love and serve the Lord? (ch 4, v 8)

5. ☐ Answer the following questions:*1 Timothy*

(1) How can verse 1:15 apply to you? Are you a sinner? Did Jesus die for you?

(2) Are you in a spiritual warfare? How can you be a good soldier of Jesus Christ?

(3) Are you fulfilling Paul's first exhortation? If not, when and how will you begin?

(4) Young boys cannot teach women, but they might, on occasion, share these teachings with their sisters or girls in their homeschool group, or church group, or neighborhood. Have you ever given a thought to these things? How would you teach them?

(5) If you would seek someday to be an elder or bishop, what things do you need to be putting into your life now?

- (6) What should be in your remembrance, and can you help other people to remember?
How?

- (7) In what things should you be an example?

- (8) How should you treat an older man, older woman, younger woman, and widow?

- (9) Are you living out the contentment verse? Are you content with what you have, with your family, with your environment, with what you get to do? If not, why not, and what are you going to do about it?

- (10) What should you be following after? (ch 6)

2 Timothy

- (1) What is Paul encouraging *you* to hold fast to?

- (2) What are things of this world? Are you entangled in any of the things of this world that you should not be?

- (3) Are you continually studying as admonished in 2 Timothy 2:15? If not, why not? What will you do about it?

- (4) What should you be following after? Are you? Why or why not?

Contenders for the Faith

Companion Notebook

Personal Skills
Category

Finances

Things to Learn

5. ☐ “*The rich ruleth over the poor, and the borrower is servant to the lender,*” —Proverbs 22:7.

Write what this verse means in your own words.

9. ☐ Explain what a budget is and why it is important for a good steward to stay within the confines of a budget.

Fitness

Things to Learn

1. Complete the following:

(1) Write an essay explaining how physical exercise can improve your health.

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(2) Explain the benefits of stretching before and after you exercise.

(3) List five different stretches you can do before exercising.

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

(4) List ten different exercises that you could do on a regular basis.

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
- 7) _____
- 8) _____
- 9) _____
- 10) _____

(5) Explain how each exercise that you listed will benefit your body.

- 1) _____

2)

3)

4)

5)

6)

7)

8)

9) _____

10) _____

(6) Create an exercise routine from your list of exercises that you can perform at least three times a week.

(7) Perform your exercise routine with stretching before and after it three times a week for two months.

	Month 1			Month 2		
Week 1						
Week 2						
Week 3						
Week 4						
Week 5?						

(8) Name three recreational activities that provide a good exercise workout.

- 1) _____
- 2) _____
- 3) _____

Health

Things to Learn

1. ☐ Complete the following:

(1) What is nutrition?

(2) Name the five basic food groups.

1) _____

2) _____

3) _____

4) _____

5) _____

(3) Explain the importance of vitamins and minerals in our diets.

(4) List five common vitamins our bodies use daily.

1) _____

2) _____

3) _____

4) _____

5) _____

- (5) Explain how our bodies benefit from consuming the proper amount of each of these five vitamins.

- (6) List five common minerals our bodies use daily.

1) _____

2) _____

3) _____

4) _____

5) _____

- (7) Explain how our bodies benefit from consuming the proper amount of each of these five minerals.

- (8) List ten “healthy” foods (those rich in vitamins and minerals) that our diets should include to keep us healthy and strong.

1) _____

2) _____

3) _____

4) _____

5) _____

6) _____

7) _____

8) _____

9) _____

10) _____

(9) List ten common “unhealthy” foods that we should limit in our daily diets.

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
- 7) _____
- 8) _____
- 9) _____
- 10) _____

(10) Why is the proper amount of sleep important?

(11) Why is it important to eat a well-balanced diet of healthy food?

(12) God listed many dietary laws in the Bible. List five of them.

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

2. ☐ Keep track of your daily diet every day for one month. At the end of the month look over your lists. Can you classify your diet as “healthy”? If you can, that is wonderful! You are doing your part to be a faithful steward of your health.

Day 1

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Day 2

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Day 3

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Day 4

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Day 5

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Day 6

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Day 7

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Day 8

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Day 9

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Day 10

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Day 11

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Day 12

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Day 13

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Day 14

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Day 15

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Day 16

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Day 17

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Day 18

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Day 19

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Day 20

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Day 21

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Day 22

Breakfast _____

Lunch _____

Dinner _____

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Day 23

Breakfast _____

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Day 24

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Lunch _____

Dinner _____

Snacks _____

Day 25

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Day 26

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Day 27

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Day 28

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Day 29

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Day 30

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Hygiene

Things to Learn

1. ☐ Complete the following:

(1) What are bacteria?

(2) What is a virus?

(3) What is a fungus?

(4) God also stressed personal cleanliness in the Bible. Read Leviticus 15:1-5. God knew that invisible things like germs and bacteria could not only make a person sick, but could also infect others. Write down three things a person should do if she has an “issue” or “running sore” in her body.

1)

2)

3)

(5) Why is it important to bathe frequently?

(6) How often should we wash our hair?

(7) Why is it important to brush our teeth?

(8) Describe how to care for your nails on both your hands and feet.

Letters

Things to Learn

3. ☐ Explain why a return address is important.

Propriety

Things to Learn

12. ☐ Complete the following:

(1) Explain the importance of dressing appropriately for different occasions and for different places.

(2) Explain what good grooming is and why it is important.

(3) Explain when to write a thank you note.

(4) Pertaining to conversational manners: list five good conversational manners and five poor conversational manners.

Good manners

1)

2)

3)

4) _____

5) _____

Poor manners

1) _____

2) _____

3) _____

4) _____

5) _____

(5) Explain what behavior is appropriate in public places such as a church or a restaurant.

(6) Write a paragraph explaining why propriety requires punctuality.

- (7) Write a short paragraph explaining why propriety is as important in the home and with family as it is out of the home and with strangers.

Contenders for the Faith

Companion Notebook

Serving Others
Category

Community Service

Things to Learn

1. ☐ It is helpful to take some time learning about your community. The more you learn about your community, the easier it will be to find ways to serve it. As you conduct research about your community, try to answer the following questions.

(1) What are the best things about living in your community?

(2) What are the worst things about living in your community?

(3) What needs are present in your community?

(4) What are some of the businesses in your neighborhood or community?

(5) What do these businesses manufacture or what services do they provide?

(6) What organizations are present within the community that are trying to address various needs?

6. ☐ Write a report on your volunteer experience. Answer the following questions in your report.

- (1) Where did you volunteer?
- (2) What did you do?
- (3) Did you meet any interesting people?
- (4) Did God use you in an unusual way?
- (5) How was your overall experience?

[illegible]

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This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Ecology

Things to Learn

1. Complete the following:

(1) Write an essay explaining recycling and the importance of it.

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This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

(2) List three things that can be recycled.

- 1) _____
- 2) _____
- 3) _____

(3) Compose a list of six actions that you personally can take to help keep your environment clean.

- 1) _____

- 2) _____

- 3) _____

- 4) _____

- 5) _____

- 6) _____

Friends

Things to Learn

1. ☐ Search the Bible and find five Scriptures that talk about friends. Write the Scriptures down.

(1) _____

(2) _____

(3) _____

(4) _____

(5) _____

6. ☐ *"I am a companion of all them that fear thee, and of them that keep thy precepts,"* —Psalm 119:63. Explain what this verse means to you. Is this verse true about you?

7. ☐ “By this we know that we love the children of God, when we love God, and keep his commandments,” —1 John 5:2. This is one of the most important verses in the Bible regarding friends. In fact, it is a test verse of sorts. It is a test of our love for our friends.

(2) Answer the following questions about 1 John 5:2.

- 1) How do we know that we love our friends?

- 2) Can we love our friends without loving God?

- 3) How do we show our love for God?

- 4) How do we show our love for our friends?

- 5) If we sin by breaking rules, disobeying parents, or doing any other type of wrong (sin) when we are with our friends, are we showing our love for them? Explain.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

- 6) Can we ever show our friends that we love them by giving in to peer pressure? Peer pressure occurs when our friends are wanting us to do something. Sometimes that “something” is not a good thing. If we give in, are we showing them we love them?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Grandparents

Things to Learn

2. ☐ Do something special for your grandparents on their birthdays. Write down what you did.

Grandmother 1 _____

Grandfather 1 _____

Grandmother 2 _____

Grandfather 2 _____

3. ☐ Ask a grandparent for his or her favorite Bible verse. Copy the verse and memorize it.

4. ☐ Share a prayer request with your grandparents and have them share a request with you. Write the prayer requests down and pray daily for them.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

5. ☐ Abraham was the grandfather of Jacob, who was called Israel. Abraham, the grandfather of Israel, was called the friend of God. Explain why.

[illegible]

Love

Things to Learn

1. ☐ Read I Corinthians 13. Write each verse and tell in your own words what it means. Next, write a short paragraph on each verse explaining how it can apply to your life.

Verse 1

What it means

How it can apply to my life

Verse 2

What it means

How it can apply to my life

Verse 3

What it means

How it can apply to my life



Verse 4

What it means

How it can apply to my life



Verse 5

What it means

How it can apply to my life



Verse 6

What it means

How it can apply to my life



Verse 7

What it means

How it can apply to my life

Verse 8

What it means

How it can apply to my life



Verse 9

What it means

How it can apply to my life



Verse 10

What it means

How it can apply to my life



Verse 11

What it means

How it can apply to my life



Verse 12

What it means

How it can apply to my life



Verse 13

What it means

How it can apply to my life

3. ☐ Complete the following:

(1) Write ten Bible verses that demonstrate God's love.

Verse 1

Verse 2

Verse 3

Verse 4

Verse 5 _____

Verse 6 _____

Verse 7 _____

Verse 8 _____

Verse 9 _____

Verse 10 _____

(2) Write ten ways to show God's love to others.

1) _____

2) _____

3) _____

4) _____

5) _____

6) _____

7) _____

8) _____

9) _____

10) _____

(3) Read I John 4. Write what you learned about love.

4. ☐ Write the names of your immediate family members. Under each name, list six ways you can show that person your love for him or her.

Father

(1) _____

(2) _____

(3) _____

Love

Serving Others

(4) _____

(5) _____

(6) _____

Mother

(1) _____

(2) _____

(3) _____

(4) _____

(5) _____

(6) _____

Sibling 1 _____

(1) _____

(2) _____

(3) _____

(4) _____

(5) _____

(6) _____

Sibling 2 _____

(1) _____

(2) _____

(3) _____

(4) _____

(5) _____

(6) _____

Sibling 3 _____

(1) _____

(2) _____

(3) _____

(4) _____

(5) _____

(6) _____

Sibling 4 _____

(1) _____

(2) _____

(3) _____

(4) _____

(5) _____

(6) _____

Sibling 5 _____

(1) _____

(2) _____

(3) _____

(4) _____

(5) _____

(6) _____

Sibling 6 _____

(1) _____

(2) _____

(3) _____

(4) _____

(5) _____

(6) _____

5. ☐ Complete the following:

- (1) Compose a list of at least twelve people who are relatives or with whom you are familiar (for example: friends, neighbors, or people at church).
- (2) For each name, list at least one kind thing you can do for each of the twelve people listed. Do one kind thing for each person.

Name 1 _____

Kind act _____

Name 2 _____

Kind act _____

Name 3 _____

Kind act _____

Name 4 _____

Kind act _____

Name 5 _____

Kind act _____

Name 6 _____

Kind act _____

Name 7 _____

Kind act _____

Name 8 _____

Kind act _____

Name 9 _____

Kind act _____

Name 10 _____

Kind act _____

Name 11 _____

Kind act _____

Name 12 _____

Kind act _____

6. ☐ This last requirement is to do something two times for someone special. The Bible tells us to love our enemies. We often feel that people may have feelings of enmity toward us when they do something that hurts us or wrongs us. Pick out someone whom you feel may have hurt you or wronged you, and do two things out of love for that person. List what you did.

Name _____

Kind act 1 _____

Kind act 2 _____

Rest Home

Things to Learn

3. ☐ Have three residents tell you what their favorite thing to do was when they were children. Record their name and what they told you.

Name 1 _____

Favorite thing _____

Name 2

Favorite thing _____

Name 3

Favorite thing _____

5. ☐ Write a short paragraph sharing one blessing you received from visiting the rest home.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Special Needs

Things to Learn

1. ☐ Read one non-fiction book about special needs, which could include physical handicaps such as blindness, deafness, learning disabilities, or a crippling disease. List the title and author, and write a short paragraph on what you learned from the book.

Title _____

Author _____

2. ☐ Search the Bible for five Scriptures concerning the special needs of people. Copy each passage, and write in your own words what occurred in each passage.

Passage 1 _____

In your words _____

Passage 2 _____

In your words _____

Passage 3 _____

In your words _____

Passage 4 _____

In your words _____

Passage 5 _____

In your words _____

3. ☐ Read one biography about an individual who had a special need. List the title and author, and write a paragraph about what you learned from it.

Title _____

Author _____

4. ☐ Spend at least thirty minutes on three different occasions doing a service-oriented activity for a person with special needs. Examples may include reading to a blind person or cleaning for a physically limited individual. Record your service.

Service 1 _____

Service 2 _____

Service 3 _____

Contenders for the Faith

Companion Notebook

Around the Home
Category

Gardening

Things to Learn

4. ☐ Write a report on your garden. Tell what was planted, how it was planted, and how much was harvested from it.

[illegible]

5. ☐ Complete the following:

(1) Explain the difference between chemical fertilizers and natural fertilizers.

(2) Explain how chemical fertilizers can be harmful to plants and to the people who eat the plants.

(3) Explain two ways to naturally fertilize a garden.

Method 1

Method 2

(4) Explain what composting means.

(5) Explain what cold-weather crops mean. Name three cold-weather crops.

Crop 1 _____

Crop 2 _____

Crop 3 _____

(6) Explain what cool-weather crops mean. Name three cool-weather crops.

Crop 1 _____

Crop 2 _____

Crop 3 _____

(7) Explain what warm-weather crops mean. Name three warm-weather crops.

Crop 1 _____

Crop 2 _____

Crop 3 _____

(8) Explain what soil pH is.

(9) Name three crops which grow best in acidic soil.

Crop 1 _____

Crop 2 _____

Crop 3 _____

(10) Name three crops which grow best in alkaline soil.

Crop 1 _____

Crop 2 _____

Crop 3 _____

(11) Name three crops which grow best in a neutral soil.

Crop 1 _____

Crop 2 _____

Crop 3 _____

(12) Generally we think of bugs as being bad, but there are some bugs which are really good for our gardens. Name two of them and explain why they are our helpers when it comes to our gardens.

Bug 1 _____

Bug 2 _____

6. ☐ The Bible uses the word “seed” over 250 times. It is a very important word and has multiple meanings in God’s Word. Read Luke 8:4-15. Write a brief paragraph explaining what this seed is and what happens to it.

7. ☐ Explain what the following verse means. *“He that goeth forth and weepeth, bearing precious seed, shall doubtless come again with rejoicing, bringing his sheaves with him,”* —Psalm 126:6.

8. ☐ Write a brief paragraph telling what you learned from gardening.

Landscape Care

Things to Learn

9. ☐ Explain the importance and purpose of nitrogen, phosphorus, and potassium in fertilizer.

[illegible]

Man of the House

Things to Learn

2. ☐ Complete the following:

(1) Why must you sort clothes before washing?

(2) Why must you pay attention to the water temperature control?

(3) Why can certain fabrics be dried using higher heat, while other fabrics must be dried at a cooler temperature?

(4) When would you use bleach?

(5) Why would you not wash colored things with white things?

Contenders for the Faith

Companion Notebook

Culinary Arts
Category

Chef

Things to Learn

1. ☐ Complete the following:

(1) What are some different kinds of chefs, and what do they do?

(2) Do you have a special meal or technique that you would like to learn? What is it?

Grilling

Things to Learn

1. ☐ Write three safety rules to be observed around the grill.

(1) _____

(2) _____

(3) _____

2. ☐ Explain how to stop a fire in the grill.

Ice Cream Making

Things to Learn

5. ☐ Complete the following:

(1) Why do you add eggs to an ice cream base?

(2) Does your ice cream maker use salt to help freeze the ice cream? If it does, explain why.

Contenders for the Faith

Companion Notebook

Creative Skills
Category

Kites

Things to Learn

2. ☐ Complete the following:

(1) Explain how *lift* affects the flight of a kite.

(2) Explain how *gravity* affects the flight of a kite.

(3) Explain how *drag* affects the flight of a kite.

Photographer

Things to Learn

1. ☐ Create a display board or digital slide show on a computer made up of twenty-four images. For each picture, list the lighting, positioning, camera settings, filter, lens, and any other preparation or equipment that was used for the shot.

Picture 1

Lighting _____

Positioning _____

Settings _____

Filter _____

Lens _____

Equipment _____

Picture 2

Lighting _____

Positioning _____

Settings _____

Filter _____

Lens _____

Equipment _____

Picture 3

Lighting _____

Positioning _____

Settings _____

Filter _____

Lens _____

Equipment _____

Picture 4

Lighting _____

Positioning _____

Settings _____

Filter _____

Lens _____

Equipment _____

Picture 5

Lighting _____

Positioning _____

Settings _____

Filter _____

Lens _____

Equipment _____

Picture 6

Lighting _____

Positioning _____

Settings _____

Filter _____

Lens _____

Equipment _____

Picture 7

Lighting _____

Positioning _____

Settings _____

Filter _____

Lens _____

Equipment _____

Picture 8

Lighting _____

Positioning _____

Settings _____

Filter _____

Lens _____

Equipment _____

Picture 9

Lighting _____

Positioning _____

Settings _____

Filter _____

Lens _____

Equipment _____

Picture 10

Lighting _____

Positioning _____

Settings _____

Filter _____

Lens _____

Equipment _____

Picture 11

Lighting _____

Positioning _____

Settings _____

Filter _____

Lens _____

Equipment _____

Picture 12

Lighting _____

Positioning _____

Settings _____

Filter _____

Lens _____

Equipment _____

Picture 13

Lighting _____

Positioning _____

Settings _____

Filter _____

Lens _____

Equipment _____

Picture 14

Lighting _____

Positioning _____

Settings _____

Filter _____

Lens _____

Equipment _____

Picture 15

Lighting _____

Positioning _____

Settings _____

Filter _____

Lens _____

Equipment _____

Picture 16

Lighting _____

Positioning _____

Settings _____

Filter _____

Lens _____

Equipment _____

Picture 17

Lighting _____

Positioning _____

Settings _____

Filter _____

Lens _____

Equipment _____

Picture 18

Lighting _____

Positioning _____

Settings _____

Filter _____

Lens _____

Equipment _____

Picture 19

Lighting _____

Positioning _____

Settings _____

Filter _____

Lens _____

Equipment _____

Picture 20

Lighting _____

Positioning _____

Settings _____

Filter _____

Lens _____

Equipment _____

Picture 21

Lighting _____

Positioning _____

Settings _____

Filter _____

Lens _____

Equipment _____

Picture 22

Lighting _____

Positioning _____

Settings _____

Filter _____

Lens _____

Equipment _____

Picture 23

Lighting _____

Positioning _____

Settings _____

Filter _____

Lens _____

Equipment _____

Picture 24

Lighting _____

Positioning _____

Settings _____

Filter _____

Lens _____

Equipment _____

2. ☐ Explain each of the Terms to Know as to how it affects a photograph, and how it may be affected by some of the other terms, either when shooting with a film camera or a digital camera. Have your explanations checked by someone who is knowledgeable about photography.

