

VMB

Values, Manners and Fundamental Beliefs



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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.

Encourage students to:

- Respect others & themselves.
- Respect property.
- Be polite & courteous to others.

In class discuss:

- How to respect others, themselves and property.
- Enemies? How are we polite to them?

The best thing to give to your enemy is forgiveness; to an opponent, tolerance; to a friend, your heart; to your child, a good example; to a father, deference; to your mother, conduct that will make her proud of you; to yourself, respect; to all men, charity.
Benjamin Franklin

MANNERS

Show Deference to the Elderly

Greet the elderly by their title and name, "Hello, Mrs. Inman."

Some elderly folk are hard of hearing. Don't roll your eyes or act exasperated if they don't understand you, ask you to repeat yourself or speak up.

If you know someone is hard of hearing, don't yell at him/her. Speak loud enough for the person to hear you, but not so loud that you sound rude.

Offer older folk your seat if a place is crowded.

Take time to listen to what older folk have to say. Look him/her in the eye, pay attention, and respond intelligently.

FUNDAMENTAL BELIEF

God's Laws

God's laws protect our health and happiness. When we are following Jesus, we are obeying God's laws. I John 5:3; Matthew 22:37-39; Rmns 7:12

Bible Facts:

- The Ten Commandments express God's love, will & purposes concerning our conduct and relationship with Him and with all people.
- Obeying God's commandments gives us true freedom from sin and helps us to develop a Christian character.

Encourage students to:

- Hang up copies of God's Law in their room.
- Share an experience where they have broken a rule- What did they learn?

In class discuss:

- Are God's laws really difficult to keep?

Adventist Heritage

Today some 10 million Seventh-day Adventists have established themselves in virtually every country of the world. Less than 10 percent of Seventh-day Adventists live in the United States. While ethnically diverse, they remain united over the everlasting gospel, the basic Christian message of salvation through faith in Christ.
www.adventist.org

Celebrate Family Fit Lifestyle Month

- Warm up! Take time to stretch.
- Keep safety in mind. Wear appropriate headgear/pads when cycling or skating.
- Let a different family member pick their favorite activity for the week.
- Buy a notebook & use it as a fitness diary. Record how long/ far each family member walked, ran, or cycled each day.
- Stick to a schedule. Make physical activity a part of your family's daily routine.

Avoid Winter Blues

1. Create a book list and work to read as many as you can by spring.
2. Play or create an educational board game.
3. Create a winter craft or long term project to keep your mind off being inside.
4. Plan a real or fictitious summer vacation.

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VALUES

Self-Discipline /Moderation

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

Encourage students to:

- Create a budget -prioritize & control spending.
- Create a exercise schedule-plan appropriate amounts of exercise.
- Keep a food log-track what you are putting in your body.

In class discuss:

- How to find the difference between self-discipline & spontaneity.
- Finding balance in personal health and finance.

In reading the lives of great men, I found that the first victory they won was over themselves... self-discipline with all of them came first.

Harry S. Truman

MANNERS

Table Manners

After the grace has been said, put your napkin in your lap. Use it to wipe your face or hands. Do not use your arm, sleeve, shirt or pants.

Never fish around the serving plate for the largest piece of something.

Never take a bite so big that it changes the shape of your face.

When you finish, do not push your plate back. Keep it where it is. Lay your silverware on the side of the plate, and continue participating in the conversation.

Poem About Manners:

<http://reading.indiana.edu/www/famres/pctogeth/ish08/jacob.html>

FUNDAMENTAL BELIEF

Sabbath: Earth's Birthday

The seventh-day Sabbath is a celebration of Creation. It's a holy day, when we set aside the things we normally do and take time to be with God. [Isa. 58:13, 14](#) [Ex. 20:8:11](#)

Bible Facts:

- The Sabbath is the 7th day of the week. God calls it holy because it was the day He rested after creating this world in 6 days.
- God calls the Sabbath a "sign" between Him & His people.
- God's holy Sabbath begins at sundown on Friday & ends at sundown on Saturday evening.

Encourage students to:

- Make a list of special things to do on Sabbath.
- Make a list of things to do to prepare for Sabbath on Friday.

In class discuss:

- What does it mean to rest on Sabbath & why is it needed?

Adventist Heritage Resources

- www.adventistheritage.org
- www.whiteestate.org
- www.aplib.org/Gallery.htm
- www.elmshaven.org
- www.geocities.com/Athens/Oracle/9840/
- www.tagnet.org/washington/index.html
- archives.llu.edu/colls/advhert

Creative Sabbath Activities

- Illustrate a Bible story in a picture box or mobile.
- Create Bible-word searches
- Create a scrapbook or journal of favorite memory verses.
- Create a "Poster for Jesus"
 - Go on a prayer walk
- Go on a Bible Treasure Hunt or Scavenger Hunt

Honoring Martin Luther King, Jr.

- Read up on MLK's life-books, websites, articles, etc.
- Attend or hold a religious service in his honor-his faith was very important to him.
- Watch a documentary on civil rights
- Be respectful of the holiday
- Throw a party with Southern style food & old time gospel music.

