

# VMB

Values, Manners and Fundamental Beliefs



March is the third month of the year and named after Mars, the Roman God of War. Spring begins within the month of March, though there is still wintry weather. In the northern hemisphere, the animals end their hibernation and many plants come to life in March.

## VALUES

### Self-Reliance and Potential

Individuality. Awareness & development of gifts & uniqueness. Taking responsibility for own actions. Overcoming the tendency to blame others for difficulties. Commitment to personal excellence.

#### Encourage students to:

- Be honest and take responsibility when you have done something wrong.
- Accept responsibility for your actions.
- Make a commitment to always do your best & set goals.
- Recognize talents & gifts God has given.

#### In class discuss:

- Intrinsic motivation.
- Ways to develop talents.
- Achieving goals & working towards personal excellence.

*“Hide not your talents. They for use were made. What’s a sundial in the shade. –Benjamin Franklin*

## MANNERS

### Manners for the Playground

Make sure everybody who wants to play gets to play. Take turns. Invite others to join your games.

Put your litter in the trash can.

Pick up litter you find on the playground and dispose of it properly.

Don’t interfere with what other people are doing. If you want to join them, ask permission. Don’t go barging in.

Take turns. Don’t cut in line.

When your turn comes don’t take a long, long time at whatever it is and make others wait longer than necessary.

If another student gets hurt, see if you can help him/her. Call the teacher.

Never laugh at or make fun of a person who is clumsy or doesn’t do things as skillfully as others.

Don’t be a sore loser. Don’t whine and complain. Congratulate the winners. Be a good sport!

## FUNDAMENTAL BELIEF

### Thousand Years & End of Sin

When Jesus returns, He will take everyone who chose to believe in Him back to heaven for a thousand years. Everyone else on earth will die. After the thousand years, Jesus and His people will return to earth in the Holy City, the New Jerusalem. Then all those who hated God will come back to life and follow Satan; they’ll try to attack the city. But God will destroy sin and sinners forever. Rev. 20:4; Rev. 20:7-11

#### Encourage students to:

- Ask Jesus to be Lord of their life each day so they can be ready for his return.
- Think about things they would like to do in Heaven.

#### In class discuss:

- How we can prepare to live with Jesus in Heaven?
- How can you say “No” to Satan each day so you can be with Jesus?
- Why doesn’t God just take everyone to heaven? God doesn’t force anyone to go.

### Adventist Heritage

The Kelloggs had no plans for commercial enterprise, former patients began to order their foods & it became necessary to erect a factory to meet the growing demands. Dr. Kellogg started Sanitas Food Co. in 1899 & made Will his business manager. Disagreements over financial earnings caused Will to leave Sanitas. He bought the patents rights to manufacture and started Battle Creek Toasted Corn Flake Company in 1906.

### National Irish American Heritage Month

- Host an Irish Guest Speaker
- Have an Irish themed lunch
- Have everyone wear green
- Look at slide show of pictures or geography/travel video from the library of Ireland
- Read Irish literature

### Celebrate International Women’s History

- Have students research a woman famous in a profession they are interested in
- Have students research a woman famous in their state
- Have students research a woman from their culture or native country

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## 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 & 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:

- Pray for help with controlling their temper and work to calm themselves down before responding in tense situations
- Look for positive conflict resolution methods

### In class discuss:

- Anger management
- Conflict resolution
- Empathy

*“Education is the ability to listen to almost anything without losing your temper.”  
Robert Frost*

## MANNERS

### **More Manners for the Restaurant**

Wait for the hostess to take you to your table. Don't run; walk politely.

Do not laugh or talk loudly. Study the menu and without too much delay decide what you will order. Make sure what you plan to order is OK with your parents.

Carefully think about what you want to order and all the details of it so when the waitress comes to take your order you can give it to her without any hesitation or indecision.

Wait until everyone's food has been delivered before beginning to eat yours.

Take small bites of food and don't chew with your mouth open or while talking.

Be polite to the wait staff. Always say "please" and "thank you." Make sure the waitress gets a fair tip.

## FUNDAMENTAL BELIEF

### A Brand New Earth

With sin gone forever, Jesus will create a new earth as perfect as the Garden of Eden. Then He will live there with us forever.

### **Suggested Memory Verses:**

2 Peter 3:13; Rev. 1:1-4

### Bible Facts:

- Once Satan and sinners are gone, God will create a new world for us to enjoy.
- After the millennium, the New Jerusalem, will come down to the earth and God will make his home with the saved forever.
- The new earth will be a beautiful place because God and Jesus will be there and there will be no more sin or sinners.

### Encourage students to:

- Give their heart to Jesus and live their life each day to be ready to be in Heaven with Him.

### In class discuss:

- What the students would like to do in heaven?
- What will it be like to live forever with Jesus?

### **Adventist Heritage**

On March 10, 1894, construction of Morning Star mission steamer begun. The Morning Star was run by James Edson White (EGW's son) & W. O. Palmer. It was used for about 10 years as a floating mission for work among the African Americans of Mississippi & Tennessee. This was funded by the GC & inspired by the writings of EGW for the urgent need to reach this area.

### **National Nutrition Month**

- Make smart choices from every food group
- Get the most nutrition out of your calories
- Find your balance between food & physical activity
- Play it safe with foods

See *Step Up to Nutrition Handout* for detailed information for these steps.