Focal length _____

Angle of view _____

Aperture _____

F-stop _____

Depth of field _____

Filters (explain types) _____

Shutter speed _____

ISO number _____

Light source _____

Golden rectangle _____

Rule of thirds _____

Lenses (explain types) _____

Photography

Things to Learn

5. ☐ Shoot one roll of ISO 100 film (film camera), or at least 12 photos using the ISO 100 setting (digital camera). Experiment and record your camera settings (shutter speed and aperture setting) for each picture and compare how they turned out.

Camera Settings

Picture 1

(3x5 photo)

Camera Settings

Picture 2

(3x5 photo)

Camera Settings



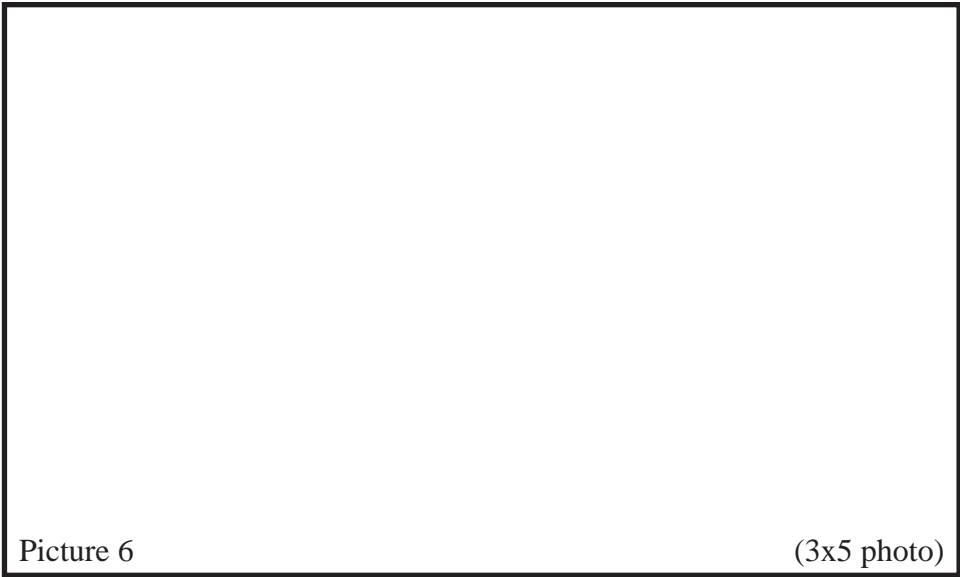
Camera Settings



Camera Settings



Camera Settings



Camera Settings



Camera Settings



Camera Settings



Camera Settings



Camera Settings



Camera Settings

Picture 12

(3x5 photo)

6. ☐ Shoot one roll of ISO 200 film (film camera), or or at least 12 photos using the ISO 200 setting (digital camera). Experiment and record your camera settings (shutter speed and aperture setting) for each picture and compare how they turned out.

Camera Settings

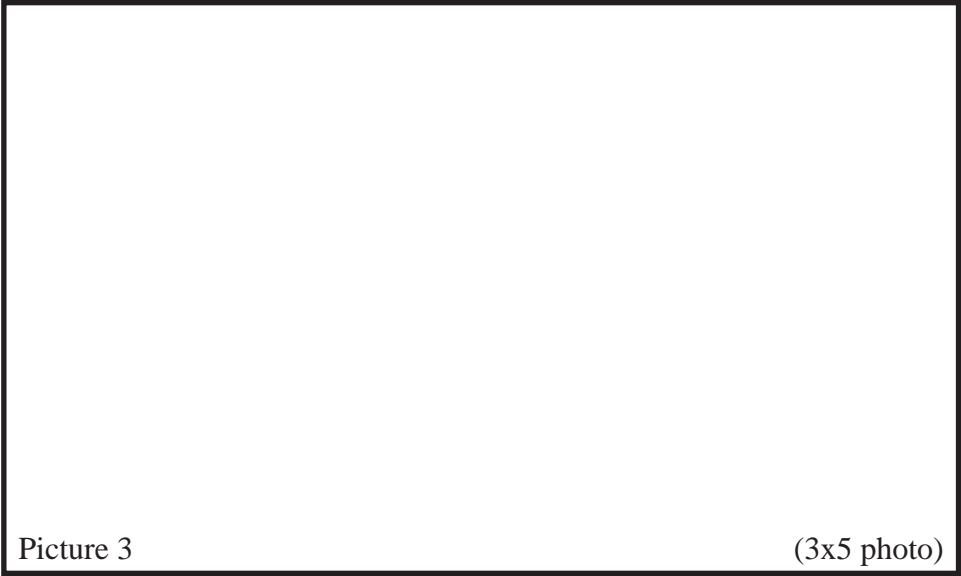
Picture 1

(3x5 photo)

Camera Settings



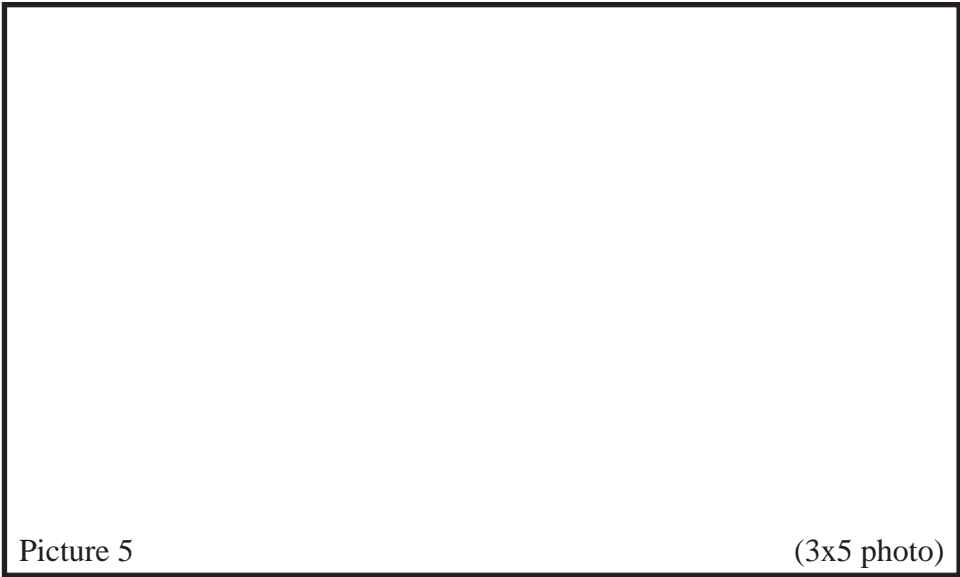
Camera Settings



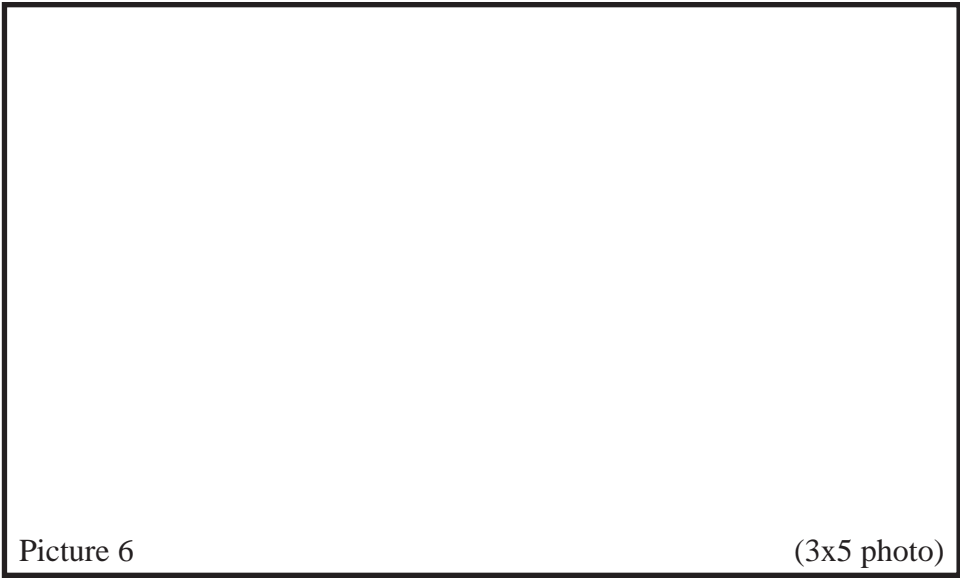
Camera Settings



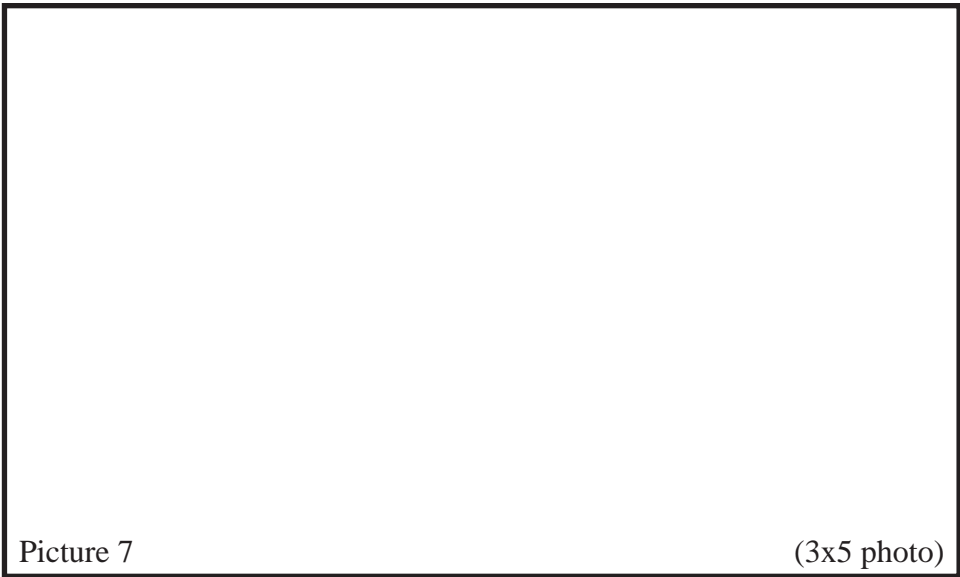
Camera Settings



Camera Settings



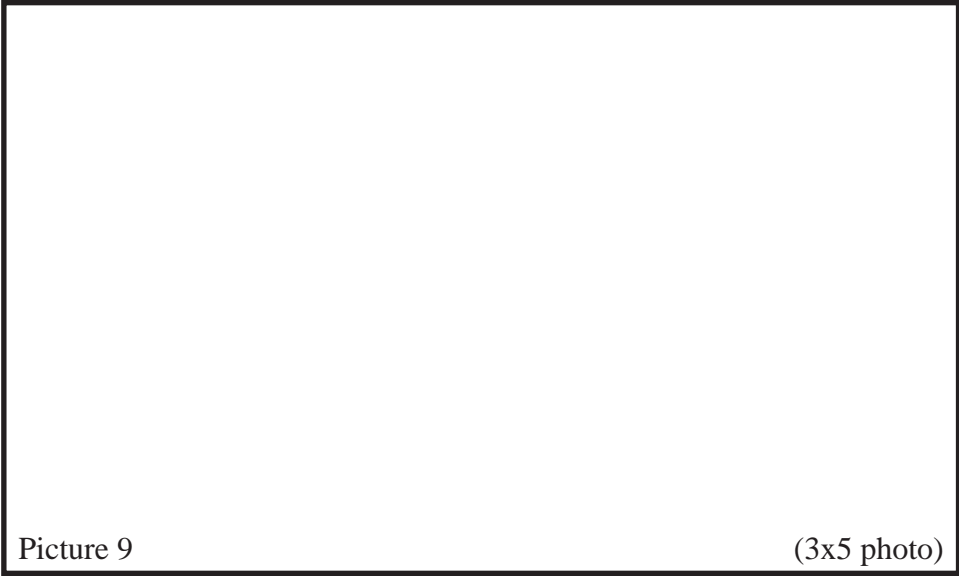
Camera Settings



Camera Settings



Camera Settings



Camera Settings



Camera Settings

Picture 11

(3x5 photo)

Camera Settings

Picture 12

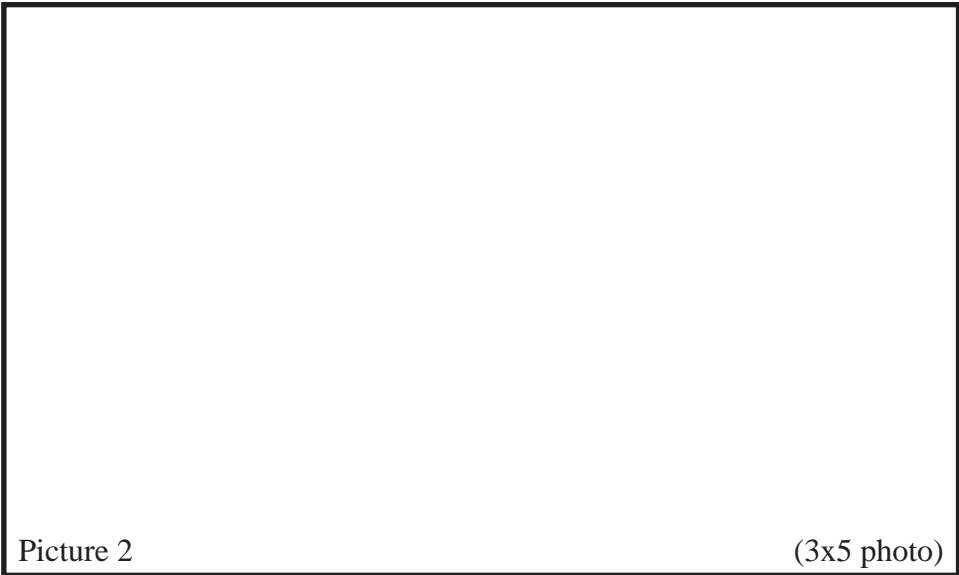
(3x5 photo)

7. ☐ Shoot one roll of ISO 400 film (film camera), or or at least 12 photos using the ISO 400 setting (digital camera). Experiment and record your camera settings (shutter speed and aperture setting) for each picture and compare how they turned out.

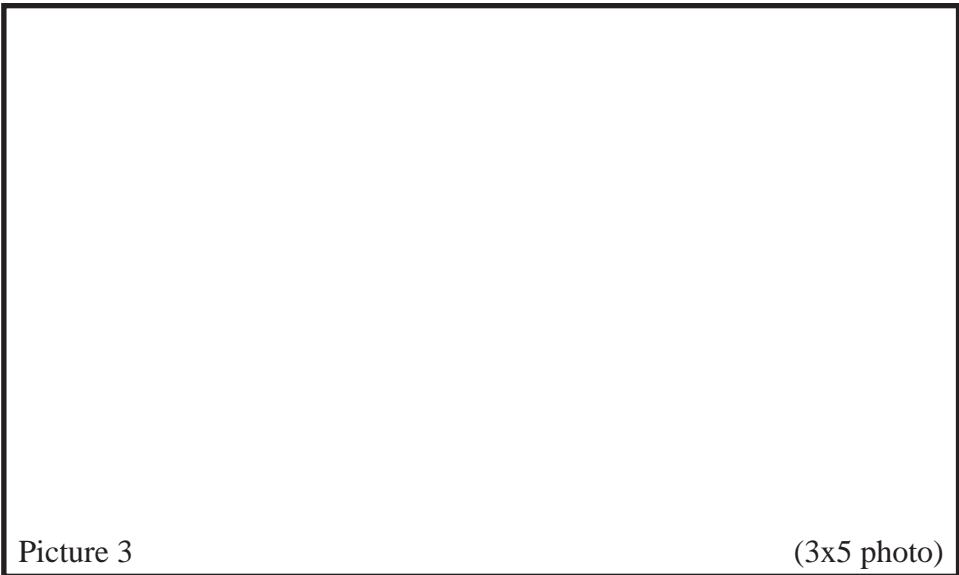
Camera Settings



Camera Settings



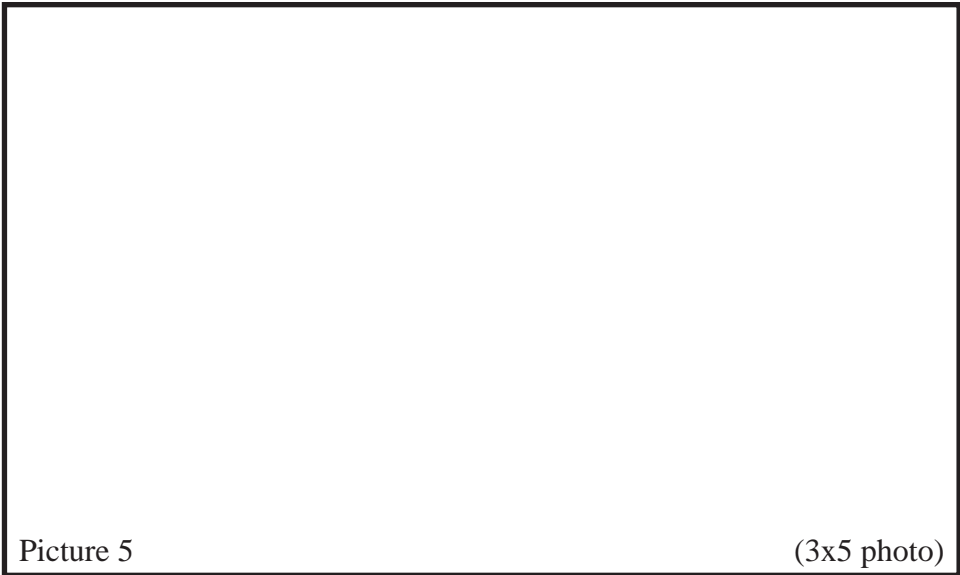
Camera Settings



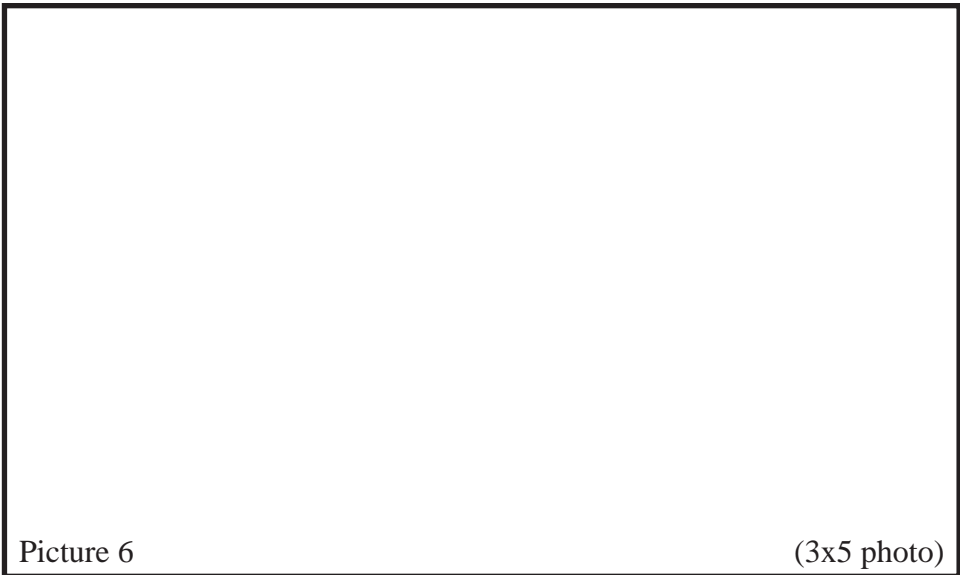
Camera Settings



Camera Settings



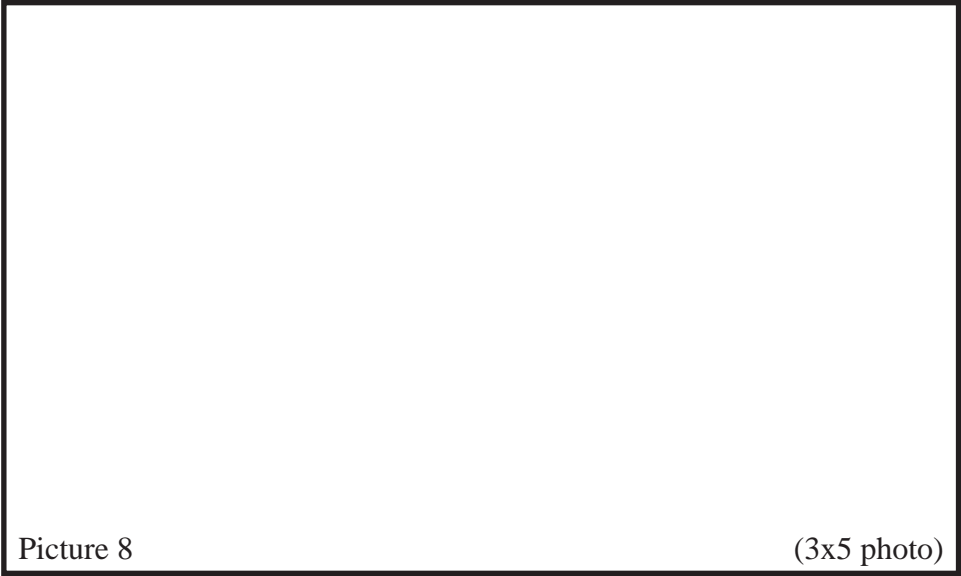
Camera Settings



Camera Settings



Camera Settings



Camera Settings



Camera Settings



Camera Settings



Camera Settings



Contenders for the Faith

Companion Notebook

Scholarship Studies
Category

Astronomy

Things to Learn

1. ☐ Complete the following:

(1) Name the nine major planets in our solar system. Name them in order from the closest to the sun to the farthest away from the sun.

