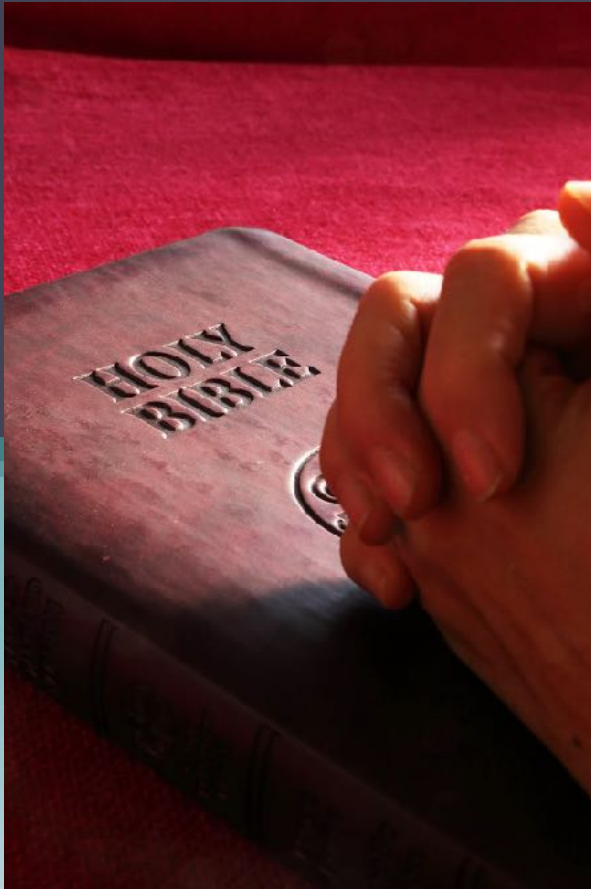


Christian Manners & Grooming

Pathfinder Honor
for Explorers





Introducing Speakers

With thanks to

Alan Cole

Luke 2:52

**JESUS GREW IN WISDOM
(MENTALLY)**

JESUS

What well balanced combination of strengths did Jesus develop as a growing youth?

**and STATURE
(PHYSICALLY)**

**and in favor with God
and man**

**(SPIRITUALLY AND
SOCIALY)**

These four aspects of personal growth are the focus of the Adventist education system as well as the Pathfinder program.

According to Psalm 8,
what estimate does God
place on your personal
worth?

Crowned with what?

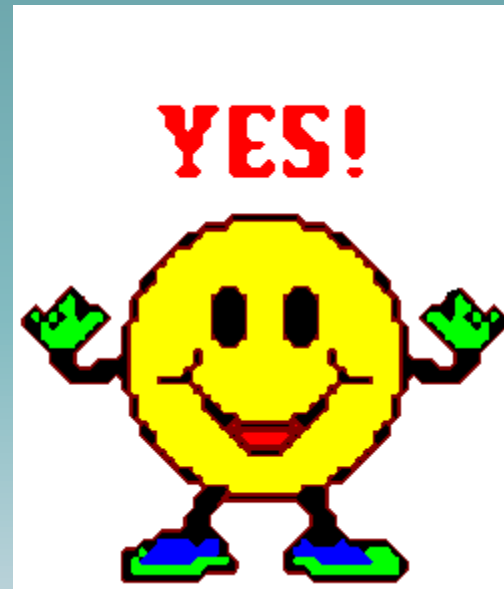
glory and honor



Are names important to God?
Does He know your name?

Read:

➤ Isaiah 34:1



1995



PROPER Behavior

Being Ladies and Gentlemen



What are some proper conversational skills?

- Address older people using a proper title -- such as:
 - Mr.
 - Mrs.



- Introduce adults using their proper title and how you know them.
- Introduce a woman before a man
- Introduce an older person before a younger person
- Tell each person something about the other person that will interest them.

Singapore



What should I say?

AVOID

- Don't comment on physical defects
- Don't ask personal questions

SUCH AS

- "When last did you have a shower?"
- "Don't you think you should try to lose a little weight?"
- "How much money do you make?"
- "How old are you?" -- Speaking to someone your senior



DO TALK ABOUT

- pleasant things
- things that interest both of you
- family & friends
- special events

ASK QUESTIONS

- about their family
- about their work, school, or special events
- about their favourite things

How do you show concern for others?