### **Songs to Sing About Heaven**

- *When We All Get to Heaven*
  - *I Can Only Imagine*
- *Heaven is a Wonderful Place*
  - *Soon and Very Soon*
- *Heaven Came Down and Glory Filled My Soul*
  - *Sweet By and By*
- *Shall We Gather at the River*
  - *Lift Up the Trumpet*

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### Loyalty & 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:

- Remain loyal to their family, employers, country, church, school, etc.
- Be a reliable person.
- Practice consistency.

#### In class discuss:

- How to be a loyal person.
- What it means to be reliable and consistent.

*"Do not let loyalty and faithfulness forsake you; bind them around your neck, write them on the tablet of your heart."*

*Proverbs 3:3*

## MANNERS

### Funeral Manners

Wearing black at a funeral symbolizes mourning or sadness. If you don't have something black to wear, wear conservative clothes in subdued colors. This is not a time to wear something bright or flashy.

During the funeral avoid staring at the bereaved. Allow loved ones to grieve with dignity.

Allow family & close friends to sit in the front few rows. Business acquaintances and those who weren't very close to the deceased should sit in the rear.

Offer condolences. Call the person, visit the person, send a card, send flowers. It's normal to feel uncomfortable talking about the death. But, it's good to say how sorry you are, how much you will miss the person. If the person who suffered the loss wants to talk about the person that died, encourage them to do so!

If you attend a viewing, or if people file past the casket at the end of the service, it is proper to pay your respect to the deceased by approaching the casket & offering a silent prayer or quiet reflection. Don't talk or ask questions during your time by the casket.

## FUNDAMENTAL BELIEF

The Bible is God's book. It is His message to us. In the Bible, we can hear God's voice speaking to us. The Holy Scriptures, Old and New Testaments, are the written word of God, given by divine inspiration through holy men of God who spoke and wrote as they were moved by the Holy Spirit. In His Word, God has committed to man the knowledge necessary for salvation.

The Holy Scriptures are the infallible revelation of His will. They are the standard of character, the test of experience, the authoritative revealer of doctrines, and the trustworthy record of God's acts in history.

#### Bible Texts to Study

2 Timothy 3:16, 17; 2 Peter 1:20-21; Ps. 119:105; Prov. 30:5-6; Isa. 8:20; John 17:17; 1Thes. 2:13; Heb. 4:12

### Adventist Heritage

Why did the early Adventist pioneers believe they needed their own hand press for printing? It bothered James White & others that regardless of what day they dropped off the original copy at the print shop, there was no guarantee the actual printing work would not be done on Sabbath. It didn't seem right to them that publications promoting the Sabbath sacredness might be printed on the Sabbath.

### Celebrate International Women's History Month

- Read Biographies of women in history
- Have students complete a research project on a historical woman
- Discuss events in women's history and how things have progressed over time

### Celebrate National Craft Month

Do a spin-off of career week & have a hobby week. Ask a variety of people to come in & share their hobbies with your students. Survey your students about what hobbies they are interested in & try to incorporate some of them. At the end of the week ask your students to write a report about which hobby they enjoyed learning about the most.

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## 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 amoral and infidelity.

### Encourage students to:

- Plan in advance to live a pure life
- Keep their mind on what is pure and holy staying away from pornography and inappropriate websites

### In class discuss:

- The importance of honesty and loyalty in relationships
- What commitments are made in marriage

*"He who loves with purity considers not the gift of the lover, but the love of the giver."*

*Thomas Kempis*

## MANNERS

### Flag Manners

Don't fly the flag after dark unless it is illuminated.

In the United States, if the US flag is flown with another flag, the US flag is always on top.

Do not let the flag touch the ground.

When a flag is displayed on a wall, the blue stars should be in the upper left corner.

Unless you need to signal distress or emergency, never fly the flag upside down.

Keep your flag in good repair. When it is old and tattered and cannot be repaired it should be burned in a respectful ceremony or by using a flag disposal company.

## FUNDAMENTAL BELIEF

### Creation

God is the Creator of everything. In six days, He created the world and gave it to humans to care for. The Bible reveals an authentic account of His creative activity in the book of Genesis. Then He created the Sabbath, a time to rest and remember Him. The Sabbath was established as a perpetual memorial of His completed creative work. The first man and woman were made in the image of God as the crowning work of creation, given dominion over the world, and charged with responsibility to care for it. When the world was finished it was "very good," declaring the glory of God.

### Memory Texts:

Genesis 1:1; Exodus 20:8-11; Ps. 19:1-6; 33: 6,9; 104; Heb. 11:3.

### Adventist Heritage

There was a need for a new hand press but how could they afford one? They called a meeting of the church leaders & prayed about their need. Hiram Edson sold his farm in order to loan James White the \$650 need to by the press & relocate the printing office to Rochester, NY. What faith & sacrifice! The Adventist Review & Sabbath Herald would now be printed by hand by local members.

### Read Across America Day

- Invite guest readers to come and read to or with students
- Have students bring their favorite book to class and share with the class why they love it – reading an excerpt
- Create or perform a reader's theater with your class

### Music in our Schools Month

- Make a "Music Month" calendar, and suggest that students dress for different musical eras.
- Add a musical touch to the morning announcements
- Have a musical trivia question for each morning of the month
- Have a talent show emphasizing music
- Have students research an instrument & then design an instrument of the future