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
- 7) _____
- 8) _____
- 9) _____

(2) Name them in order from the smallest to the largest.

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
- 7) _____
- 8) _____
- 9) _____

(3) List two different ways the science of astronomy is useful.

- 1) _____

- 2) _____

Biography

Things to Learn

1. ☐ Read ten biographies. From each biography list the following: subject (person), title, author, and five useful lessons you learned.

Biography 1 ☐ Date _____

Subject	_____
Title	_____
Author	_____
Lessons	
1.	_____ _____
2.	_____ _____
3.	_____ _____
4.	_____ _____
5.	_____ _____

Biography 2 ☐ Date _____

Subject	_____
Title	_____
Author	_____
Lessons	
1.	_____ _____
2.	_____ _____
3.	_____ _____
4.	_____ _____
5.	_____ _____

Biography 3 ☐ Date _____

Subject _____
Title _____
Author _____
Lessons
1. _____

2. _____

3. _____

4. _____

5. _____

Biography 4 ☐ Date _____

Subject _____
Title _____
Author _____
Lessons
1. _____

2. _____

3. _____

4. _____

5. _____

Biography 5 ☐ Date _____

Subject _____
Title _____
Author _____
Lessons
1. _____

2. _____

3. _____

4. _____

5. _____

Biography 6 ☐ Date _____

Subject _____
Title _____
Author _____
Lessons
1. _____

2. _____

3. _____

4. _____

5. _____

Biography 7 ☐ Date _____

Subject _____
Title _____
Author _____
Lessons
1. _____

2. _____

3. _____

4. _____

5. _____

Biography 8 ☐ Date _____

Subject _____
Title _____
Author _____
Lessons
1. _____

2. _____

3. _____

4. _____

5. _____

Biography 9 ☐ Date _____

Subject _____
Title _____
Author _____
Lessons
1. _____

2. _____

3. _____

4. _____

5. _____

Biography 10 ☐ Date _____

Subject _____
Title _____
Author _____
Lessons
1. _____

2. _____

3. _____

4. _____

5. _____

2. ☐ Read five biographies (stories) of people in the Bible. List the subject (person), title, author, and five useful lessons you learned.

Biography 1 ☐ Date _____

Subject _____
Title _____
Author _____
Lessons
1. _____

2. _____

3. _____

4. _____

5. _____

Biography 2 ☐ Date _____

Subject _____
Title _____
Author _____
Lessons
1. _____

2. _____

3. _____

4. _____

5. _____

Biography 3 ☐ Date _____

Subject _____
Title _____
Author _____
Lessons
1. _____

2. _____

3. _____

4. _____

5. _____

Biography 4 ☐ Date _____

Subject _____
Title _____
Author _____
Lessons
1. _____

2. _____

3. _____

4. _____

5. _____

Biography 5 ☐ Date _____

Subject _____

Title _____

Author _____

Lessons

1. _____

2. _____

3. _____

4. _____

5. _____

Foreign Language

Things to Learn

1. ☐ Choose a foreign language that you would like to learn, and answer the following questions.

(1) What language have you chosen? _____

(2) Why did you choose this language? _____

(3) What country or countries predominantly speak this language? _____

2. ☐ Choose a country from those that speak this language, and research the geography, history, economics, religion, and favorite pastimes of the country. Write a small report about the country using this information.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

[illegible]

Literature

Things to Learn

1. ☐ Read 25 books selected from the following categories:

- (1) Biography—3 books
- (2) Nature & Science—1 book
- (3) History—1 book
- (4) Poetry—1 book
- (5) Cooking—1 book
- (6) Crafts—1 book
- (7) The remainder of books can be your personal choice within the realm of good Christian literature.

Book 1 ☐ Date _____

Title _____		
Category _____	Author _____	

Book 2 ☐ Date _____

Title _____		
Category _____	Author _____	

Book 3 ☐ Date _____

Title _____		
Category _____	Author _____	

Book 4 ☐ Date _____

Title _____		
Category _____	Author _____	

Book 5 ☐ Date _____

Title _____		
Category _____	Author _____	

Book 6 ☐ Date _____

Title _____		
Category _____	Author _____	

Book 7 ☐ Date _____

Title _____		
Category _____	Author _____	

Book 8 ☐ Date _____

Title _____		
Category _____	Author _____	

Book 9 ☐ Date _____

Title _____		
Category _____	Author _____	

Book 10 ☐ Date _____

Title _____		
Category _____	Author _____	

Book 11 ☐ Date _____

Title _____		
Category _____	Author _____	

Book 12 ☐ Date _____

Title _____		
Category _____	Author _____	

Book 13 ☐ Date _____

Title _____		
Category _____	Author _____	

Book 14 ☐ Date _____

Title _____		
Category _____	Author _____	

Book 15 ☐ Date _____

Title _____		
Category _____	Author _____	

Book 16 ☐ Date _____

Title _____		
Category _____	Author _____	

Book 17 ☐ Date _____

Title _____		
Category _____	Author _____	

Book 18 ☐ Date _____

Title _____		
Category _____	Author _____	

Book 19 ☐ Date _____

Title _____		
Category _____	Author _____	

Book 20 ☐ Date _____

Title _____	
Category _____	Author _____

Book 21 ☐ Date _____

Title _____	
Category _____	Author _____

Book 22 ☐ Date _____

Title _____	
Category _____	Author _____

Book 23 ☐ Date _____

Title _____	
Category _____	Author _____

Book 24 ☐ Date _____

Title _____	
Category _____	Author _____

Book 25 ☐ Date _____

Title _____	
Category _____	Author _____

Poetry

Things to Learn

3. ☐ Define the following terms as they relate to poetry:

Verse _____

Rhyme _____

Couplet _____

Stanza _____

Meter _____

Quatrain _____

Rhyme Scheme _____

4. ☐ A ballad is usually a rather long poem that tells a story. It is usually written in quatrains with the second and fourth lines rhyming. Write a ballad about a story in your life that contains at least four stanzas and uses the correct rhyming scheme.

5. ☐ A limerick is usually a humorous poem with five lines. The rhyme scheme is a-a-b-b-a. Write your own limerick in the proper format. An example is given below.

*There once was a young man named Jason
Who was told he really must hasten.
While washing his clothes,
He stepped on his toes
And fell with a splash in the basin.*

6. ☐ A sonnet has a more complicated format than most poems and requires much more work. It is composed of fourteen lines, which contain three quatrains and a couplet. In each quatrain, the first and the third lines rhyme, and the second and the fourth lines rhyme. The two lines of the couplet also rhyme. Write your own sonnet on a topic of your choice, following the correct format.

7. ☐ A lyric is usually a short poem that expresses personal feeling and is set to a musical rhythm. A lyric does not have to follow a rhyming scheme. Write a short poem that expresses your feelings on a certain topic. After you have written the poem, see if you can apply a musical tune to your poem.

He always wins who sides with God,
No chance to him is lost;
God's will is sweetest to him, when
It triumphs at his cost.

Selected

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Rocketry

Things to Learn

1. ☐ Explain the purpose of each of the following components of a rocket:

(1) Nose cone

(2) Parachute

(3) Shock cord

(4) Body tube

(5) Launch lug

(6) Fins

(7) Engine mount

-
- This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Scholarship

Things to Learn

3. ☐ Complete the following:

(1) Look up and write the definitions of ten new words that you encountered in your reading.

1) _____

2) _____

3) _____

4) _____

5) _____

6) _____

7) _____

8) _____

9) _____

10) _____

- (2) Look up in a thesaurus the same ten words which you looked up in the dictionary, and beside each word write another word which also can be used for it. Write the second word's definition from the dictionary so that you know its exact meaning.

1) Original word _____ Alternate word _____

2) Original word _____ Alternate word _____

3) Original word _____ Alternate word _____

4) Original word _____ Alternate word _____

5) Original word _____ Alternate word _____

6) Original word _____ Alternate word _____

7) Original word _____ Alternate word _____

8) Original word _____ Alternate word _____

9) Original word _____ Alternate word _____

10) Original word _____ Alternate word _____

(3) Look up three things in an encyclopedia that you encountered in your reading and about which you would like to know more. Write a paragraph about each one.

1) _____

2) _____

3) _____

- (4) Have someone read two Bible verses and copy them down. Find their location (book, chapter, verse) using a concordance.

Verse 1 Reference _____

Verse 2 Reference _____

4. ☐ Write a short paper explaining “Fear of the Lord.” Use a concordance to find three verses for the paper.

- (1) Use a thesaurus to find substitutes for two words in your paper and replace them with the new ones.

Original word _____

Alternate word _____

Original word _____

Alternate word _____

- (2) Use a dictionary to make sure that your substitutions are accurate.

[illegible]

States

You may duplicate for multiple states as needed.

Things to Learn

1. ☐ Complete the following:

(1) How large is the state, and in what section of the US is it located?

(2) Describe the terrain of the state, and list its natural geography.

(3) What is something that the state produces?

(4) In what year did the state join the United States? _____

(5) How did the state get its name?

(6) Describe the state flag.

(7) What is the nickname of the state and its state flower?

Nickname _____

Flower _____

- (8) What is the state capitol? _____
- (9) Who is the governor of the state? _____
- (10) Write a short history of the state.

[illegible]

3. ☐ Write an essay about the state.

This image shows a full page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for handwriting practice. There are no margins, text, or other markings on the page.

[illegible]

Writing

Things to Learn

1. ☐ Write an essay explaining your favorite Bible verse.

[illegible]

2. ☐ Write an essay describing the importance of godly wisdom in a man's life.

[illegible]

3. ☐ Write an essay describing the importance of growing up with as many skills as possible.

[illegible]

4. ☐ Write an essay explaining what one passage in the Bible means to you.

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- [illegible]

Contenders for the Faith

Companion Notebook

Special Knowledge
Category

Citizenship

Things to Learn

1. ☐ Complete the following:

(1) What is the Constitution? _____

(2) Why is the Constitution so important? _____

(3) Who were some of the writers of the Constitution? _____

(4) What is the Bill of Rights? _____

(5) List the Bill of Right's ten amendments.

1) _____

2) _____

3) _____

4) _____

5) _____

6) _____

7) _____

8) _____

9) _____

10) _____

(6) What are the voting requirements in the United States? _____

(7) Why is it important to vote? _____

(8) What is naturalization? _____

(9) What are the requirements to become a U.S. citizen? _____

(10) What is dual citizenship? _____

(11) What is a trial by jury? _____

(12) Write a short essay on these verses: Matthew 22:17-22.

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Computers

Things to Learn

1. ☐ Define the following terms:

(1) CPU _____

(2) Boot-up process _____

(3) RAM _____

(4) Operating system _____

(5) USB drive _____

(6) CD-DVD drive _____

(7) Hard drive _____

(8) Virus, worm, rootkit _____

2. ☐ Explain the difference between software and hardware.

3. ☐ Explain what a programming language is.

CPR

Things to Learn

2. ☐ Describe the three basic parts of CPR.

(1) _____

(2) _____

(3) _____

Electricity

Things to Learn

1. ☐ Complete the following:

(1) List four ways man has found to produce electricity.

- 1) _____

- 2) _____

- 3) _____

- 4) _____

(2) List ten ways electricity is used in your own home.

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
- 7) _____
- 8) _____
- 9) _____
- 10) _____

(3) Describe a simple electrical circuit.

(4) Explain what voltage is.

(5) Explain what amperage is.

(6) Explain what resistance is.

(7) Explain how a light bulb makes light.

Fire Safety

Things to Learn

1. ☐ Explain how many smoke detectors should be installed in a home and where they should be installed.

3. ☐ Draw up a fire escape plan for your home, including the proper exit route from each part of your home and a rendezvous point for all family members.



F
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4. ☐ The word “fire” is found many times in the Bible. In several occurrences, “fire” is linked to our tongues, or the words of our mouth. Copy the verses from your handbook and write a short paragraph explaining the meaning of each.

Verse 1

Explanation

Verse 2

Explanation

Genealogy

Things to Learn

3. ☐ Write the answers to the following questions.

(1) Who was the great-grandmother of King David? _____

(2) Noah had three sons. What was the son's name who was an ancestor of Abraham?

(3) How many generations removed was Noah from Adam? _____

Occupations

Things to Learn

1. ☐ Pick four occupations from the list in which you are interested. For each occupation, complete the following:
2. ☐ Add three more questions of your own choosing about each of the four occupations, and record the answers.

Occupation 1

Name of occupation _____

Occupation description _____

Is it a year-round job, a seasonal job, a 9 to 5 job, a night job? _____

What kind of education, training or apprenticeship is needed? _____

How long does the educational training take? Months? Years? _____

Is technical school required? Is college required? _____

What is the average annual salary? _____

How many jobs are available in the field? _____

Will your faith be compromised by the occupation?—by the people you must work with?—by the decisions you must make?—by the places you might need to go? _____

Is this something you are interested in, think you would like, and are willing to spend forty years doing? _____

Question 1 _____

Answer 1 _____

Question 2 _____

Answer 2 _____

Question 3 _____

Answer 3 _____

Occupation 2

Name of occupation _____

Occupation description _____

Is it a year-round job, a seasonal job, a 9 to 5 job, a night job? _____

What kind of education, training or apprenticeship is needed? _____

How long does the educational training take? Months? Years? _____

Is technical school required? Is college required? _____

What is the average annual salary? _____

How many jobs are available in the field? _____

Will your faith be compromised by the occupation?—by the people you must work with?—by the decisions you must make?—by the places you might need to go? _____

Is this something you are interested in, think you would like, and are willing to spend forty years doing? _____

Question 1 _____

Answer 1 _____

Question 2 _____

Answer 2 _____

Question 3 _____

Answer 3 _____

Occupation 3

Name of occupation _____

Occupation description _____

Is it a year-round job, a seasonal job, a 9 to 5 job, a night job? _____

What kind of education, training or apprenticeship is needed? _____

How long does the educational training take? Months? Years? _____

Is technical school required? Is college required? _____

What is the average annual salary? _____

How many jobs are available in the field? _____

Will your faith be compromised by the occupation?—by the people you must work with?—by the decisions you must make?—by the places you might need to go? _____

Is this something you are interested in, think you would like, and are willing to spend forty years doing? _____

Question 1 _____

Answer 1 _____

Question 2 _____

Answer 2 _____

Question 3 _____

Answer 3 _____

Occupation 4

Name of occupation _____

Occupation description _____

Is it a year-round job, a seasonal job, a 9 to 5 job, a night job? _____

What kind of education, training or apprenticeship is needed? _____

How long does the educational training take? Months? Years? _____

Is technical school required? Is college required? _____

What is the average annual salary? _____

How many jobs are available in the field? _____

Will your faith be compromised by the occupation?—by the people you must work with?—by the decisions you must make?—by the places you might need to go? _____

Is this something you are interested in, think you would like, and are willing to spend forty years doing? _____

Question 1 _____

Answer 1 _____

Question 2 _____

Occupations

Special Knowledge

Answer 2 _____

Question 3 _____

Answer 3 _____

3. ☐ Ask five men what their occupation is. Do they like their job? Why? What do they like and what do they not like about their job? Why? Record the data.

Interview 1

Name _____

Occupation _____

Do they like their job? Why?

What do they like and not like about their job? Why?

Interview 2

Name _____

Occupation _____

Do they like their job? Why?

What do they like and not like about their job? Why?

Interview 3

Name _____

Occupation _____

Do they like their job? Why?

What do they like and not like about their job? Why?

Occupations

Special Knowledge

Interview 4

Name _____

Occupation _____

Do they like their job? Why?

What do they like and not like about their job? Why?

Interview 5

Name _____

Occupation _____

Do they like their job? Why?

What do they like and not like about their job? Why?

Sign Language

Things to Learn

5. ☐ Research the history of sign language and how it relates to the deaf culture. Write an essay presenting some of the information you found.

[illegible]

Tools

Things to Learn

3. ☐ Complete the following:

(1) When is a box-end wrench a better choice than an open-end wrench?

(2) When should an adjustable wrench not be used?

4. ☐ Use one type of pliers and describe what you did.

6. ☐ We have just begun to learn about tools. There are thousands more useful tools. Learn to identify and use six more tools. Name each tool you used and on what you used it.

