

# VMB

Values, Manners and Fundamental Beliefs



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## VALUES

### Self-Discipline & Moderation

Physical, mental, and financial self-discipline. Moderation in speaking, in eating, in exercising. The controlling and bridling of one's own appetites. Understanding the limits of body and mind. Avoiding the dangers of extreme, unbalanced viewpoints. The ability to balance self-discipline with spontaneity.

### Encourage students to:

- Start a savings account.
- Understand the importance of not spending too much and saving money.

### In class discuss:

- Differentiating between what you need and what you want.
- How to live a balanced life.
- Setting goals and priorities.

“The ability to convert ideas to things is the secret to outward success.”

**Henry Ward Beecher**

## MANNERS

### Hospital Manners

Check to see if there are visiting hours; if so, follow them.

Always knock before entering a patient's room.

Don't touch or mess around with any of the hospital equipment. Position yourself so the patient can easily see you.

Unless you know the person very well and they want you to stay longer, keep your visit short - 5 to 10 minutes at the most.

If you see or smell something that you think is gross, don't say anything, don't make noises, don't make faces.

Focus on the person you are visiting; don't stare at other patients.

Instead of asking, “How are you feeling?” try asking, “How are things going today?”

When praying, be comprehensive and specific. Pray for the patient's freedom from pain, family concerns, and God's will to be accomplished in this sickness and recovery.

## FUNDAMENTAL BELIEF

### Death and Resurrection

The wages of sin is death. But God, who alone is immortal, will grant eternal life to His redeemed. Until that day death is an unconscious state for all people. When Christ, who is our life, appears, the resurrected righteous and the living righteous will be glorified and caught up to meet their Lord. The second resurrection, the resurrection of the unrighteous, will take a thousand years later.

### Memory Verses

Romans 6:23; I Timothy 6:15, 16; Eccles. 9:5, 6; Ps. 146:3, 4; John 11:11-14; Col. 3:4; I Cor. 15:51-54; I Thess. 4:13-17; John 5:28-29; Rev. 20:1-10.

### Discuss in class:

- The story of Lazarus in John 11.
- Death is a state of sleep, no pain, no “looking down from heaven.”
- Symbolism of Jesus' death and resurrection.

### Adventist Heritage

On April 1, 1901 EGW called for a reorganization of the church structure. She believed too much responsibility & authority was placed in the hands of one person & was too centralized in Battle Creek. She suggested that the gospel work & medical work should be blended. Out of this call, local Union Conference around the world were established. Publishing, Sabbath school, and religious liberty departments were also formed.

### Songs to Celebrate Easter

1. **Because He Lives!**
2. **Were You There?**
3. **At the Cross**
4. **For the Beauty of the Earth**
5. **I Love to Tell the Story**
6. **Jesus Paid it All**
7. **Morning Has Broken**
8. **Near the Cross**
9. **O How He Loves You & Me**
10. **Redeemed!**

### Earth Day Trivia

1. How many years does it take glass to decompose in a landfill?
2. For every ton of paper recycled we save how many trees?
3. How many plastic bottles do American through out per hour?
4. In which room in your house is the most water used?
5. How much less energy do CFL light bulbs use?



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## VALUES

### Love

Individual and personal caring that goes both beneath and beyond loyalty and respect. Love for friends, neighbors, even adversaries. And a prioritized, lifelong commitment of love for family.

### Encourage students to:

- Show their love to others through random acts of kindness.
- Be loyal to their family and family traditions.

### In class discuss:

- God's love for us.
- Christian love for others.
- How to love your enemy.

*"What we are is God's gift to us. What we become is our gift to God."*

*Elenor Powell*

## MANNERS

### Divorce Manners

If a friend's parents are getting divorced, don't ignore him. He may need your friendship now more than ever! While *you* shouldn't be nosy, if she wants to, let her talk about how she's feeling.

Don't say bad things about either of your friend's parents. Just listen and be understanding. Offer to help, "You can come over to my house any time you like!" "Call me any time you want to talk."

If your parents are divorced and both come to a school function, spend time with each of them. Introduce them both to teachers and friends they haven't met.

If your parents are divorced don't play one against the other. Saying things like, "Well dad always let's me . . ." hurts the other parent and your relationship with that person. Don't do this if your parents are still married!

## FUNDAMENTAL BELIEF

### Unity in the Body of Christ

The church is one body with many members. In Christ we are all a new creation; distinctions of race, culture, learning, and nationality, and differences between high and low, rich and poor, male and female, must not be divisive among us. We are all equal in Christ, who by one Spirit has bonded us into one fellowship with Him and with one another; we are to serve and be served without partiality.

