

VMB

Values, Manners and Fundamental Beliefs



May is the fifth month of the year and one of seven months with the length of 31 days. May is one of the most beautiful times of the year. The snow and cold weather is usually gone by now in the Northern Temperate Zone. Flowers and gardens are beginning to sprout. The summer will soon be here as schools are preparing for closing programs and graduation.

VALUES

Fidelity and Chastity (For teaching activities please see 124 in Teaching Your Children Values)

The value and security of fidelity within marriage and of restraining and limits before marriage. The commitments that go with marriage and that should go with sex. A grasp of the long-range (and wide-spread) consequences that can result from sexual amorality and infidelity.

Encourage students to:

- Find other Bible texts that discuss this kind of purity.
- Start a journal listing and claiming these Bible promises.

Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is; his good, pleasing and perfect will. (Romans 12:1-2)

Adventist Heritage

It was Sabbath, May 5, 1945, on the island of Okinawa. Pfc Desmond Doss, an SDA medic, had finished his breakfast & got out his Bible & quarterly to study his Sabbath school lesson. A loud cry, "medic, medic," came from a nearby cliff. Although it was Sabbath & Doss had been recently wounded himself, he grabbed his bag & started toward the cliff.- Cont. next week

MANNERS

Dealing with Food that is Difficult to Eat - Part 1: Soup

Insert your soup spoon at the edge of the bowl closest to you and move it away from you as you scoop up your soup.

If you rest or take a bite of bread between sips, park the spoon on the soup plate, not in the bowl.

Don't hold your spoon in midair for long periods of time.

Never s-l-l-l-urp your soup off the spoon. Insert the spoon in your mouth and remove all soup from the spoon in one silent action. As your bowl gets empty it is OK to slightly tip the front of the bowl in order to retrieve the last few spoonfuls.

If the soup is too hot, don't blow on it. Wait until it cools

FUNDAMENTAL BELIEF

Spiritual Gifts

Discussion Questions:

- What are the *fruits* of the Spirit (Galatians 5:22,23)?
- What is the reason the Holy Spirit provides us with spiritual gifts (Ephesians 4:12,13)?
- Which fruits of the spirit are most developed in your life?
- How does the Holy Spirit develop these fruits in your life?
- What spiritual gifts does it seem the Holy Spirit has given you?
- How have you used them?
- What spiritual gifts have you seen others use?
- What will you do to let them know you seen those spiritual gifts in them?
- Make a list of your current spiritual gifts and make a list of how you would like to use them this month.

Memory Verses

Acts 2:38; Galatians 5:22,23; I Corinthians 12: 1,7,11; Ephesians 4:12, 13; Joel 2:28;

Celebrating Mother's Day

- Create a Memory Jar. Fill a jar with slips of paper, each detailing a special memory you and your mother have shared.
- Make a Blessing Book. Decorate a composition book for your mother to record her blessings in.
- Help a mother in need by donating money, clothing, or other household items to organizations that help mothers and children.
- Write a letter or poem to your mother telling her how special she is to you and your family.
- Interview siblings or have someone interview you on video as a tribute to your mom.

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VALUES

Respect

Respect for life, for property, for parents, for elders, for nature, and for the beliefs and rights of others. Courtesy, politeness, and manners. Self-respect and the avoidance of self-criticism.

In class discuss:

- Ways to show respect to our parents and elders.
- Why this is important.
- Ways to show respect for ourselves? How does this connect with fidelity & chastity studied last week?
- Ways to respect other's property. What happens when we don't? Why should we?
- Ways to respect nature. How do we do that?

Men are respectable only as they respect - Ralph Waldo Emerson

MANNERS

Dealing with Food that is Difficult to Eat - Part 2: Salad, Peas and Spaghetti

Cut the lettuce into small pieces before you eat your salad. Don't jam big pieces into your mouth. That is not a pretty sight!

Cut cherry tomatoes in half. If you eat them whole they might squirt out of your mouth when you bite down.

To help corral peas, use your knife (*not* your finger) to keep them from rolling away. Or, you can use something else on your plate, like a baked potato, as a backstop. Push the peas up against it until they roll onto your fork.

Wind spaghetti onto your fork like a ball of string. Stop winding, though before you get too much. A few strands are all you need. It's OK to use your spoon to assist with the winding process. See picture below.

If you don't like to wind spaghetti, cut it into little pieces and eat it with a fork.