Tool 1

Name _____

What did you use it on? _____

Tool 2

Name _____

What did you use it on? _____

Tools

Special Knowledge

Tool 3

Name _____

What did you use it on? _____

Tool 4

Name _____

What did you use it on? _____

Tool 5

Name _____

What did you use it on? _____

Tool 6

Name _____

What did you use it on? _____

Contenders for the Faith

Companion Notebook

Music Arts
Category

Hymns

Things to Learn

1. ☐ Choose three hymns, and learn the meaning behind each hymn. Write a short essay on each hymn explaining why the hymn was written. Learn all the stanzas by memory for the three hymns.

Hymn 1

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Hymn 2

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Hymn 3

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Singing

Things to Learn

1. ☐ List five of your favorite Christian hymns and/or spiritual songs, their authors, and why each song is special to you.

Song 1

Title _____
Author _____
Special because _____

Song 2

Title _____
Author _____
Special because _____

Song 3

Title _____
Author _____
Special because _____

Song 4

Title _____
Author _____
Special because _____

Song 5

Title _____
Author _____
Special because _____

Contenders for the Faith

Companion Notebook

Artistic Skills
Category

Pottery

Things to Learn

1. ☐ Explain the following methods:

The Pinch Method _____

The Coiled Method _____

The Slab\Molding Method _____

2. ☐ Complete the following:

(1) How does a pottery wheel work?

(2) What is throwing?

(3) What is greenware?

(4) What is bisqueware?

(5) How is glaze used?

(6) Why do you kiln dry pottery?

Contenders for the Faith

Companion Notebook

Nature Studies
Category

Birds

Things to Learn

1. ☐ Gather information on the nests, songs, and habits of ten birds.

Bird 1

Name of Bird _____
Nest _____

Songs _____

Habits _____

Bird 2

Name of Bird _____
Nest _____

Songs _____

Habits _____

Bird 3

Name of Bird	_____
Nest	_____

Songs	_____

Habits	_____

Bird 4

Name of Bird	_____
Nest	_____

Songs	_____

Habits	_____

Bird 5

Name of Bird _____
Nest _____

Songs _____

Habits _____

Bird 6

Name of Bird _____
Nest _____

Songs _____

Habits _____

Bird 7

Name of Bird	_____
Nest	_____

Songs	_____

Habits	_____

Bird 8

Name of Bird	_____
Nest	_____

Songs	_____

Habits	_____

Bird 9

Name of Bird _____
Nest _____

Songs _____

Habits _____

Bird 10

Name of Bird _____
Nest _____

Songs _____

Habits _____

3. ☐ Write the answers to the following:

(1) Name five unusual facts about birds.

- 1) _____

- 2) _____

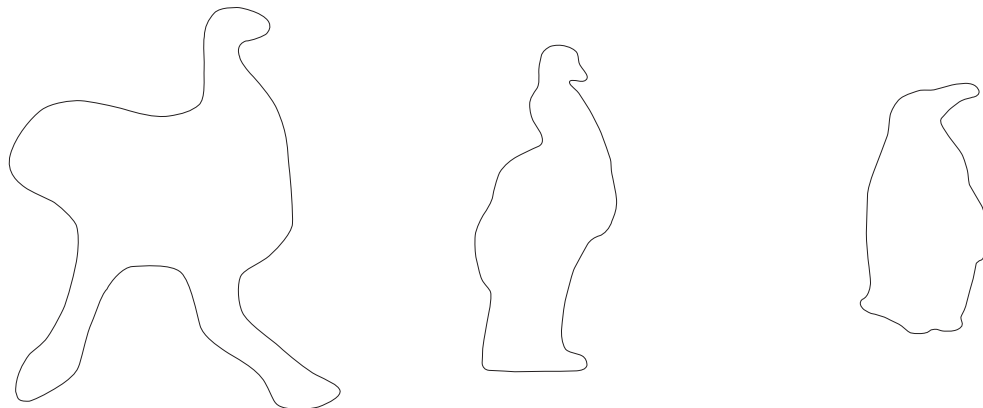
- 3) _____

- 4) _____

- 5) _____

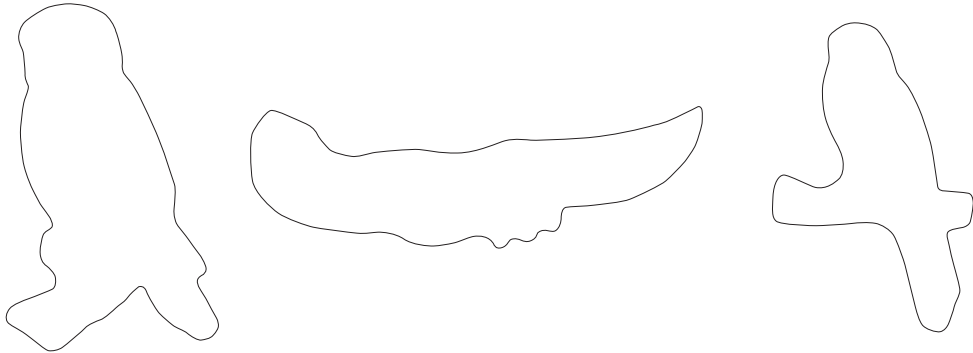
(2) Name three birds that cannot fly. Optional—place the correct sticker in the outline from Birds Set 1 sticker sheet by KOF.

Bird 1 _____ Bird 2 _____ Bird 3 _____



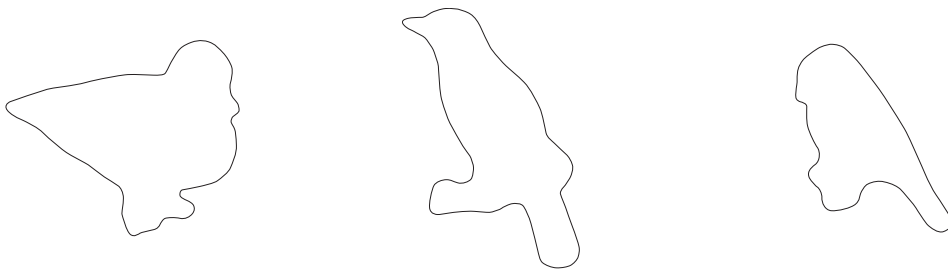
- (3) Name three predatory birds. Optional—place the correct sticker in the outline from Birds Set 1 sticker sheet by KOF.

Bird 1 _____ Bird 2 _____ Bird 3 _____



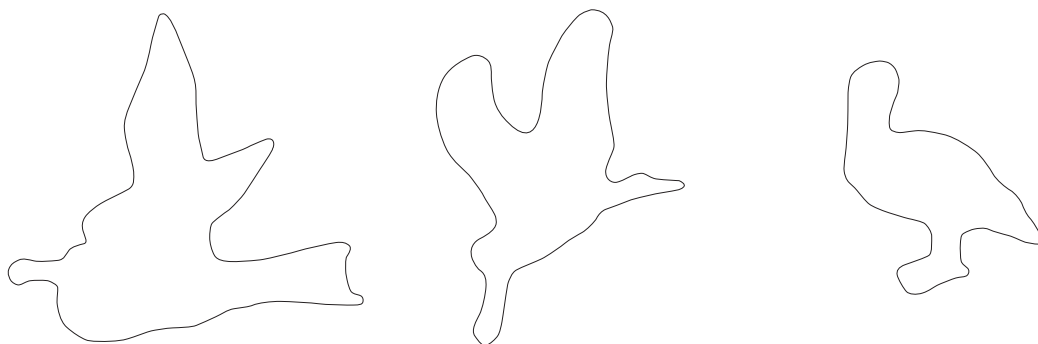
- (4) Name three migratory birds. Optional—place the correct sticker in the outline from Birds Set 1 sticker sheet by KOF.

Bird 1 _____ Bird 2 _____ Bird 3 _____



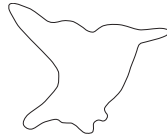
- (5) Name three birds that fish for food. Optional—place the correct sticker in the outline from Birds Set 1 sticker sheet by KOF.

Bird 1 _____ Bird 2 _____ Bird 3 _____



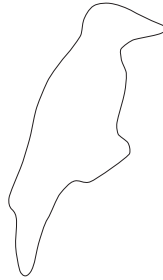
- (6) Name a bird that can fly backward. Optional—place the correct sticker in the outline from Birds Set 1 sticker sheet by KOF.

Bird _____



- (7) Name a bird that chisels wood with its beak. Optional—place the correct sticker in the outline from Birds Set 1 sticker sheet by KOF.

Bird _____



- (8) Name a bird that can see in the dark.

Bird _____

- (9) What is the name of your state bird?

Bird _____

4. ☐ After all you have learned about birds, consider the following verses and write a paragraph on each one explaining what it means.

“As a bird that wandereth from her nest, so is a man that wandereth from his place,” — Proverbs 27:8.

“Are not two sparrows sold for a farthing? and one of them shall not fall on the ground without your Father. But the very hairs of your head are all numbered. Fear ye not therefore, ye are of more value than many sparrows,” —Matthew 10:29-31.

“Wilt thou set thine eyes upon that which is not? for riches certainly make themselves wings; they fly away as an eagle toward heaven,” —Proverbs 23:5.

Butterflies

Things to Learn

1. ☐ Write the answers to the following:

(1) List the four life stages of a butterfly.

(2) List the three main body parts of a butterfly.

(3) What are the two antennae used for?

(4) What is the proboscis used for?

(5) With what are the wings covered?

2. ☐ Find and identify five different butterflies in your area. Study about these butterflies and learn what plants and flowers they like to eat. What habitat does each butterfly like? *Its habitat is its home environment. A home environment will be the place it can find food, sleep, sun, etc.* What time of day will you see each butterfly?

Butterfly 1

Name of butterfly _____
Date sighted _____
Time sighted _____
Locations _____
Habitat _____
What it likes to eat _____

Butterfly 2

Name of butterfly _____
Date sighted _____
Time sighted _____
Locations _____
Habitat _____
What it likes to eat _____

Butterfly 3

Name of butterfly _____
Date sighted _____
Time sighted _____
Locations _____
Habitat _____
What it likes to eat _____

Butterfly 4

Name of butterfly _____
Date sighted _____
Time sighted _____
Locations _____
Habitat _____
What it likes to eat _____

Butterfly 5

Name of butterfly _____
Date sighted _____
Time sighted _____
Locations _____
Habitat _____
What it likes to eat _____

Insects

Things to Learn

1. ☐ Write the answers to the following:

(1) List the three main body parts of an insect.

(2) List three insects that are good for gardens. Explain how they benefit a garden.

Insect 1 _____

Benefit _____

Insect 2 _____

Benefit _____

Insect 3 _____

Benefit _____

(3) List five insects in the Bible, and give the Bible reference for them.

Insect 1 _____

Reference _____

Insect 2 _____

Reference _____

Insect 3 _____

Reference _____

Insect 4 _____

Reference _____

Insect 5 _____

Reference _____

2. ☐ List five insects that live around your home, and give the pertinent information about them.

Insect 1

Name of insect _____

Description _____

Habitat _____

Life Span _____

What does it eat? _____

Insect 2

Name of insect _____

Description _____

Habitat _____

Life Span _____

What does it eat? _____

Insect 3

Name of insect _____
Description _____ _____
Habitat _____
Life Span _____
What does it eat? _____ _____

Insect 4

Name of insect _____
Description _____ _____
Habitat _____
Life Span _____
What does it eat? _____ _____

Insect 5

Name of insect _____
Description _____ _____
Habitat _____
Life Span _____
What does it eat? _____ _____

3. ☐ Write a short paragraph on one lesson you learned about God through studying insects.

Plants

Things to Learn

1. ☐ Complete the following:

(1) Name four plants which provide food, and write a short paragraph telling about each plant.

Plant 1 _____

Plant 2 _____

Plant 3 _____

Plant 4 _____

- (2) Name four flowering plants. Write a short paragraph describing each plant, and telling how it might be useful.

Plant 1 _____

Plant 2 _____

Plant 3 _____

Plant 4 _____

- (3) Name four plants known as herbs. Write a paragraph describing each plant, and its usefulness.

Plant 1 _____

Plant 2 _____

Plant 3 _____

Plant 4 _____

(4) Name four plants that provide material for clothing.

- 1) _____
- 2) _____
- 3) _____
- 4) _____

(5) Name two plants that provide materials for tools.

- 1) _____
- 2) _____

(6) Explain how plants supply us with oxygen.

(7) Explain soil erosion.

(8) Explain how at least two different types of plants prevent soil erosion.

(9) Explain the difference between using chemical fertilizers and natural fertilizers to stimulate plant growth.

(10) Name two ways to fertilize naturally.

1)

2)

Rocks and Minerals

Things to Learn

1. ☐ Complete the following:

(1) Explain the difference between rocks and minerals.

(2) Explain the difference between sedimentary, igneous, and metamorphic rocks.

(3) Name three types of sedimentary rock.

- 1) _____
- 2) _____
- 3) _____

(4) Name three types of igneous rock.

- 1) _____
- 2) _____
- 3) _____

(5) Name three types of metamorphic rock.

- 1) _____
- 2) _____
- 3) _____

(6) Name six different minerals.

- 1) _____
- 2) _____
- 3) _____

- 4) _____
- 5) _____
- 6) _____

(7) Explain what a fossil is and how it is formed.

(8) Identify five ways rocks and minerals are used today.

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

(9) Name twelve different rocks found in the Bible. Give name and Scripture reference.

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
- 7) _____
- 8) _____
- 9) _____
- 10) _____
- 11) _____
- 12) _____

2. ☐ Explain what the Mohs hardness scale is.

4. ☐ Write three Bible verses that describe God as our Rock.

(1) _____

(2) _____

(3) _____

5. ☐ Read Matthew 7:24-27. In the light of our study about rocks, write a paragraph explaining this parable.

6. ☐ After all these wondrous thoughts about rocks and minerals, can you find a verse in the Bible which teaches us that some things are even better than silver and gold? Write the verse down.

Trees

Things to Learn

1. ☐ Collect pictures of ten trees. Give a description of each tree. Note if this tree is mentioned in the Bible.

Picture 1

(4x6 photo)

Tree 1 _____

Description _____

Mentioned in the Bible? If yes, give the reference. _____

Tree 2 _____

<p>Picture 2</p> <p>(4x6 photo)</p>

Description _____

Mentioned in the Bible? If yes, give the reference. _____

Tree 3 _____

Picture 3
(4x6 photo)

Description _____

Mentioned in the Bible? If yes, give the reference. _____

Tree 4 _____

Picture 4
(4x6 photo)

Description _____

Mentioned in the Bible? If yes, give the reference. _____

Tree 5 _____

Picture 5
(4x6 photo)

Description _____

Mentioned in the Bible? If yes, give the reference. _____

Tree 6 _____

Picture 6
(4x6 photo)

Description _____

Mentioned in the Bible? If yes, give the reference. _____

Tree 7 _____

<p>Picture 7</p> <p>(4x6 photo)</p>

Description _____

Mentioned in the Bible? If yes, give the reference. _____

Tree 8 _____

Picture 8
(4x6 photo)

Description _____

Mentioned in the Bible? If yes, give the reference. _____

Tree 9 _____

<p>Picture 9</p> <p>(4x6 photo)</p>

Description _____

Mentioned in the Bible? If yes, give the reference. _____

Tree 10 _____

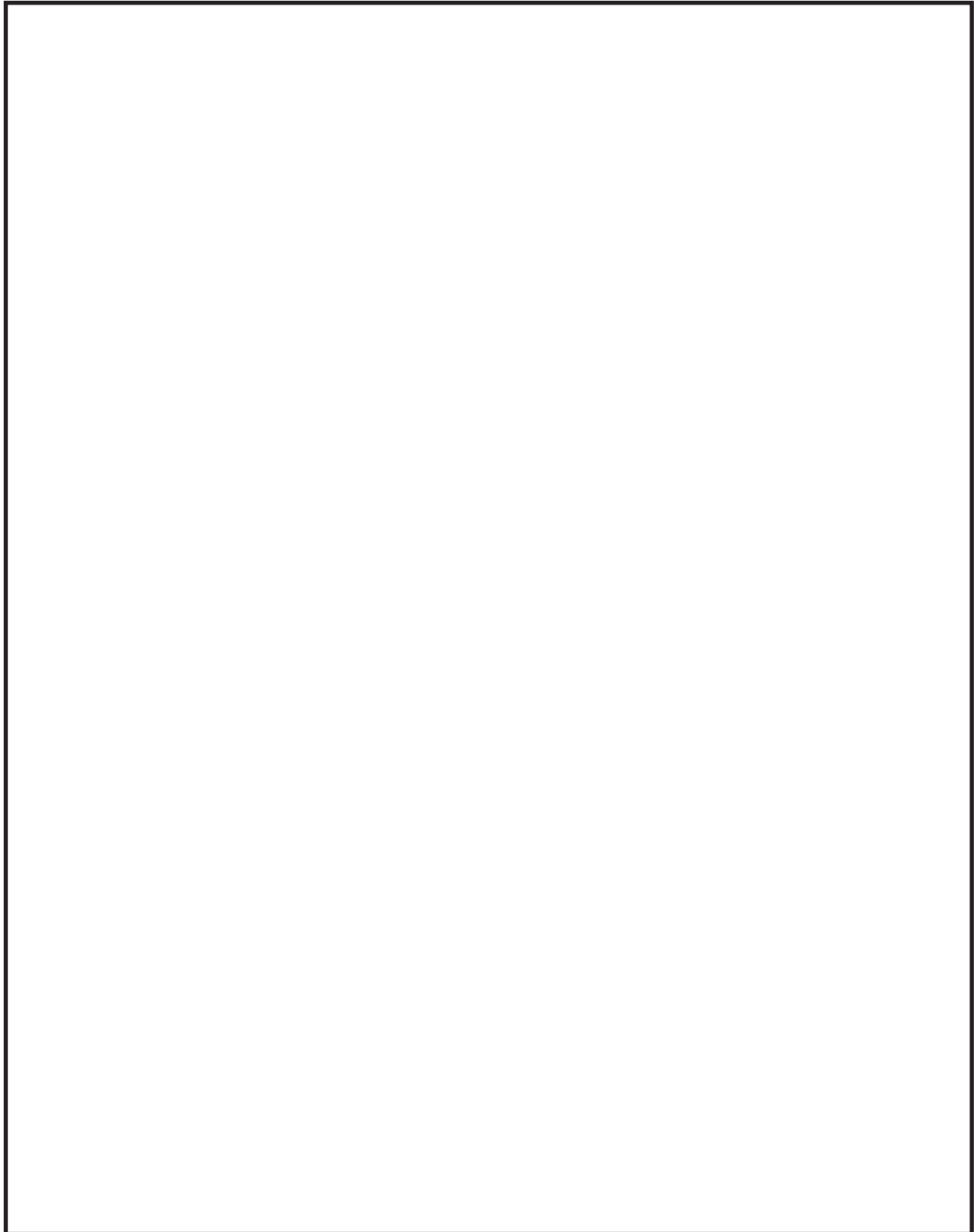
Picture 10
(4x6 photo)