### Memory Verses

Rom. 12:4, 5; I Cor. 12:12-14; Matt. 28:19,20; Ps. 133:1; 2 Cor. 5:16, 17; Acts 17:26, 27; Gal. 3:27, 29; Col. 3:10-15; Eph. 4:14-16; 4:1-6; John 17:20-23.

### Research Project

Research how many nationalities there are among your student body. Have each student present their cultural information to the class. Research what nationalities are represented in your church. Ask members of your church to share about their cultural background as well.

### Adventist Heritage

In 1879, EGW began urging the denominational publishing houses to sell doctrinal books through house to house canvassers. This started with George King successfully selling Kellogg's health books. He then sold a copy of Daniel & the Revelation to a neighbor for \$2.50. For the next 25 years, he sold thousands of \$\$ in books & recruited many other colporteurs.

### More Easter Celebration Songs

1. Calvary's Love
2. For God So Loved the World
3. Hosanna our Lord Livith!
4. I've Got Peace like a River
5. The Coloring Song
6. The Lamb of God
7. Turn your Eyes Upon Jesus
8. No Other Love
9. His Sheep am I
10. I Just want to Be a Sheep

### Earth Day Trivia II

1. When was the first Earth Day celebrated?
2. The world's first national park was started in 1872 in what country?
3. Where was the first conference on environmental issues held?
4. Where was the first wildlife refuge formed in 1903?
5. Who proclaimed the first Earth Day?



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## VALUES

### Unselfishness & Sensitivity

Becoming more extra-centered and less self-centered. Learning to feel with and for others. Empathy, tolerance, brotherhood. Sensitivity to needs in people & situations.

### Encourage students to:

- Look for ways to recognize the needs of others.
- Consider how they can be helpful to their friends, parents, siblings, neighbors, church members, etc.

### In class discuss:

- How in helping others we are really helping ourselves.
- Ways to be tolerant of others, even when we don't want to be.

*I have found the paradox that if I love until it hurts, then there is no hurt, but only more love.*

~Mother Teresa

## MANNERS

### Dealing With Embarrassing Moments

- If you accidentally drop or spill something on someone's carpet, tell your hostess how sorry you are. Do everything you can to help clean up. Say you're sorry again.
- When you forget to do something you promised to do let that person know how sorry you are that you forgot. Ask them if there is anything you can do to make amends.
- You go up to talk to a couple of friends and they act like they don't want to talk to you. Don't throw a fit. Smile, say something pleasant like, "I'll talk to you guys later," and then find a private place where you can recover.
- If something very embarrassing happens, say you laugh so hard you wet your pants, being honest and humorous is the best defense against everlasting embarrassment. Say what you're thinking, "This is the most embarrassing thing that's ever happened to me! I'm going to change my name and move to New Zealand." Apologize for any mess you make. Graciously accept any help you are offered.
- If you witness somebody having a most embarrassing moment, try to act like you didn't notice. If they mention what just happened, be gentle and understanding.

## FUNDAMENTAL BELIEF

### The Holy Spirit

God the eternal Spirit was active with the Father and the Son in Creation, incarnation and redemption. He inspired the writers of Scripture. He filled Christ's life with power. He draws and convicts human beings; and those who respond He renews and transforms into the image of God. Sent by the Father and the Son to be always with His children, He extends spiritual gifts to the church, empowers it to bear witness to Christ, and in harmony with the Scriptures leads it into all truth.

### Memory Verses

Gen 1:1, 2; Luke 1:35; 4:18; Acts 10:38; 2Peter 1:21; 2Cor. 3:18; Eph. 4:11, 12; Acts 1:8; John 14:16-18, 26; 15:26,27; 16:7-13.

### Class Suggestions

Say a class pray and include God the Holy Spirit in your address. Consider ways that they Holy Spirit speaks to each of us.

### Adventist Heritage

On April 19, 1882, South Lancaster Academy, forerunner of AUC opened in MA. This school was started primarily to prepare workers to spread the Adventist message. Students were to learn practical information & be trained to think rather than rely memory. Students were to mainly study the Bible. The school opened with 19 students & 5 faculty.

### Ways to Celebrate Explore Your Career Options Week

1. Invite guest speakers to share about their careers. Ask students before hand what type of careers they are interested in so you can invite the right people.
2. Make a list of jobs that could be held in your classroom. Advertise for them & interviews with students interested in doing those jobs.

### Top 5 Ways You Can Help Take Care of Our Plant

1. Don't litter. If you see trash on the ground, pick it up.
2. Turn off the tap-Conserve water!
3. Lights out! Always turn the lights off when you leave a room.
4. Ride your bike more-instead of always using your car.
5. Recycle! It is easy to do at home and at school and it really works!