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VALUES

Love

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

Encourage students to:

- Think of creative ways to show love to their neighbors & friends.
- Make family a priority & let them know you love them often.
- Love even those that whom you consider enemies.

In class discuss:

- The importance of family.
- How to show love to others-not just kindness.
- How to love your enemies.

*'Love your neighbor as yourself.'
There is no commandment greater than this.'
Mark 12:31*

MANNERS

Giving Compliments

Be sincere. Don't lie, don't fake it. Find something good you can be honest about.

Be specific. Don't only say general things like, "Awesome, great, terrific." Say some specific things like, "I really enjoyed the pumpkin pie! It was delicious."

Be unqualified - Don't give a compliment and in the next breath take it away. For example, "I liked your pumpkin pie, but it made my stomach hurt."

Don't compare. For example, don't say, "I really enjoyed the party. It was almost as good as the one my friend Bobby had."

FUNDAMENTAL BELIEF

Stewardship: Taking Care of God's Things

God gave us this earth, our bodies, and our talents. He wants us to care for them and use them to do His work. When we return tithes and give offerings, He blesses us. 2 Cor. 9:7; Malachi 3:10

Bible Facts:

- A steward is a manager. He takes care of the things given to him by his master. How you manage your personal world is part of your response to God's love.
- Christians serve as managers over everything given to us by God-life, our bodies, time talents and abilities, material possessions, opportunities to be of service to others, & our knowledge of the truth.

Encourage students to:

- Spend their time, money and talents wisely.
- Give a tithe of their earnings or allowance.

In class discuss:

- Being a good steward and ways to do this.

Adventist Heritage

Ellen White, son, William, & his family, & editorial assistants, arrived in San Francisco in Sept. 1900. She had no idea where she would make her home, but in her heart was the assurance that there was a "haven" for her, somewhere. She was 72 years of age, with several future books in mind, and she favored being close to the Pacific Press, then in Oakland. Take an online tour of Elmshaven at www.elmshaven.org.

Creative Sabbath Activities

- **Lead a Sunshine band at a local nursing home or retirement community.**
- **Spend the afternoon visiting shut-ins or inactive church members.**
- **Write notes to family and/or church members that include encouraging texts.**

Promoting Family Healthy Eating Habits

- Take your children to the store to help with the shopping.
- Allow your children to help you prepare meals or snacks.
- Let family members share in menu planning for the week.
- Help your children fix healthy, creative snacks.
- Participate in a family cooking class.



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VALUES

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

Encourage students to:

- Develop a habit of considering others feelings first.
- Be sensitive to the needs of others in various situations.
- Be cautious with their words in difficult situations.

In class discuss:

- Ways to be empathetic.
- Being tolerant of others.
- Ways to be less self-centered.

“How far you go in life depends on you being tender with the young, compassionate with the aged, sympathetic with the striving and tolerant of the weak and the strong. Because someday in life you will have been all of these.”
George Washington Carver

MANNERS

Receiving a Compliment
Smile and say, “Thank you!”
You can even add, “I’m glad you liked it!”

Don’t shrug off the compliment or argue with the person. “No, I don’t think I played very well.” Doing this insults the person who complimented you.

If others deserve a share of the credit, give it to them. “I’m glad you enjoyed the party. Susie and Mary helped me plan it. They had many good ideas.”

If appropriate, give the person a compliment back.

FUNDAMENTAL BELIEF

Being Like Jesus

You can tell who is following Jesus by the way they act. We should be kind & friendly and helpful like Jesus was. We take care of our bodies because they are a gift from God. [1 Cor. 6:19-20](#); [1 John 2:6](#)

Bible Facts:

- Being followers of Jesus, Christians should adopt a lifestyle different from non-Christians.
- Christians practice good health habits, for we are temples of the Holy Spirit. We need exercise, rest, & a healthful diet. We need to avoid alcoholic beverages, tobacco, & irresponsible use of drugs and narcotics that are harmful to the body.
- We are to apply high standards in choosing good music, books, TV programs, movies & other recreation to help us grow as true followers of Jesus.

Encourage students to:

- Guard their bodies and minds as the temple of God.

In class discuss:

- Selecting Christian recreation.
- Ways to develop a Christ-like character.

Adventist Heritage

John Byington was born in Vermont, son of a Methodist preacher. In 1844, he heard sermons on the soon coming of Christ, & began studying. In 1852, he received a copy of the *Review & Herald* containing articles on the 7th-day Sabbath. He accepted the Sabbath truth before the year was out, & was baptized. He helped to build the 1st Sabbath-keeping church.

Creative Sabbath Activities

- Start a Children’s Prayer meeting or Neighborhood Bible Club.
- Surprise someone in need of a visit.
- Have a family music lesson or hymn-sing.
- Decorate special jars for tithe, investment & missions.

Get Organized Month

- Start with one small area at a time.
- Keep only supplies you need on a daily basis on your desktop.
- Use a planner to track appointments and tasks.
- Allocate twice as much time for a task as you think it will take.
- Break large projects down into small, sequential steps.