Description _____

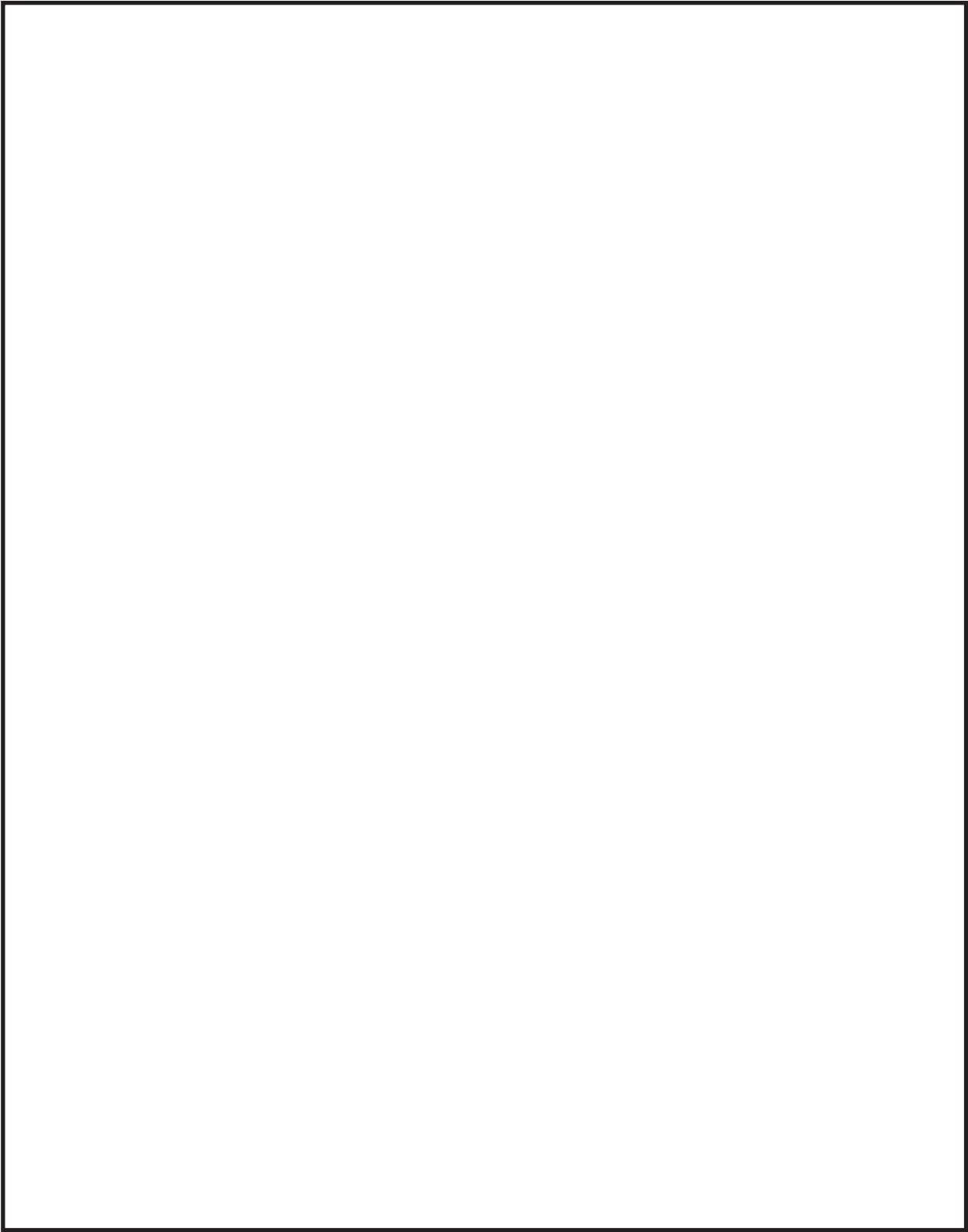
Mentioned in the Bible? If yes, give the reference. _____

2. ☐ Collect a leaf or draw a picture of a leaf from each of the ten trees.

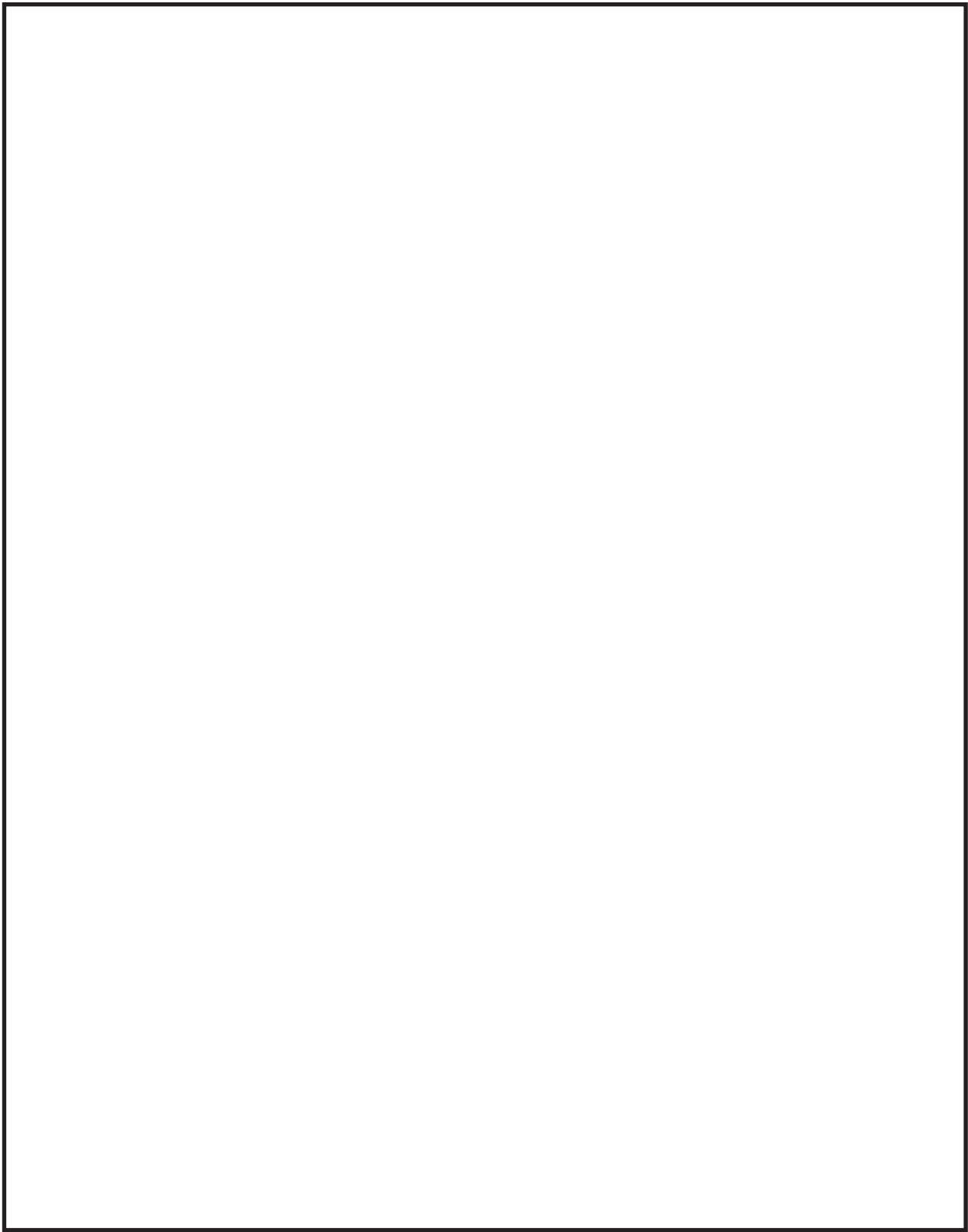
Leaf 1 _____

A large, empty rectangular box with a black border, intended for drawing a leaf. It occupies the majority of the page below the text 'Leaf 1 _____'.