How do you show concern for others?

Active listening; Show interest, be empathetic, and don't change the subject before they are ready to.

Which is a better response if someone tells you about something bad that happened such as:

Alice: "My sister was in a car accident yesterday."

Option 1

Bob: "That's too bad. Did I tell you I beat level 14 in 'Mega Chipmunk Death Rally' this morning?"

Option 2

Bob: "Your sister was in an accident? Is she OK?
... What happened? ... Where is she now?"



How should I answer the phone?

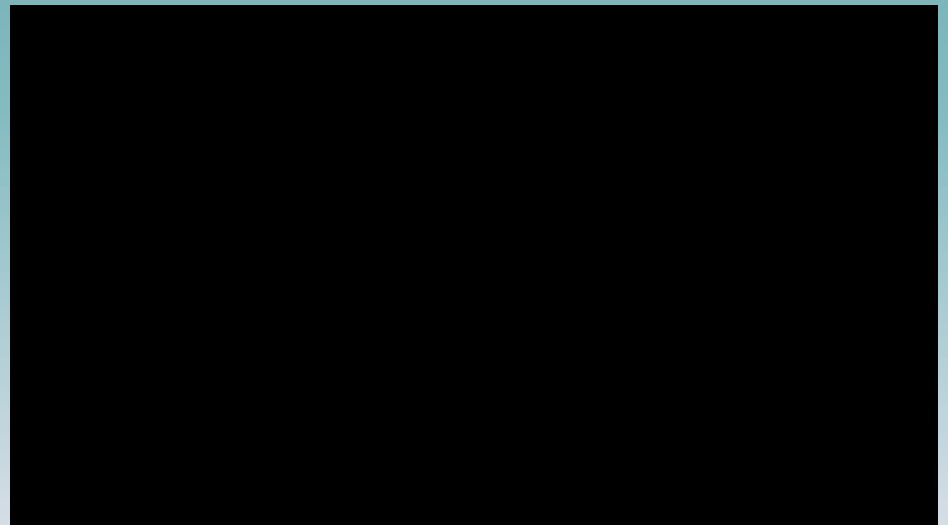
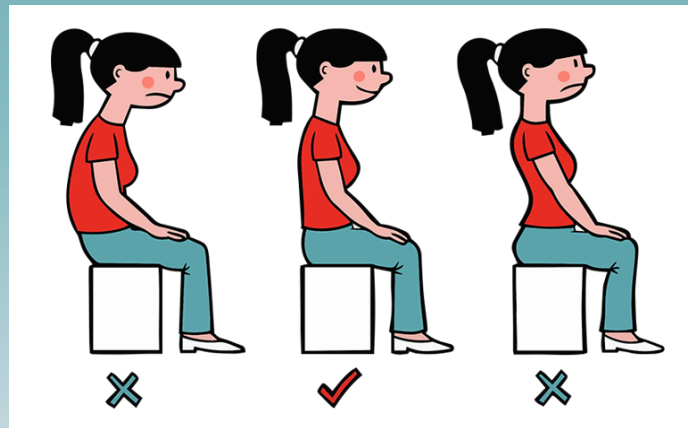
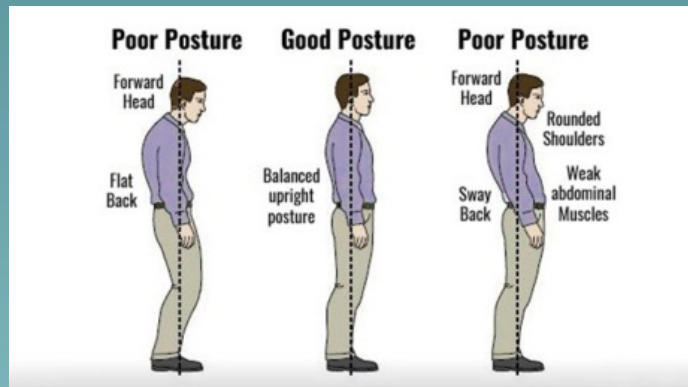


**If you want to use your gift of speech to
God's glory, what should your prayer
be?**

Let the words of my mouth and the
meditation of my heart
Be acceptable in Your sight,
O Lord, my strength and my Redeemer.

