

# VMB

Values, Manners and Fundamental Beliefs



December used to be the tenth month of the Roman year and gets its name from “decem” which means ten. In the northern hemisphere, December is the month in which winter begins and usually brings rain, winds and cold. Because Christmas is celebrated in December, the birth of Christ and giving gifts to others is the central focus of the month.

## VALUES

### Peaceability

Calmness. Peacefulness. Serenity. The tendency to try to accommodate rather than argue. The understanding that differences are seldom resolved through conflict and that meanness in others is an indication of their problem or insecurity and thus of their need for your understanding. The ability to understand how others feel rather than simply reacting to them. Control of temper.

#### Encourage students to:

- Take time each day to reflect, be calm, quiet, peaceful.
- Be in control of their temper-talk things out with others without yelling.

#### In class discuss:

- Conflict resolution ideas.
- Empathy towards the feelings of others.
- Methods of self control.

*“Blessed are the peacemakers for they shall be called the children of God.” Matthew 5:9*

## MANNERS

### Saying Thank You

If somebody gives you a gift or does something nice for you, be sure to look him/her in the eye and thank them in a clear, polite voice.

Whenever you can, send people who do nice things for you a thank you note. Even if you said thank you, it will really make the giver feel good if you also send him/her a thank you note.

In your thank you note, mention something you like about the gift or what the person did. If they gave you money, you might mention what you plan to do with it and how much you'll enjoy it.

Try not to use e-mail for your thank you notes. A neat handwritten note on good stationery is much more personal and meaningful.

Remember, you don't have save your “thank yous” for people who do things for you specifically. You can send thank you notes to people who have done good things for your school, church, city or country.

## FUNDAMENTAL BELIEF

### Jesus' Last Supper

We share the Lord's Supper to remember what Jesus said and what He did for us on the cross. Foot washing reminds us to take care for each other the way Jesus did. I Cor. 11:26; John 13: 14-15.

#### Bible Facts:

- The Lord's Supper is a service to help us remember Jesus' great sacrifice for us on the cross.
- Jesus also established the practice of foot washing. We wash one another's feet to express our need for cleansing & washing of our sins, to show our willingness to serve each other humbly and to be united in love.
- The bread Jesus ate was unleavened which is made without yeast that produces fermentation, which was considered a symbol of sin. Only unleavened bread could symbolize the sinless body of Jesus.
- The fruit of the vine must also be unfermented to represent the sinless perfection of Jesus' blood. Unfermented juice from the vine is grape juice.
- Encourage the pastor of your local church to come & share how communion is done.

## Adventist Heritage

“While a majority of Millerite Adventists looked back on the time element in their interpretation of prophecy as an error, the group evolving into Seventh-Day Adventism held that the Millerites had been correct on the time, but wrong as to the event to take place on October 22, 1844. Millerites had misinterpreted the symbolism of both the ‘cleansing’ & the ‘sanctuary.’”  
*From A Brief History of Seventh-Day Adventists*

## Community Service Ideas

1. Adopt a family in need.
2. Visit a nursing home.
3. Volunteer at a Special Olympics in your area.
4. Visit an animal shelter.
5. Rake an elderly neighbors yard or shovel snow.
6. Invite someone who lives alone/without family to spend the holidays with your family.

## Holiday Trivia

1. What are the five traditional colors of Christmas?
2. What does the Christmas wreath represent?
3. Where did the idea for electric Christmas lights come from?
4. T F Candy canes were originally tree decorations?

# VMB

Values, Manners and Fundamental Beliefs



December used to be the tenth month of the Roman year and gets its name from "decem" which means ten. In the northern hemisphere, December is the month in which winter begins and usually brings rain, winds and cold. Because Christmas is celebrated in December, the birth of Christ and giving gifts to others is the central focus of the month.

## 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:

- Become a loyal and dependable person.
- Be consistent in what they say and do-How?

#### In class discuss:

- The definition of loyalty and dependability.
- What is a commitment?
- How can they contribute as students?

*"God does not begin by asking our ability, only our availability, and if we improve our dependability, he will increase our capability."*

*Neal A. Maxwell*

## MANNERS

### Door Manners

If you are a boy, open the door for girls. If the door opens outward, hold it open until the women in your group have all entered. If the door opens inward, go in first and hold the door open while the rest of the people in the group enter.

Both boys and girls should open doors for elderly or handicapped people or anyone carrying packages or pushing a stroller or wheelchair.

As you go through a door, make sure you don't let it slam closed in the face of the person following you. Hold it open until the person behind you has a hold of it.