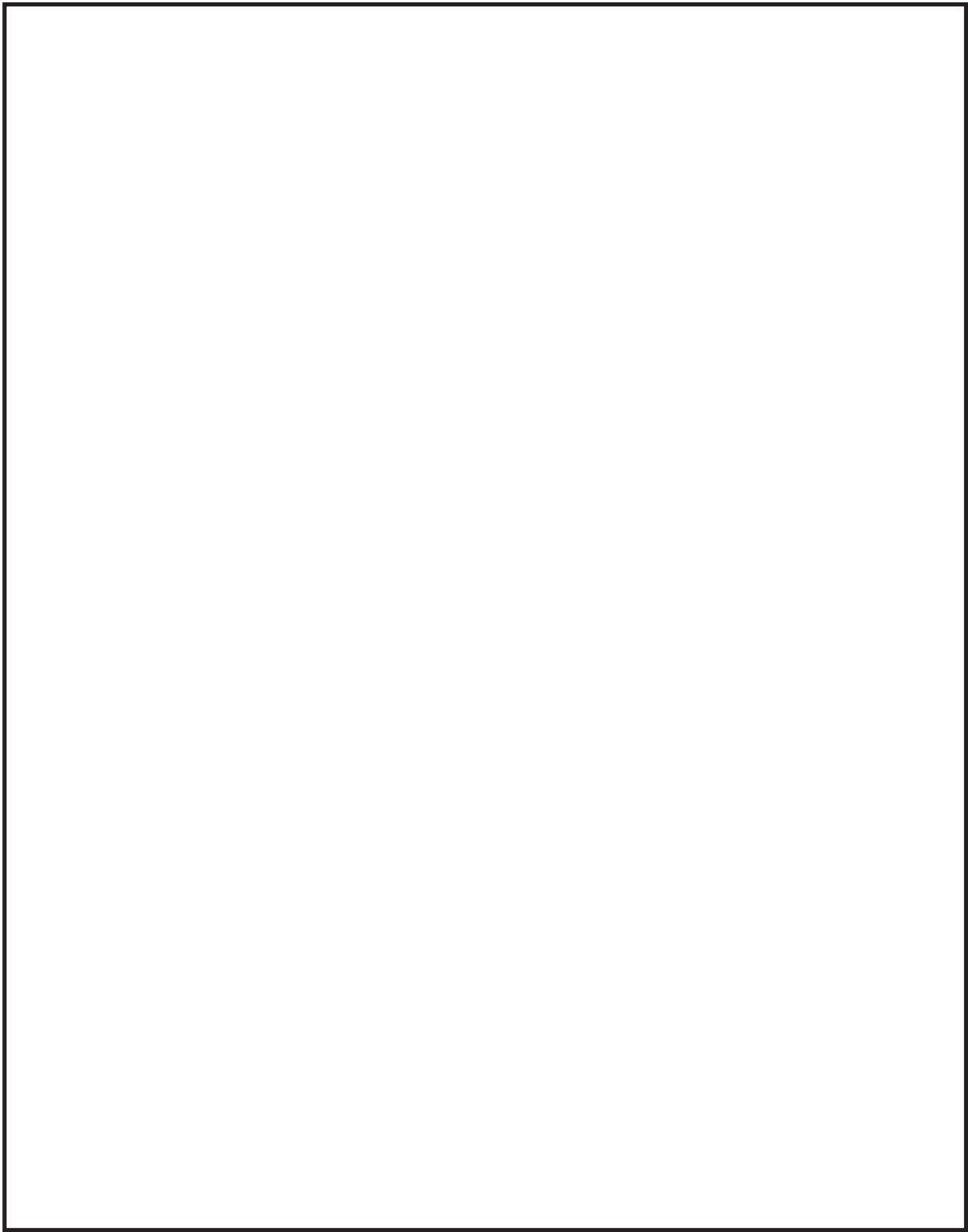
Leaf 2 _____



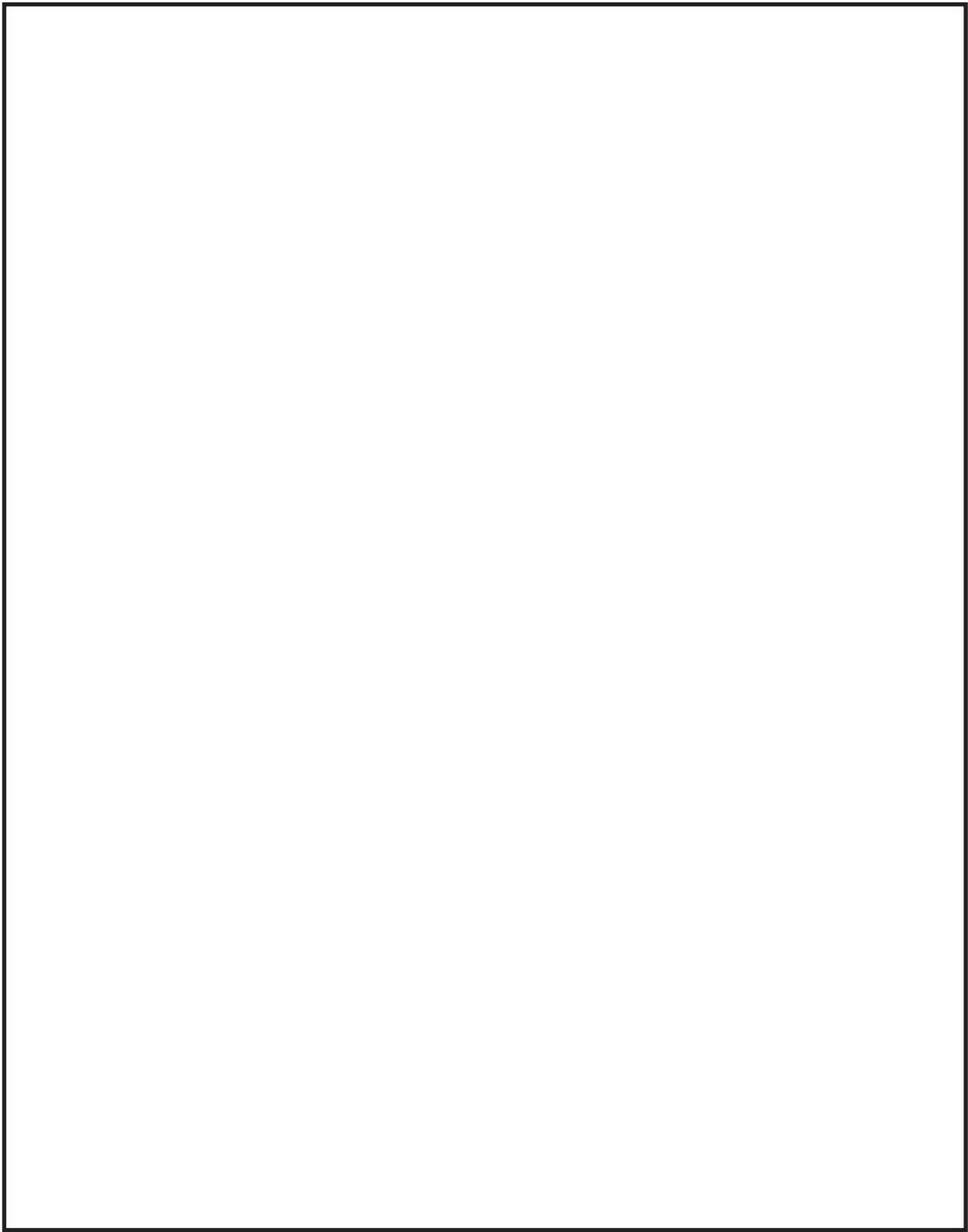
Leaf 3 _____



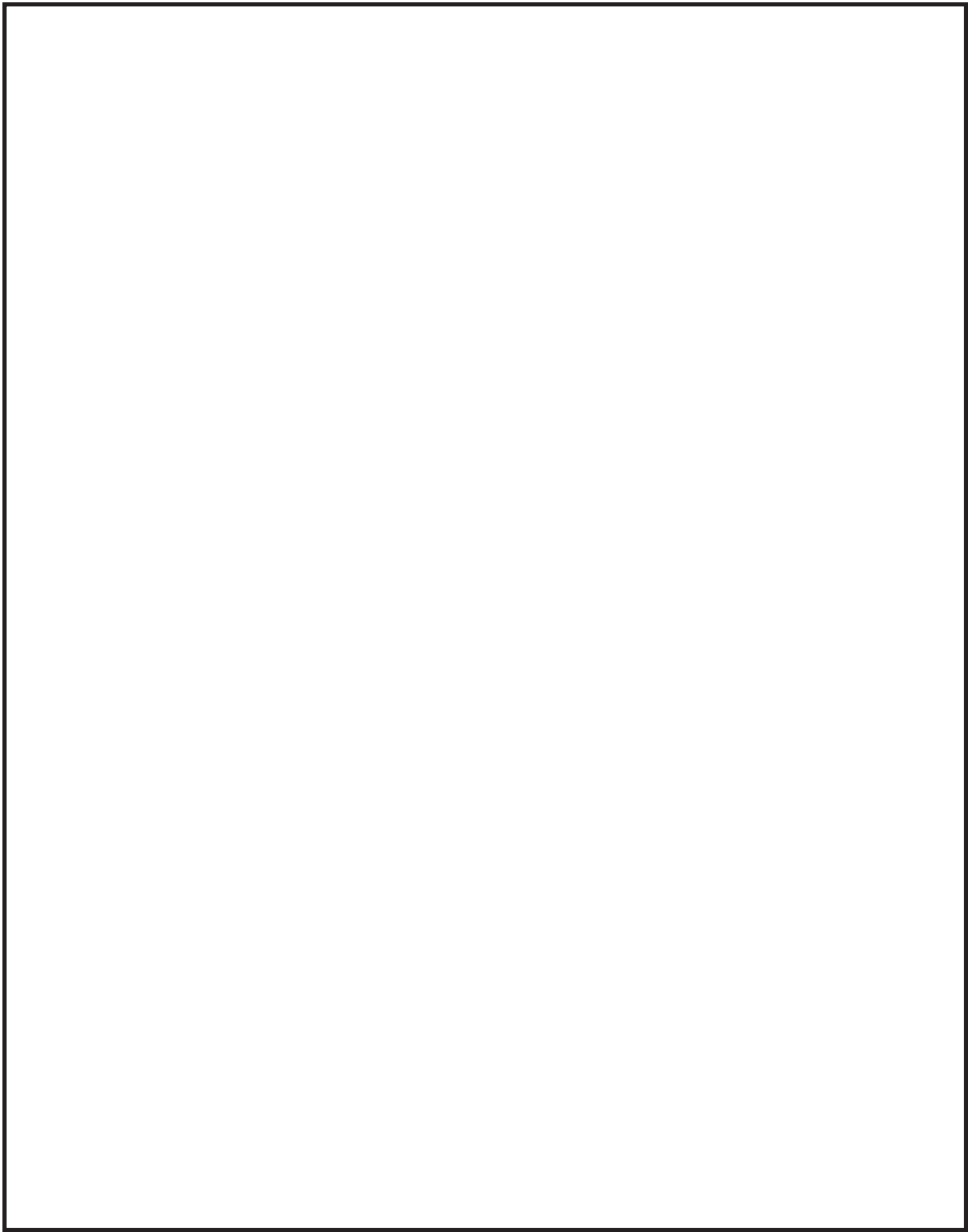
Leaf 4 _____



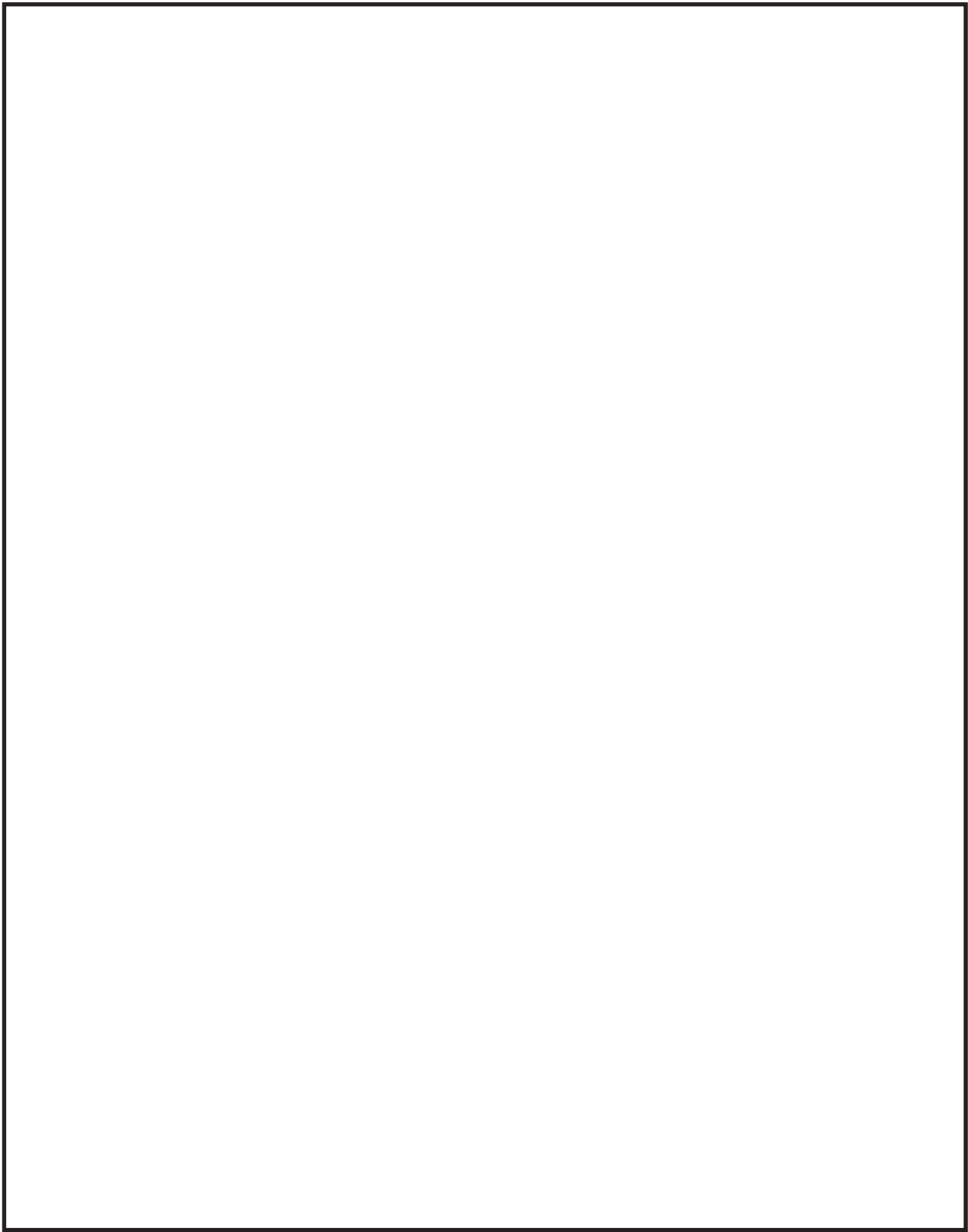
Leaf 5 _____



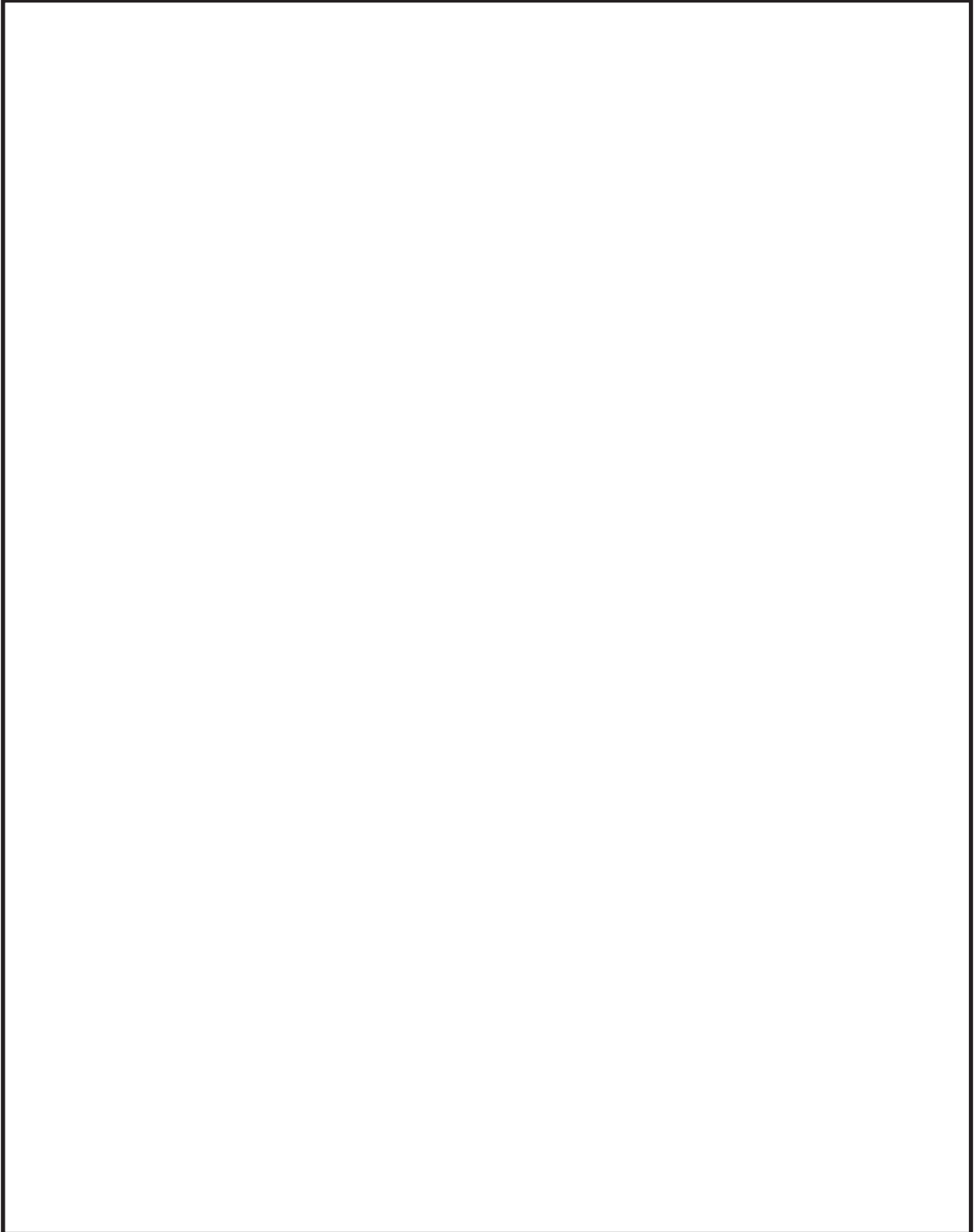
Leaf 6 _____



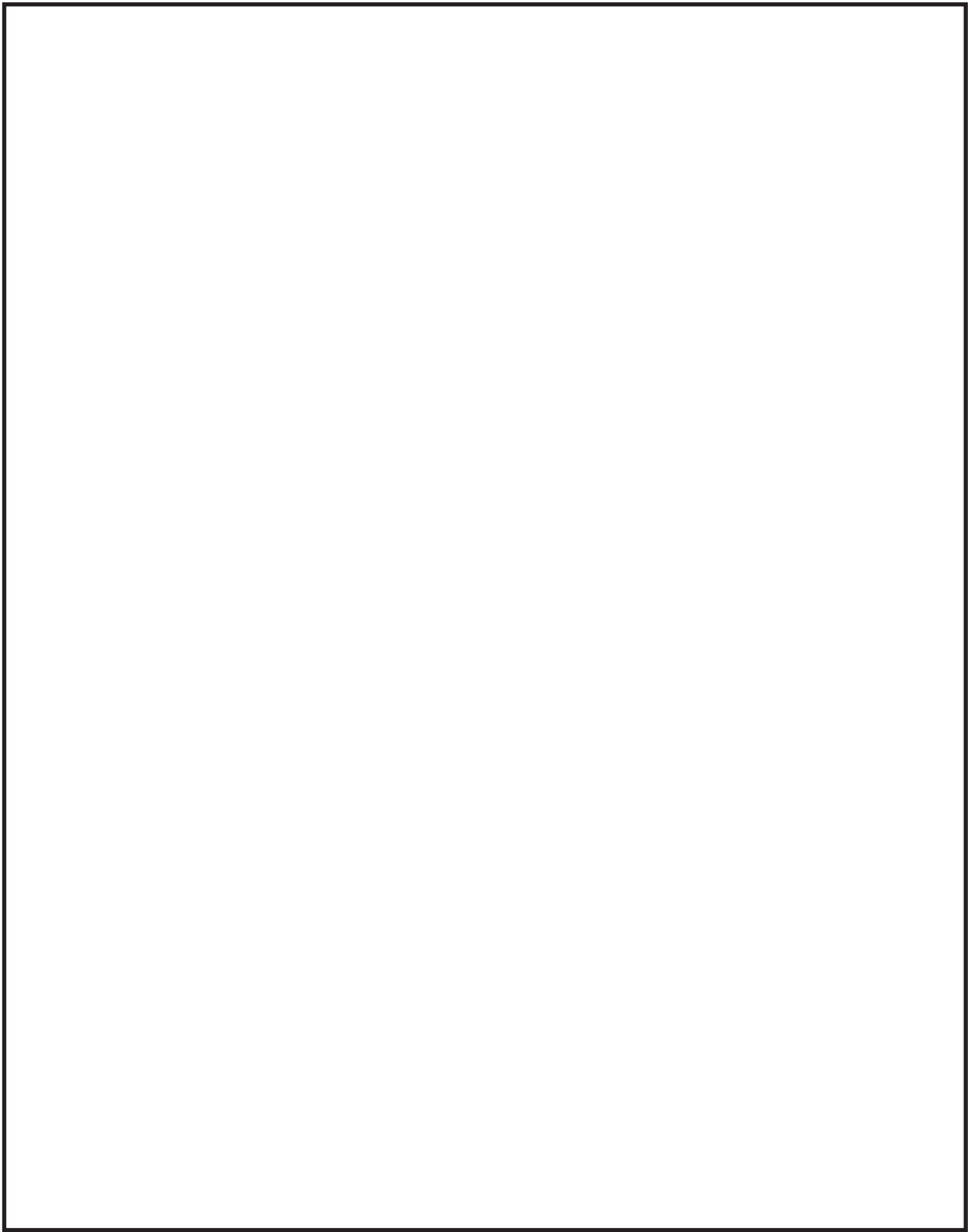
Leaf 7 _____



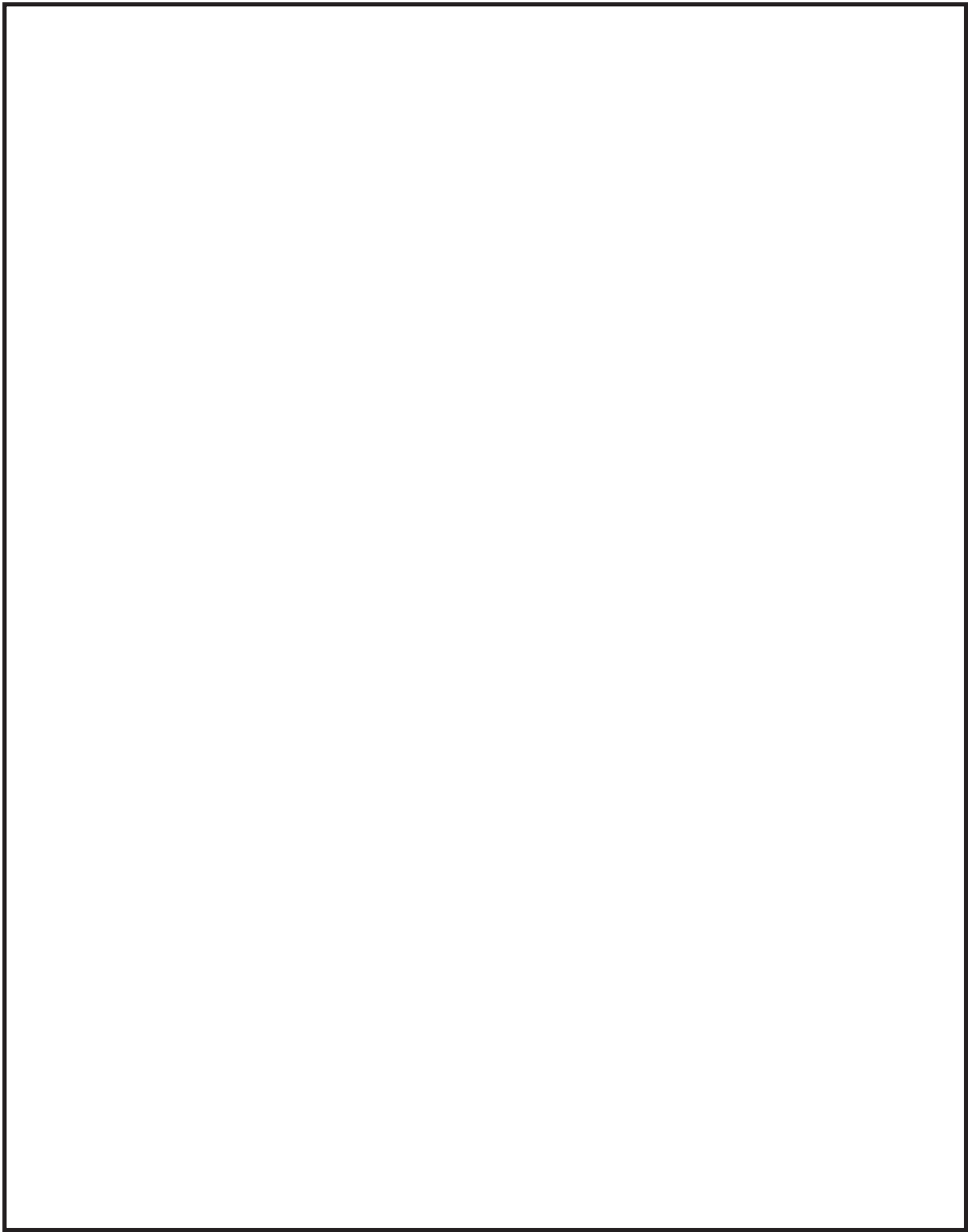
Leaf 8 _____



Leaf 9 _____



Leaf 10 _____



4. ☐ Write the answers to the following:

(1) Name four trees used primarily for lumber.

- 1) _____
- 2) _____
- 3) _____
- 4) _____

(2) Name seven trees that bear food.

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
- 7) _____

(3) Write the definition of coniferous.

(4) Name three coniferous trees.

- 1) _____
- 2) _____
- 3) _____

(5) Write the definition of deciduous.

(6) Name six deciduous trees.

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____

(7) Name five trees listed in the Bible and give the Scripture reference.

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

(8) *"She is a tree of life to them that lay hold upon her: and happy is every one that retaineth her,"* —Proverbs 3:18. How is wisdom a tree of life, and why is it important to retain her?

(9) *"The fruit of the righteous is a tree of life; and he that winneth souls is wise,"* —Proverbs 11:30. What kind of fruit is this verse talking about? Why is the fruit of the righteous person a tree of life?

Weather

Things to Learn

1. ☐ Write the answers to the following:

(1) Explain what our atmosphere is.

(2) Give the definition of weather.

(3) Explain what the water cycle is.

(4) Explain how precipitation is formed in the air.

(5) Name three forms of precipitation.

- 1) _____
- 2) _____
- 3) _____

(6) Explain how clouds are formed.

(7) Explain what fog is and how it is formed.

(8) Explain what thunder and lightning are and how they are caused.

(9) What is humidity?

(10) What object is the most important factor influencing our daily and yearly temperatures?

(11) Explain why it is that this object does affect our temperature so greatly.

(12) Name a weather instrument used by meteorologists to measure the temperature.

(13) Winds are something we do not see, but are another very important element of our weather. What is the most important cause of wind movements?

(14) Name an instrument used to determine wind direction.

(15) Name two other weather instruments used by meteorologists and explain what they do.

1) _____

2) _____

Wildlife

Things to Learn

1. ☐ Complete the following:

(1) Write the definition of the word *species*.

(2) Name six species of wildlife. They may be animals, reptiles, amphibians, or fish. Describe each one and its habitat, and tell why it is unique.

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____

(3) Visit a zoo or wildlife center.

(4) List five animals mentioned in the Bible. Give the Scripture reference.

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

(5) There are nearly 100 references to the lion in the Bible. Write a description of a lion. Then read each of the following verses and explain its meaning.

- 1) *“The king’s wrath is as the roaring of a lion; but his favour is as dew upon the grass,”* —Proverbs 19:12.

- 2) *“The slothful man saith, There is a lion without, I shall be slain in the streets,”* —Proverbs 22:13.

- 3) *“The wicked flee when no man pursueth: but the righteous are bold as a lion,”* —Proverbs 28:1.

- 4) *“Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour,”* —1 Peter 5:8.

- 5) *“And one of the elders saith unto me, Weep not: behold, the Lion of the tribe of Juda, the Root of David, hath prevailed to open the book, and to loose the seven seals thereof,”* —Revelations 5:5.

Nature Study Topics

Things to Learn

1. ☐ Select a topic of study, and complete the following:

What is the topic? _____

What were your resources for information gathered? _____

What is your topic's scientific classification? _____

List ten things pertaining to your topic.

(1) _____

(2) _____

(3) _____

(4) _____

(5) _____

(6) _____

(7) _____

(8) _____

(9) _____

(10) _____

Contenders for the Faith

Companion Notebook

Outdoor Skills
Category

Camping

Things to Learn

1. ☐ Go on two overnight camping trips. List where you stayed and what you learned from these trips.

Trip 1 Location _____

What you learned _____

Trip 2 Location _____

What you learned _____

Fishing

Things to Learn

7. ☐ Complete the following:

(1) List three types of bait, and list the name of a fish attracted to each corresponding type of bait.

Bait 1 _____

Fish _____

Bait 2 _____

Fish _____

Bait 3 _____

Fish _____

(2) What are sinkers and bobbers, and how are they used?

(3) What is a lure, and how is it used?

(4) List three safety rules for fishing.

1) _____

2) _____

3) _____

Hiking

Things to Learn

6. ☐ Answer the following questions concerning the hike:

(1) How many miles did you hike? _____

(2) How long did your hike take? _____

(3) What did you learn about hiking from this trip?

7. ☐ Take a hike on a trail at a national park or local forest preserve. Obtain a map of the area trails you will be using. Record the following information:

(1) Where did you go on your hike? _____

(2) How many miles did you hike? _____

(3) What animals or wildlife did you see on your hike?

