

# TRAIL OF FAITH AWARD

*With all your Heart, Might, Mind and Strength*

COMPLETION GOAL: JUNE 14, 2015

## FEBRUARY

### Spiritual Preparedness:

- \*Choose a pioneer name to trek for.
- Read your scriptures
- Attend the temple

### Physical Preparedness:

- Walk, run or bike for at least 20 minutes 3 times per week

### Remember the Pioneers:

- Read the Ensign article "Go and Bring Them In" from the Dec. 2006 Ensign

## MARCH

### Spiritual Preparedness:

- Memorize D&C 4:2 which includes the theme for trek---***With all your Heart, Might, Mind and Strength***
- Memorize Hymn #30
- Read your scriptures
- Attend the temple

### Physical Preparedness:

- Designate a pair of sturdy and comfortable athletic shoes as your "Trek Shoes" and use them during your exercise
- Walk, run or bike for at least 30 minutes 3 times per week (Goal: 2 miles)

### Remember the Pioneers:

- Read the pioneer story of Amy Loader



## COMPLETE ANY 5 OF THE FOLLOWING REQUIREMENTS BEFORE JUNE 14TH:

- Find a family name and take it to the temple to complete the baptism and confirmation
- Memorize 3 pioneer primary songs or hymns
- Index at least 50 names on FamilySearch
- Read one of the following books: *The Price We Paid*, *Fire of the Covenant*, *Sweetwater Rescue: The Willie & Marin Handcart Story*, *Tell My Story Too* or another pioneer book approved by your leaders
- Keep a personal journal for at least 2 months before trek. Write about your experiences in preparing for trek.
- Organize a "trek prep" hike for your family/friends/youth in your class or quorum
- Prayerfully choose a service project and carry it out
- Participate in a 5k or 10k race before trek
- Earn the Genealogy Merit Badge
- Sew a pioneer bonnet or skirt
- Watch these 2 Mormon Messages: "Faith of Our Fathers" by Pres. Uchtdorf "Pioneers" by Elder Oaks
- Read 5 pioneer stories on lds.org
- Watch one of the following videos: *Legacy*, *17 Miracles*, *Mountain of the Lord*, *Ephraim's Rescue*, *Joseph Smith the Prophet of the Restoration*
- Learn first aid/survival skills that would be helpful on the trek. Share them with your quorum, class or leader.
- Learn a pioneer craft---dutch oven cooking, knitting, rope making, etc.
- Speak in church about the pioneer you will trek for.
- Give up a bad habit that would keep the Spirit away or that contradicts the standards in *For the Strength of Youth*
- Adopt a trek prep partner. Help each other stay positive about completing the Trail of Faith. Keep in touch weekly about your progress. Help each other complete the requirements.
- Organize a temple trip with your family, quorum or class

## APRIL

### Spiritual Preparedness:

- Read your scriptures
- Give a FHE lesson on the pioneer you are trekking for.
- Watch or listen to either the Women's Session or Priesthood Session plus 2 other sessions of General Conference
- Attend the temple

### Physical Preparedness:

- Walk, run or bike for at least 30 minutes 3 times per week (Goal: 3 miles)
- Attend the Trek Activities  
Apr 1<sup>st</sup>—YW (aprons); Apr 21—YM (satchels)  
Apr 14<sup>th</sup> --- YM/YW (decorate buckets)

### Remember the Pioneers:

- Read the pioneer story of Niels Nielson

## MAY

### Spiritual Preparedness:

- Read your scriptures
- \*\*In the spirit of pioneer sacrifice, give up something important to you for 3 days. Memorize: "It's my daily decisions in life that will determine my destiny."
- Attend the temple

### Physical Preparedness:

- Walk, run or bike for at least 30 minutes 3 times per week (Goal: 4-5 miles)
- Finish preparations for your trek clothes
- Attend the Trek Activities  
May 5 --- YW (journals); May 6 --- YM (journals)  
May 13 --- YM & YW

### Remember the Pioneers:

- Read the pioneer story of Jeanetta Ann McBride

## JUNE

### Spiritual Preparedness:

- Read your scriptures
- Fast on the first Sunday in June for a spiritual trek experience
- Attend the temple

### Physical Preparedness:

- Walk, run or bike for at least 30 minutes 3 times per week (Goal: 4-5 miles)
- Be prepared for the clothes check  
June 2 --- 8<sup>th</sup> ward; June 3 --- 6<sup>th</sup> ward

### Remember the Pioneers:

- Think about the pioneer you are trekking for. Review the things you learned about this person and be prepared to share them with others on the trek.
- Read the pioneer story of George Grant Wilson

\*Choosing a Pioneer(Feb): To honor those who made this journey, pick a pioneer to walk for on Trek. Find out all you can about that person. What is their story? When and where were they born? How old were they when they came across the plains? Find out what this person went through and how it can help you today. Be prepared to share what you learned with your family and your trek family. This person can be someone who is related to you or any pioneer that inspires you!

\*\* (May) Sacrifice was a big part of the pioneers' lives. They left their families, friends, and homes to do what the Lord wanted them to do. To attempt to understand a little bit about the pioneers' sacrifice, we'd like you to give up something that is important to you---watching TV, cell phone, texting, ipod, video games, facebook, instagram, soda, chocolate, sugar, candy, junk food, etc.---for 3 days. If at first you don't succeed, try, try again!

Name:

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Trek Leader Signature:

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Date Completed:

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You can find this document and links to pioneer stories at [trekwithallyourheart.weebly.com](http://trekwithallyourheart.weebly.com)