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## VALUES

### Loyalty and Dependability

Loyalty to family, to employers, to country, church, schools, and other organizations and institutions to which commitments are made. Support, service, contribution. Reliability and consistency in doing what you say you will do.

### Encourage students to:

- Practice consistency.
- Make a contribution of time, skill, or gift to their local church or school.
- Be reliable.

### In class discuss:

- Reliability-how to be reliable.
- How can a student serve and contribute to their local church and school.

*"The shifts of fortune tests the reliability of friends"*  
Cicero

## MANNERS

### Sleepover Manners

Help with any chores your friend has to do.

Don't snoop. Don't look in drawers, don't inspect cupboards, don't read diaries, letters, bills, even if they are lying out in the open.

Be quiet late at night. If it's 2 am and the other people want to sleep, but you keep them up, you may not be invited over for another sleepover!

If you're homesick or ill or scared, it's OK to let your friend or her parents know.

Don't take too long in the bathroom. Leave it clean and tidy when you're finished.

When leaving the next day, make your bed, clean up any mess you made, thank your friend and her parents, and say a friendly good-bye.

## FUNDAMENTAL BELIEF

### The Lord's Supper

The Lord's Supper is a participation in the emblems of the body & blood of Jesus as an expression of faith in Him, our Lord & Savior, In this experience of communion

Christ's is present to meet and strengthen his people. As we partake, we joyfully proclaim the

Lord's death until He comes again. Preparation of the Supper includes self-examination, repentance, & confession. The Master ordained the service of foot washing to signify renewed cleansing, to express a willingness to serve one another in Christ-like humility, & to unite our hearts in love. The communion service is open to all believing Christians.

### Memory Verses

1 Cor. 10:16, 17; 11: 23-30; Matt. 26:17-30. Rev.3:20; John 6:48-63. 13: 1-17.

### Guest Speaker

Have your pastor visit your class and explain the communion service to the students. Ask the pastor to explain the symbolism of each of the party of the service.

### Adventist Heritage

In 1915, the Annual Council, meeting at Loma Linda, CA, authorized the construction of a teaching hospital to be located in Los Angeles. When the new facility was completed, it was to be named White Memorial Hospital in memory of EGW who had died in 1915. On April 21, 1918, the official dedication of the complete hospital was held.

### National Volunteer Week

1. Take time to recognize those that regularly volunteer at your school.
2. Send personalized cards from your students.
3. Host a hot lunch in their honor. Invite them to come.
4. Host a school assembly and publicly thank them.
5. Give them a certificate/gift.

### This Old Earth

(tune of "This Old Man")

This old earth  
Needs our help  
To stay fresh & clean & green  
With a pick it up; pitch it in;  
and throw it in the can--  
This old earth needs a helping hand!

**\*\*See other songs like this on the resource page.**

### **Earth Day Trivia Answers:**

1. It can take 1 million years for glass to decompose. You can help by recycling your glass bottles at home and at school.
2. 17 trees. If we saved 17 trees with every ton of paper recycled, can you imagine how many trees we would save if everyone recycled?
3. 2.5 Million. Recycle your plastic bottles to cut down on waste or better yet, buy a reusable bottle.
4. On average, we use the most water in the bathroom. Cut down on some of the water wasted by turning off the tap while brushing your teeth.
5. They use 30% less. Since CFL light bulbs use 30% less energy than regular light bulbs, if every house in America used one CFL bulb, we would save enough energy to power a city.

<http://funschool.kaboose.com/globe-rider/earth-day/quiz/quiz.html>

### **Earth Day Trivia II Answers**

1. March 21, 1970 First celebrated in the U.S. on this date, it has been celebrated each year thereafter at the United Nations, bringing attention to its original purpose: peace, justice and the care of Earth
2. Yellowstone National Park in U.S. - Yellowstone became the world's first national park in 1872. Since then countries around the world have established more than 4000 national parks and preserves.
3. Sweden- The first major international conference on environmental issues was held in Stockholm, Sweden, in 1972 and was sponsored by the United Nations.
4. Pelican Island National Wildlife Refuge in Florida, US -Founded in 1925 Virunga National Park is the oldest wildlife park in Africa and Elk Island National Park was founded in 1913.
5. The City of San Francisco- The first Proclamation of Earth Day was by San Francisco

[http://www.lesrubadesigns.com/earth\\_day\\_trivia.htm](http://www.lesrubadesigns.com/earth_day_trivia.htm)