Orienteering

Things to Learn

2. ☐ Explain the following:

(1) Compass heading _____

(2) Bearing _____

(3) Azimuth _____

(4) True north _____

(5) Magnetic north _____

(6) Taking a bearing _____

(7) Orienting a map _____

(8) Topographical _____

(9) Planimetric _____

(10) Equator _____

(11) Northern hemisphere _____

(12) Southern hemisphere _____

(13) Longitude _____

(14) Latitude _____

(15) Meridian line _____

(16) Parallel line _____

4. ☐ From memory, draw and label at least 10 map symbols.

Symbol 1 _____

Symbol 2 _____

--	--

Symbol 3 _____

Symbol 4 _____

--	--

Symbol 5 _____

Symbol 6 _____

--	--

Symbol 7 _____

Symbol 8 _____

--	--

Symbol 9 _____

Symbol 10 _____

--	--

5. ☐ Explain how to get a “back bearing” after you have traveled by compass heading to a specific spot.

[illegible]

Outdoor Life

Things to Learn

10. ☐ Explain three things that you can do when lost.

(1) _____

(2) _____

(3) _____

Tracking

Things to Learn

4. ☐ Photograph or sketch each track that you identified and place it in your notebook.
5. ☐ Measure the length and width of each track, as well as the distance between tracks, and record the measurements with the sketch or photograph of each track.

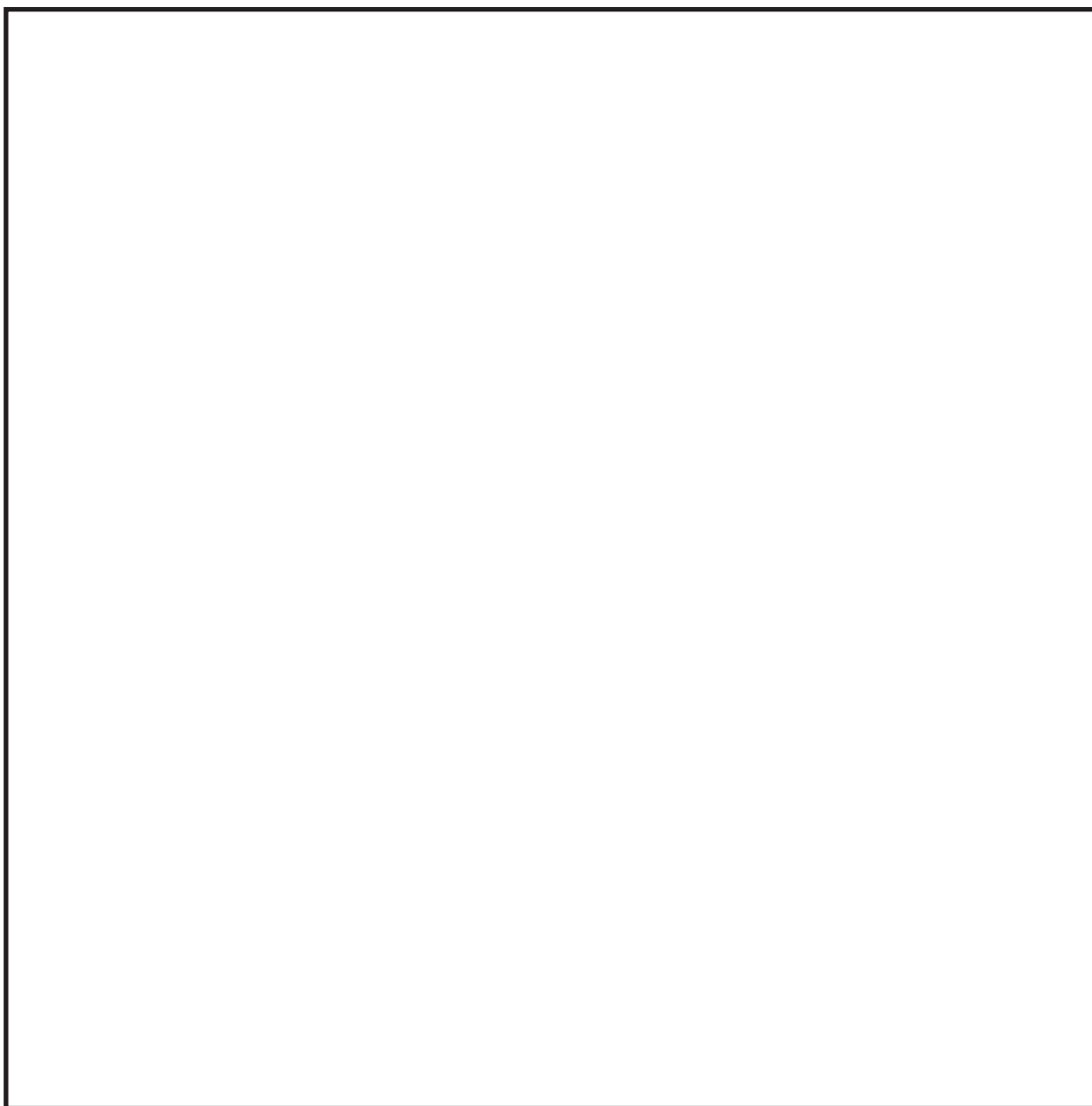
Domestic track 1 _____

Length _____

Width _____

Photo or sketch

Distance _____



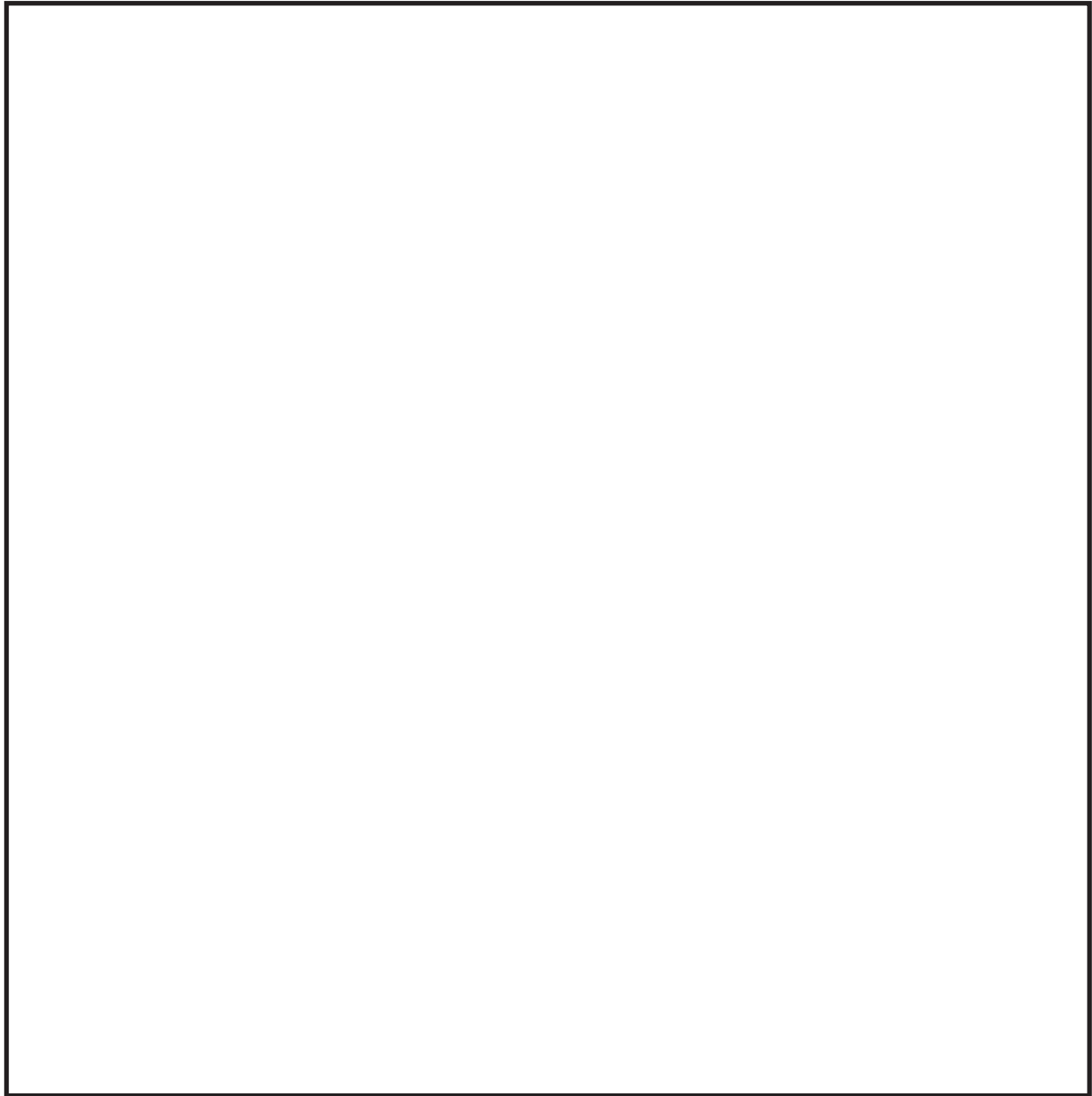
Domestic track 2 _____

Length _____

Width _____

Photo or sketch

Distance _____

A large, empty rectangular box with a black border, intended for a photo or sketch of a domestic track.

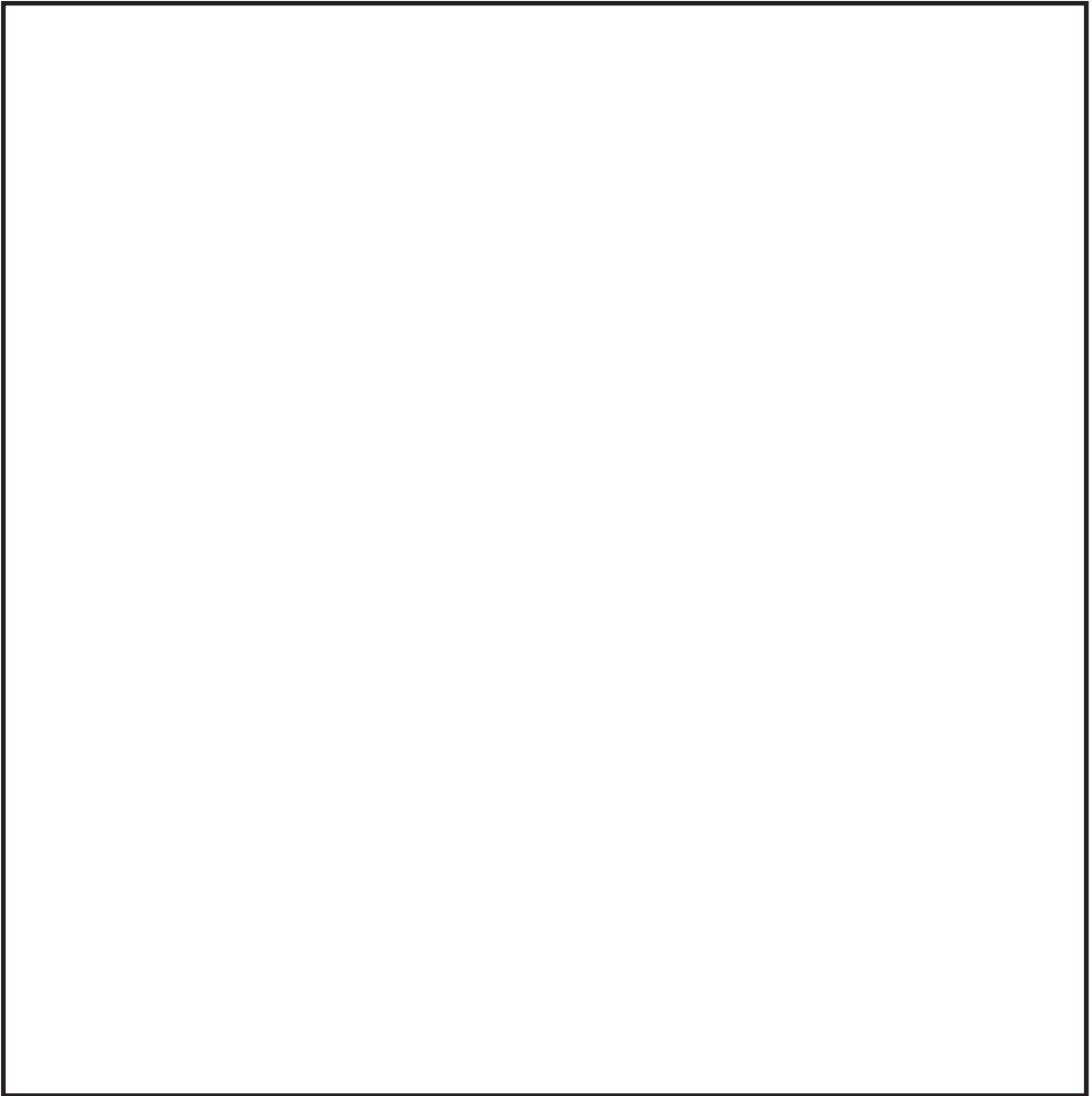
Wild track 1 _____

Length _____

Width _____

Photo or sketch

Distance _____



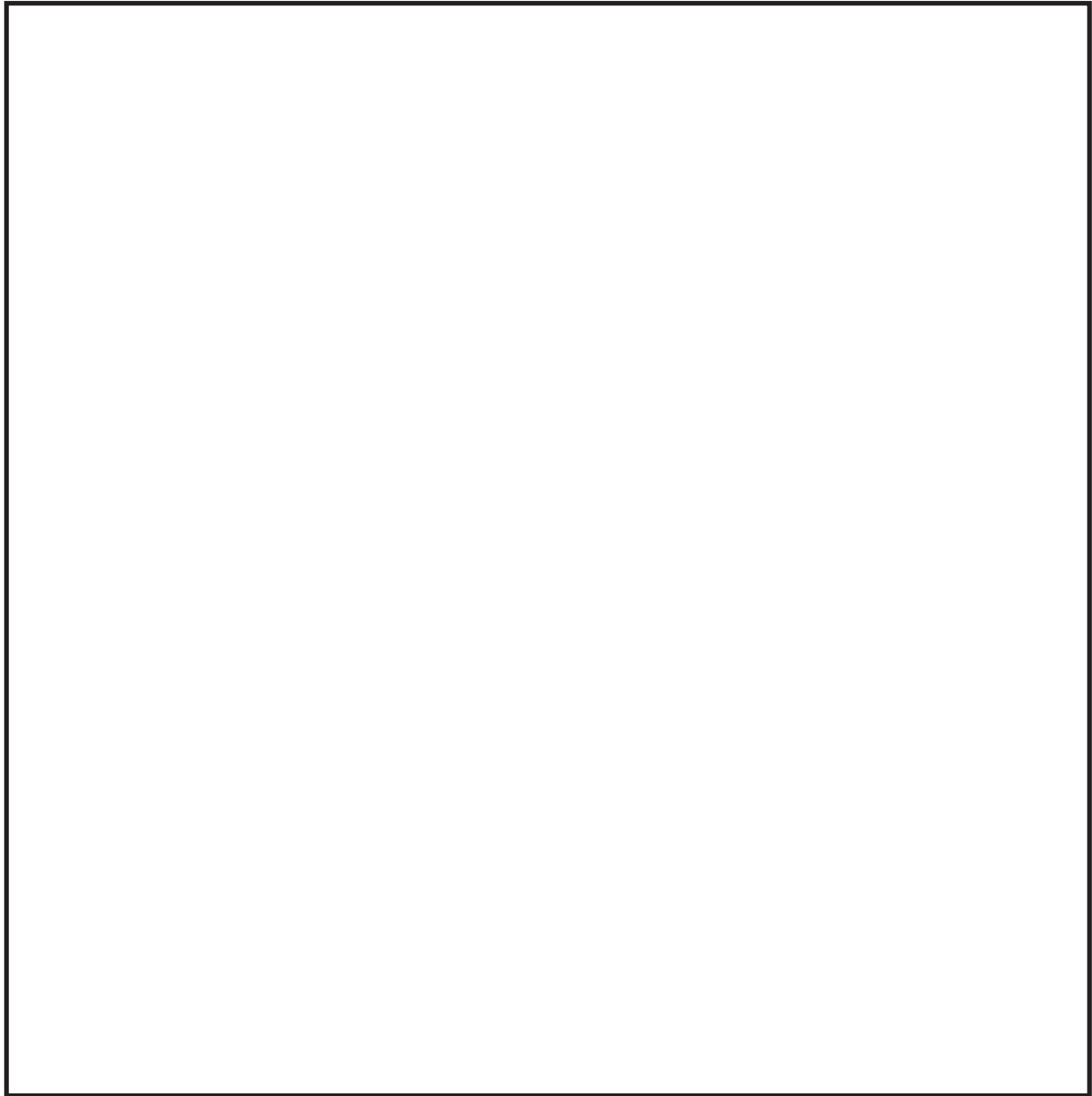
Wild track 2 _____

Length _____

Width _____

Photo or sketch

Distance _____

A large, empty rectangular box with a thin black border, intended for a photo or sketch of a wild track.