Even if you are very angry or upset, never, ever slam a door. It is rude and could harm the door.

When an elevator door opens, let the people in the elevator exit before trying to enter. The girls in a group enter an elevator before the boys do.

If a revolving door is already moving, the girl enters first. If it is not revolving the boy may enter first to get the door moving. One person per compartment in a normal revolving door.

## FUNDAMENTAL BELIEF

### Spiritual Gifts

God gives each one of us special gifts or talents so that we can work for Him.

I Peter 4:10; Romans 12:6-8; I Cor 12:1-11.

#### Bible Facts:

- God gives to everyone in His church special gifts to use serving others & building unity among members.
- The HS provides us with gifts such as teaching, healing, preaching, prophecy, compassion, encouraging people, faith, and service.
- Each of us is a steward of our gifts and talents. If we do not use & expand our gifts we may lose them.

#### Encourage students to:

- Identify and use their gifts.
- Encourage others by identifying their gifts & praising them.

#### In class discuss:

- The work of the HS & how to use our spiritual gifts.

## Adventist Heritage

Religious freedom in the early Church came to mean more than the separation of church & state. It also implied a right to read Scripture for oneself & come to conclusions not bound by pride. The "present truth" perspective assumed that new insights would arise as they continued to study Scriptures. The prophetic guidance of EGW solidified this perspective of social, organizational, & theological freedom. -www.adventist.org

## National Hand Washing Week

1. Wash your hands when they are dirty or before eating
2. Do not cough into your hands.
3. Do not sneeze into your hands.
4. Do not put your fingers in your nose, ear or mouth.

## Winter Trivia

1. The Romans celebrated the Winter Solstice with a festival called what?
2. What is the largest snowflake on record?
3. What is the heaviest 24-hour snowfall on record for the United States?

# VMB

Values, Manners and Fundamental Beliefs



December used to be the tenth month of the Roman year and gets its name from “decem” which means ten. In the northern hemisphere, December is the month in which winter begins and usually brings rain, winds and cold. Because Christmas is celebrated in December, the birth of Christ and giving gifts to others is the central focus of the month.

## VALUES

### Fidelity and Chastity

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:

- Remember their body is the temple of God.
- Realize their value & self-worth.
- Set boundaries in dating.
- Set long range goals for their personal life.

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

*“Modesty and chastity are twins.”*

- Mrs. Anna Brownell Jameson

## MANNERS

### Giving and Receiving Gifts

When opening a gift, don’t say, “I hope it is a \_\_\_.” Say something neutral like, “This looks interesting!” or, “I like the way this gift is wrapped!”

If you receive you are disappointed with a gift, don’t let on. Don’t lie and say you like it. Say instead, “Thank you for the gift! It was very kind of you to do this!”

Always thank people for the gifts they give you. If you receive a gift from someone who is not present, send them a thank you note. If you are unable to write a thank you note, phone them to tell them thank you.

When thanking someone for a gift, try to say at least one thing you like about the gift or how you will use it.

## FUNDAMENTAL BELIEF

### Gift of Prophecy

God gave Ellen White the gift of prophecy. He gave her messages that have helped our church grow around the world. II Peter 1:21;

I Thessalonians 5:19-20

#### Bible Facts:

- Prophets do not prophesy on their own. Instead the HS guided the prophets as they spoke. So prophecy comes from God.
- EGW was one of the founders of the SDA Church. She delivered God’s message to the church from 1844-1915.

#### Encourage students to:

- Read EGW’s story and that of other pioneers at [www.whiteestate.org](http://www.whiteestate.org).

#### In class discuss:

- How do you know when God speaks to you?
- Think of ways they can share God’s message & love to others-then do it!

### Adventist Heritage

In 1860, the SDA church began to talk of a worldwide movement. In 1861, it was discovered that at least 5 in Ireland were practicing Adventism. How could a group of only a few thousand perform worldwide evangelism? By 1864 Michael Belina Czechowski, former Catholic priest, decided to spread the message throughout Europe. In 1874 the church sent its first official missionary, J. N. Andrews, who left the US for Switzerland. [www.adventist.org](http://www.adventist.org)

### Creative Holiday Ideas

1. Create a remembrance book to record holiday memories from year to year.
2. Write a Christmas carol & teach it to your class/ family.
3. Hold a “create an ornament” contest.
4. Create personal Christmas letters for your teachers & your family.

### Tips for Successful New Year’s Resolutions

- Be Specific!
- Don’t Overreach-be realistic in your goal setting.
- Plan Ahead! Prepare now for the change you want to make then.
- Make it Official! Keep a journal or find support.