Put the whole "ball" or "forkful" of spaghetti completely in your mouth. Do *not* put it halfway in and suck strands of spaghetti into your mouth.

FUNDAMENTAL BELIEF

Simplified Baptismal Vows

1. I believe in God the Father; in His Son, Jesus Christ; and in the Holy Spirit.
2. I accept the death of Jesus to pay for my sins.
3. I accept the new heart Jesus gives me in place of my sinful heart.
4. I believe that Jesus is in heaven as my best friend and that He gives me the Holy Spirit so I can obey Him.
5. I believe God gave me the Bible as my most important guidebook.
6. By God living in me, I want to obey the Ten Commandments, which include observance of the seventh day of the week as the Sabbath.

Continued Next Week
Source: It's My Choice, Steve Case

Adventist Heritage

As Doss ran up the hill, his bad leg buckled under him, but he got up & tried again. He saw a wounded colonel up ahead. Despite bullets overhead, he made it to him. He knelt in clear view of the enemy in order to help this man. Doss helped to move him to the aid station where he died. Doss was then asked to go on a very dangerous & important advance. Cont next week.

Celebrate Red Cross Day

- Learn more about the Red Cross
- Support Red Cross programs and efforts
- Send a donation to the Red Cross
- Donate blood today
- Become a Red Cross volunteer
- Thank Red Cross volunteers for their service.

National Geographic Bee Sample Questions

1. Which state has a climate suitable for growing citrus fruits – California or Maine?
2. Which country has the world's largest Muslim population – Indonesia or Mexico?
3. The North Atlantic current brings warm waters from the tropics to the west coast of which continent?

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VALUES

Self-Discipline and 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.

In class discuss:

- Why is it important to practice self-discipline and moderation as part of the Christian life?
- What does it have to do with our relationship with Jesus?
- What are personal limits and how do we know what that are?
- Why are boundaries important and how do we know how to set them?

*"Whatever you do, do it in moderation."
Proverb*

MANNERS

Most Common Gross Behaviors to Avoid

Don't pick your nose in public. If you need to pinch, poke, or prod any part of your body, do so in private!

Keep your gum to yourself. Chew it quietly and put it in a trash can when you're done. Nobody wants to see the wad of gum in your mouth or stuck under the counter or on the ground!

When you cough or sneeze, cover your mouth and nose with your hand so you don't spray saliva, mucus, and germs on others.

Burping on purpose is popular only with toddlers and rude kids who are desperate for a laugh. The rest of society burps only when absolutely necessary and as quietly as possible. Hold burps back if at all possible! If one sneaks out, say, "Excuse me."

Bathe often and regularly. Keep your face, hands and hair clean.

Greasy hair, a dirty face, and body odor are most unpleasant.

Never pass gas in public. If somebody else does, don't make a big fuss by grinning, holding your nose, rolling your eyes or saying, PU!

FUNDAMENTAL BELIEF

Simplified Baptismal Vows, Cont.

7. I want to help as many people as possible to be ready for the soon coming of Jesus.
8. I believe God gives special abilities to His people, and that the Spirit of Prophecy is given to His chosen people.
9. I want to help God's church with my influence, effort, and money.
10. I want to take good care of my body because the Holy Spirit lives there now.
11. With God's power, I want to obey the basic principles of the Seventh-day Adventist Church.
12. I want to be baptized to show people I am a Christian.
13. I want to be a member of the Seventh-day Adventist Church, and I believe this church has a special message to give the world.

Source: It's My Choice, Steve Case

Adventist Heritage

The fighting was furious on the advance. All the Americans, except for Doss retreated off the cliff. He is credited with single-handedly lowering 75 conscious & unconscious wounded American soldiers down off the cliff. Doss received the Congressional Medal of Honor, presented by President Truman. He was the 1st conscientious objector in US history to earn this award.

Summer Reading Suggestions

- Make an alphabet chart with your child. Print letters & let them draw corresponding pictures.
- Record your child reading a book & let them listen to it. Repeat this activity so they can hear themselves improve.
- Have a family reading night. Select a theme. Invite neighbors.

National Geographic Bee Sample Questions

1. What is the term for a part of an ocean or sea that cuts far into the bordering landmass and may contain one or more bays?
2. The port of Rotterdam is built on the delta of which major European river?
3. Which Canadian province produces more than half of the country's manufactured goods?