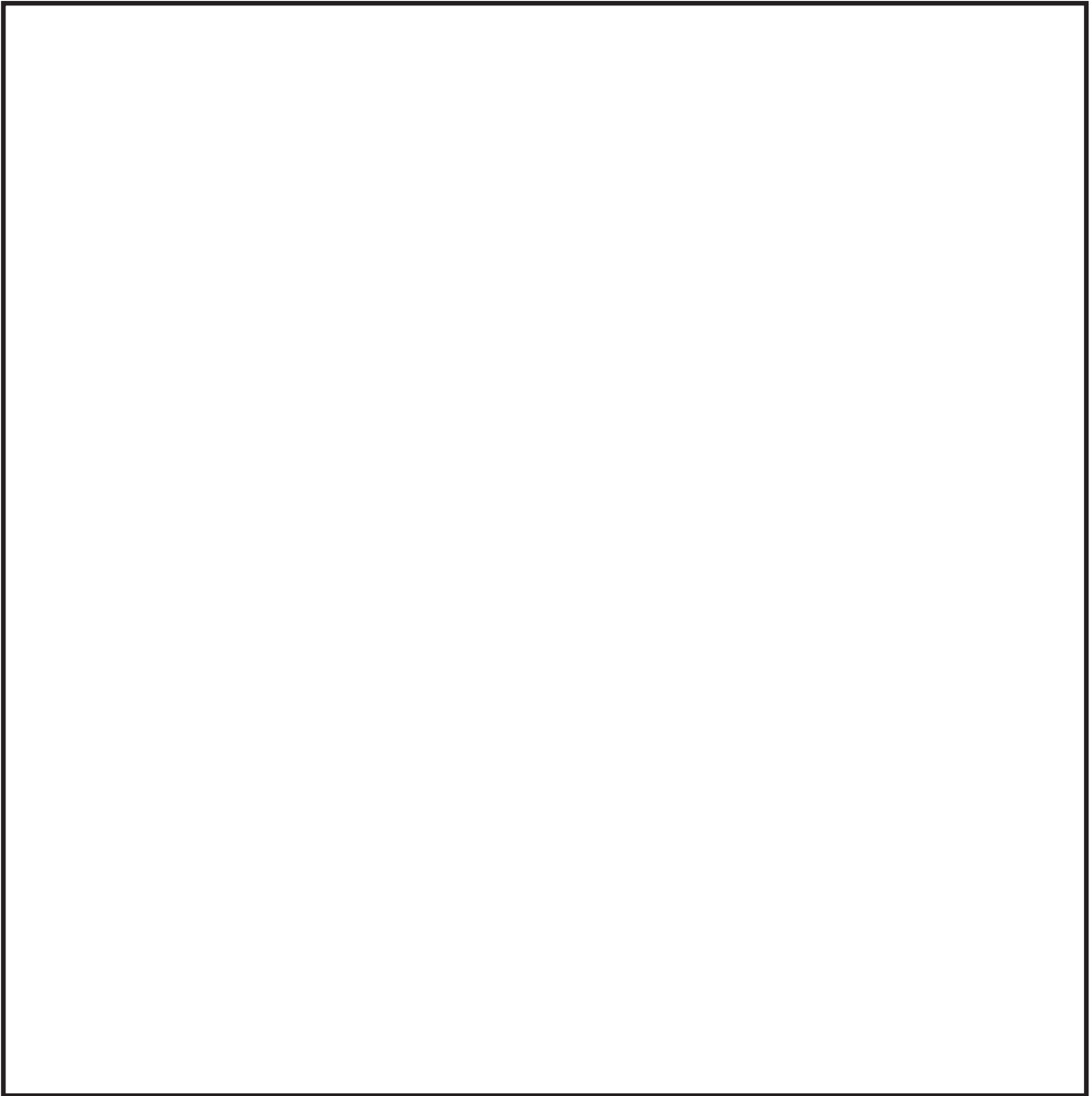
Bird track 1 _____

Length _____

Width _____

Photo or sketch

Distance _____



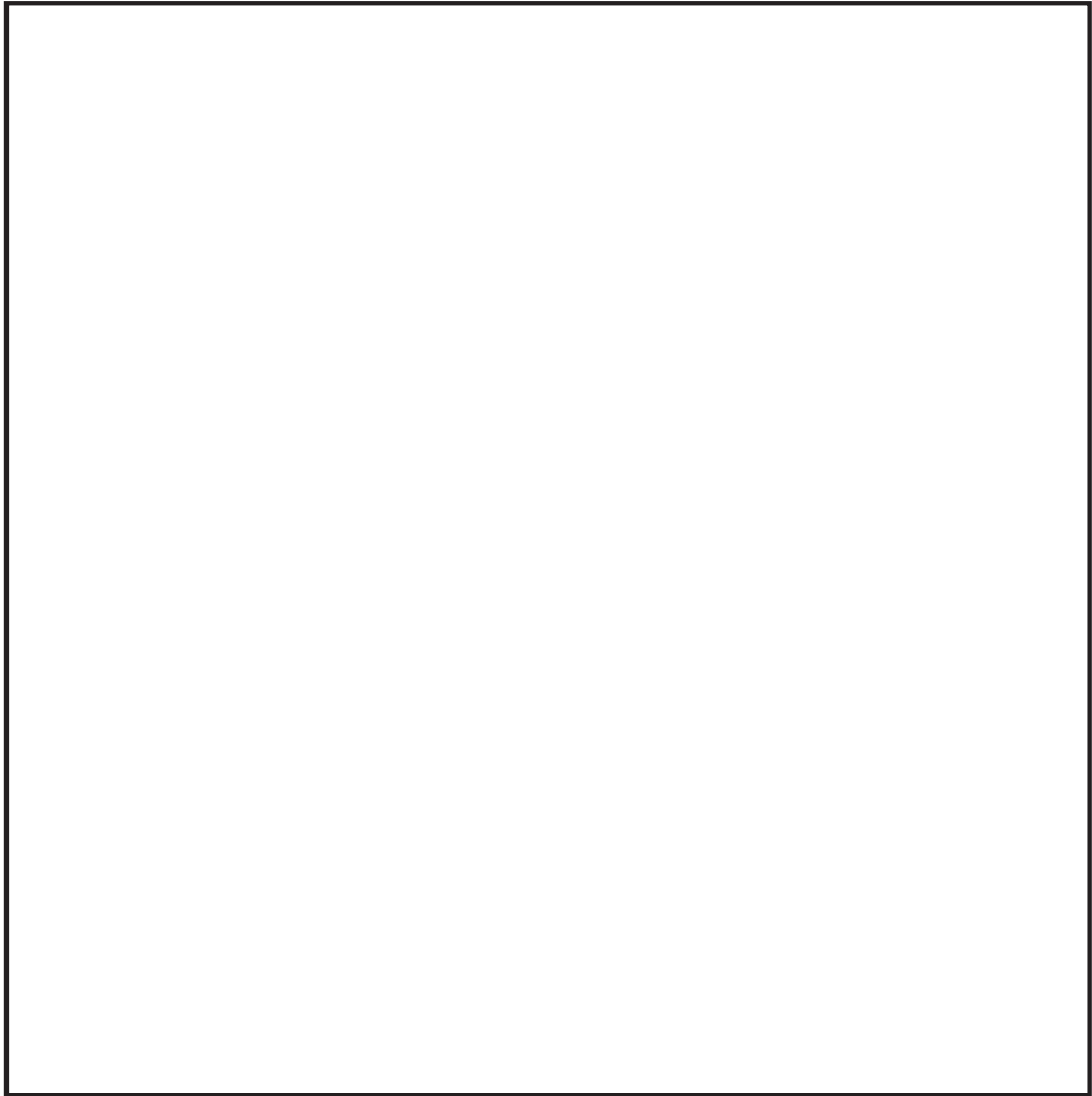
Bird track 2 _____

Length _____

Width _____

Photo or sketch

Distance _____

A large, empty rectangular box with a thin black border, intended for a photo or sketch of a bird track.

Contenders for the Faith

Companion Notebook

Caring for Pets and Farm Animals
Category

Aquarium

Things to Learn

1. ☐ Complete the following:

(1) What is the difference between a freshwater and saltwater aquarium?

(2) Name three types of fish that you can put in a freshwater aquarium?

(3) Name three types of fish that you can put in a saltwater aquarium?

(4) How do you add a new fish to existing fish in an aquarium?

(5) What should you do if a fish gets sick or dies?

(6) How do you test and adjust the pH of the water in your aquarium?

Farm Animals

Things to Learn

Complete the following requirements for each type of animal or bird listed. Completion of the requirements for a specific type would count for that award. Completion of three or more would qualify for the Master Farmer award.

☐ Master Farmer

☐ Chickens

☐ Cows

☐ Ducks

☐ Geese

☐ Goats

☐ Pigs

☐ Sheep

☐ Turkeys

1. ☐ Complete the following for _____.

(1) What type of food can the animal or bird eat?

(2) What types of minerals do they need in their diet?

(3) Why do they need certain types of food and minerals?

(4) What are the signs of sickness they will exhibit?

☐ Chickens☐ Cows☐ Ducks☐ Geese☐ Goats☐ Pigs☐ Sheep☐ Turkeys

1. ☐ Complete the following for _____.

(1) What type of food can the animal or bird eat?

(2) What types of minerals do they need in their diet?

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☐ Chickens

☐ Cows

☐ Ducks

☐ Geese

☐ Goats

☐ Pigs

☐ Sheep

☐ Turkeys

1. ☐ Complete the following for _____.

(1) What type of food can the animal or bird eat?

(2) What types of minerals do they need in their diet?

(3) Why do they need certain types of food and minerals?

(4) What are the signs of sickness they will exhibit?

3. ☐ Write an essay on what you learned while caring for your animal or bird.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Horses

Things to Learn

1. ☐ Complete the following:

(1) Name five breeds of horses and tell for what each breed is noted.

Breed 1 _____

Noted for _____

Breed 2 _____

Noted for _____

Breed 3 _____

Noted for _____

Breed 4 _____

Noted for _____

Breed 5 _____

Noted for _____

(2) What is meant by the term “hot-blooded” horse?

(3) What is meant by the term “cold-blooded” horse?

(4) What is meant by the term “warm-blooded” horse?

(5) How is a horse measured?

(6) What is the name of this measurement? _____

(7) Equate this measurement to inches. _____

(8) Gaits are different not only in speed, but in beat. Explain what a horse’s “beat” is.

(9) Name and define the four gaits.

Gait 1 _____

Definition _____

Gait 2 _____

Definition _____

Gait 3 _____

Definition _____

Gait 4 _____

Definition _____

Pets

Things to Learn

1. ☐ Complete the following for pet birds.

(1) Identify three to five breeds. Give the name, identifying information, and special traits or usefulness.

Breed 1 _____

Identifying information _____

Special traits or usefulness _____

Breed 2 _____

Identifying information _____

Special traits or usefulness _____

Breed 3 _____

Identifying information _____

Special traits or usefulness _____

Breed 4 _____

Identifying information _____

Special traits or usefulness _____

Breed 5 _____

Identifying information _____

Special traits or usefulness _____

(2) List dietary information for pet birds. _____

(3) If you have a pet, list five special types of care that you should be providing for it.

Care 1 _____

Care 2 _____

Care 3 _____

Care 4 _____

Care 5 _____

3. ☐ Write an essay on what you learned while caring for your pet.

[illegible]

Contenders for the Faith

Companion Notebook

Recreational Skills
Category

Badminton

Things to Learn

3. ☐ Complete the following:

(1) What is a volley? _____

(2) What is a net shot? _____

(3) What is a smash? _____

(4) What is an ace? _____

(5) What is a fault? _____

Bicycling

Things to Learn

1. ☐ Explain the purpose of each bicycle part listed.

Wheel rim _____

Seat post _____

Sprockets _____

Brake pads _____

Air valve _____

Chain _____

Brakes _____

Inner tube _____

6. ☐ Explain how to repair an inner tube.

7. ☐ Complete the following:

(1) What kind of clothing should be worn for bicycle safety?

(2) What type of protective gear should be worn for bicycle safety?

8. ☐ Answer the following “Rules for Safety” questions.

(1) On which side of the road should a bicycler ride? _____

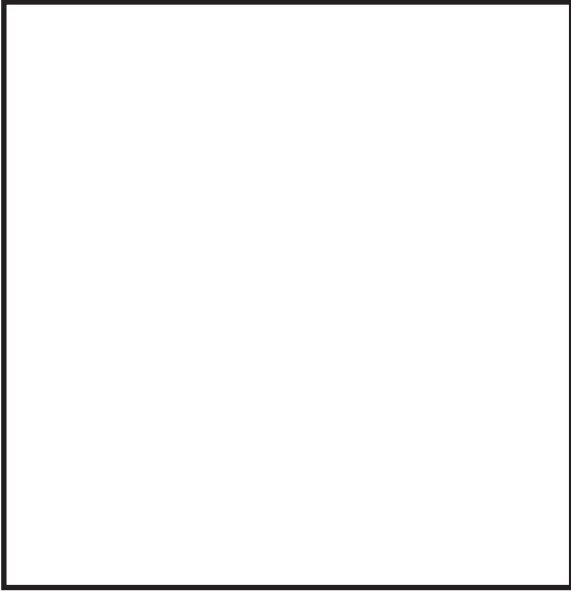
(2) Who has the right of way—pedestrians or bicyclists? _____

(3) Should a bicyclist ride in a straight line or weave in and out of traffic?

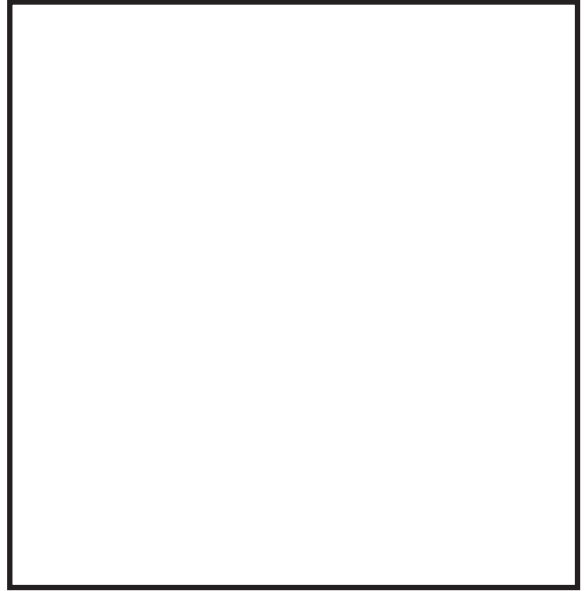
(4) Must a rider obey all traffic regulations? _____

(5) Demonstrate or draw a diagram of the following hand signals.

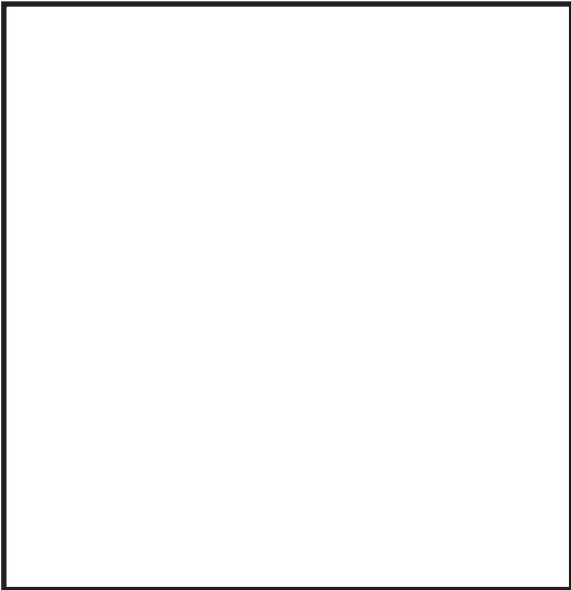
Making a right turn



Making a left turn

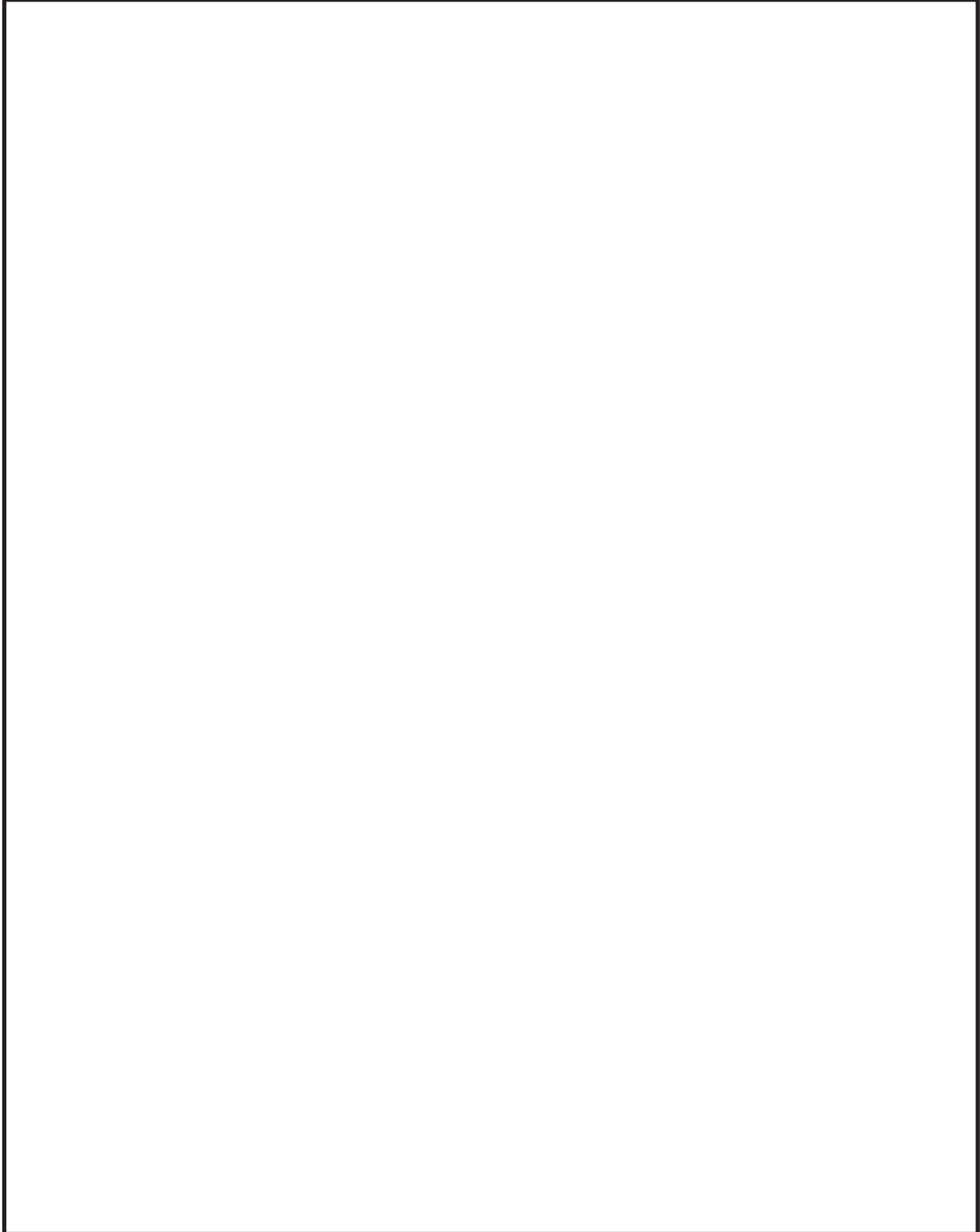


Stopping



9. ☐ Go on a bike ride with your leader or parent. Make a small map of your intended route. The route should be approximately five miles.

Map

A large, empty rectangular box with a thin black border, intended for a student to draw a map of their intended bike route.

Chess

Things to Learn

6 ☐ Complete the following:

(1) Define the term checkmate.

(2) Define the term stalemate.

Coin Collecting

Things to Learn

4. ☐ Complete the following:

(1) How are coins made?

(2) What is a mint mark?

(3) What does the term obverse mean?

(4) What does the term reverse mean?

(5) What is the face value of a coin?

Croquet

Things to Learn

3. ☐ Complete the following:

(1) What is a fault? _____

(2) What is a striker? _____

(3) What is a sticky wicket? _____

Golf

Things to Learn

2. ☐ Complete the following:

(1) Define these golfing terms.

Hole-in-one _____

Eagle _____

Birdie _____

Par _____

Bogey _____

Double Bogey _____

(2) What are the three parts of a club?

1) _____

2) _____

3) _____

(3) Explain the use of the following clubs.

Driver _____

Putter _____

Wood _____

Iron _____

(4) List three rules of golf etiquette.

1) _____

2) _____

3) _____

Swimming

Things to Learn

5. ☐ List three swimming safety rules.

(1) _____

(2) _____

(3) _____

Tennis

Things to Learn

3. ☐ Answer the following questions:

(1) What is a double fault? _____

(2) What is a foot fault? _____

(3) What is a “let” ball? _____

(4) What is a “deuce”? _____

Trampolining

Things to Learn

3. ☐ Write down the safety rules for using the trampoline.

[illegible]

Volleyball

Things to Learn

3. ☐ Answer the following questions:

(1) What is an ace? _____

(2) What is a net ball? _____

(3) What is a spike? _____

(4) What is a net serve? _____

(5) What is a setup? _____