~ Psalms 19:14

Describe good posture.



Exercise to improve your posture



Body
& Spirit
Aerobics

Describe the benefits of good posture.

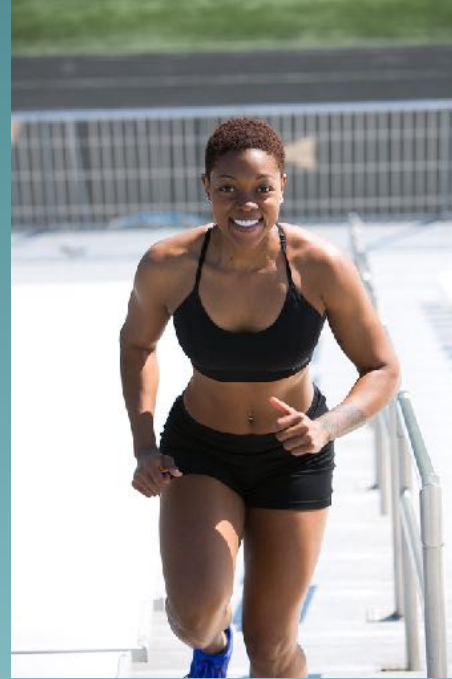
Good posture does the following:

- Provides optimal balance
- Optimises breathing
- Reduces back pain
- Expresses confidence
- Is considered an integral part of physical attractiveness.
- Improves the body's ability to carry heavy loads.
- Protects against spinal deformity as a person ages.

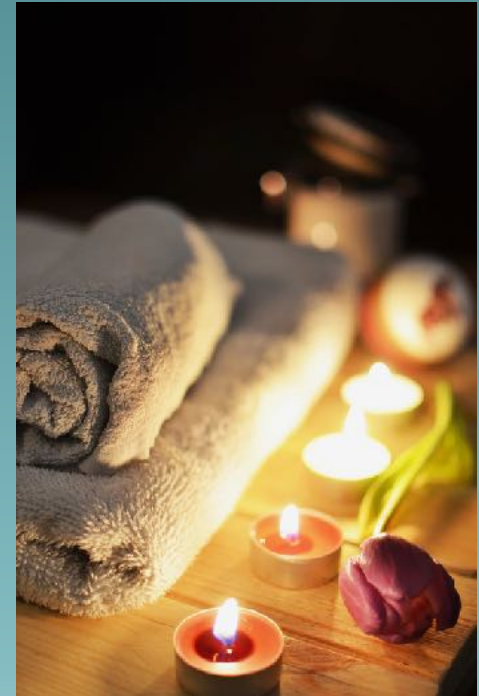
Why is physical fitness important?



https://live.staticflickr.com/3618/3615996533_dof6926384_b.jpg



What is the importance of proper grooming?
Why should we do the following:



Bathing and Brushing Teeth



How can you overcome self-consciousness and social embarrassment



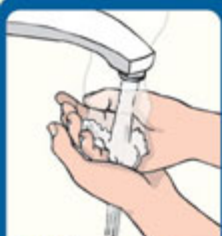


Hair Care

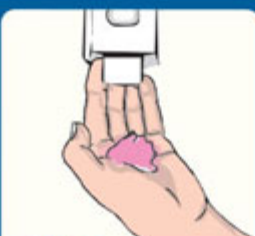
How to wash hands



How to wash your hands properly



1 Wet your hands



2 Liquid soap



3 Lather and scrub - 20 sec



4 Rinse - 10 sec



5 Dry your hands



6 Turn off tap

Care for your face

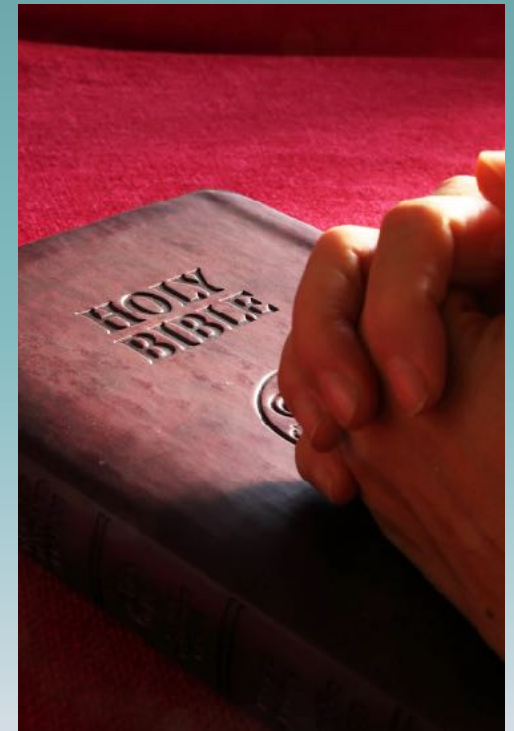


Sleep affects your face & appearance



How can I keep my soul “clean”?

- Confess sin
- Believe Jesus forgives your sin
- Remember you are a child of God
- Trust and obey



Finally, brothers,
whatever is true,
whatever is honorable,
whatever is just,
whatever is pure,
whatever is lovely,
whatever is commendable,
if there is any excellence,
if there is anything
worthy of praise,

**THINK
ABOUT
THESE
THINGS.**

PHILIPPIANS 4:8

Bible Screen

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Maintain sexual purity

Read the following verses

- Exodus 20:14
- 1 Corinthians 6:9-10
- Matthew 5:27-28
- Adultery and sexual immorality are any sexual activities that take place outside the marriage.
- This text tells us that adultery is a sin that a person can commit in private. Do not entertain ideas of sexual immorality, even in your own private thoughts.

Maintain sexual purity

Flee also youthful lusts; but pursue righteousness, faith, love, peace with those who call on the Lord out of a pure heart.

~ **2 Timothy 2:22 (NKJV)**

Maintain sexual purity

Remember now your Creator in the days of
your youth,
Before the [a]difficult days come,
And the years draw near when you say,
“I have no pleasure in them”:
~ **Eccl 12:1 (NKJV)**

Why is your face important?

- It is the first thing that others see
- It is one of the main communicators of your emotions
- Most people define "pretty" or "handsome" based on the way a person's face appears.
- People recognise you more by your face than by any other part of your body. Your face *defines* you.



Importance of Face



‘This Man Is Suing His Wife For Fraud After Seeing Her Without Makeup For The First Time’

<https://www.sickchirpse.com/man-suing-wife-fraud-seeing-her-without-makeup/>

Facial Expressions

I want you to look at the following and guess what the expression means:









Properly set a table

DO it



Formal Table setting

Start on the outer edge and move towards the dinner plate



Proper mealtime behaviour

- Chew with your mouth closed.
- Do not talk at an excessively loud volume.
- Refrain from coughing, sneezing or blowing nose at the table.
- Never tilt back your chair while at the table, or at any other time.
- Do not make unbecoming noises while eating.
- Do not play with food or table utensils.
- Do not single out or chastise someone who has shown poor table manners.
- Do not put your elbows on the table or slouch. It is acceptable, however, to rest forearms, up to the elbow, on the table.
- Always ask the host or hostess to be excused before leaving the table.
- Do not stare at anyone while he or she is eating.
- Never talk on your phone at the table. If urgent, ask host or hostess to be excused, and go outside. Apologise after returning.

Proper mealtime behaviour

- A prayer or 'blessing' may be customary in some families, and the guests should join in even if they are not religious or do not follow the same religion. Most prayers are made by the host before the meal is eaten. Instead or in addition, a 'toast' may be offered.
- Do not start eating until (a) every person is served or (b) those who have not been served request that you begin without waiting. At more formal occasions all diners will wait to begin until the hostess or host lifts a fork or spoon.
- When a dish is presented 'family style', the food is served to one's plate and then passed on to the next person. Put the food on your left, take some and pass to the person next to you.
- When serving, serve from the left and pick up the dish from the right. Beverages are both served and removed from the right.
- Eat soup noiselessly and with the side of the spoon.
- Hot drinks should never be poured into the saucer to cool but should be sipped from the cup. Alternatively, ice may be used to cool them.
- Seasoning ones meal prior to tasting can be considered rude and may insult the chef.

Proper mealtime behaviour

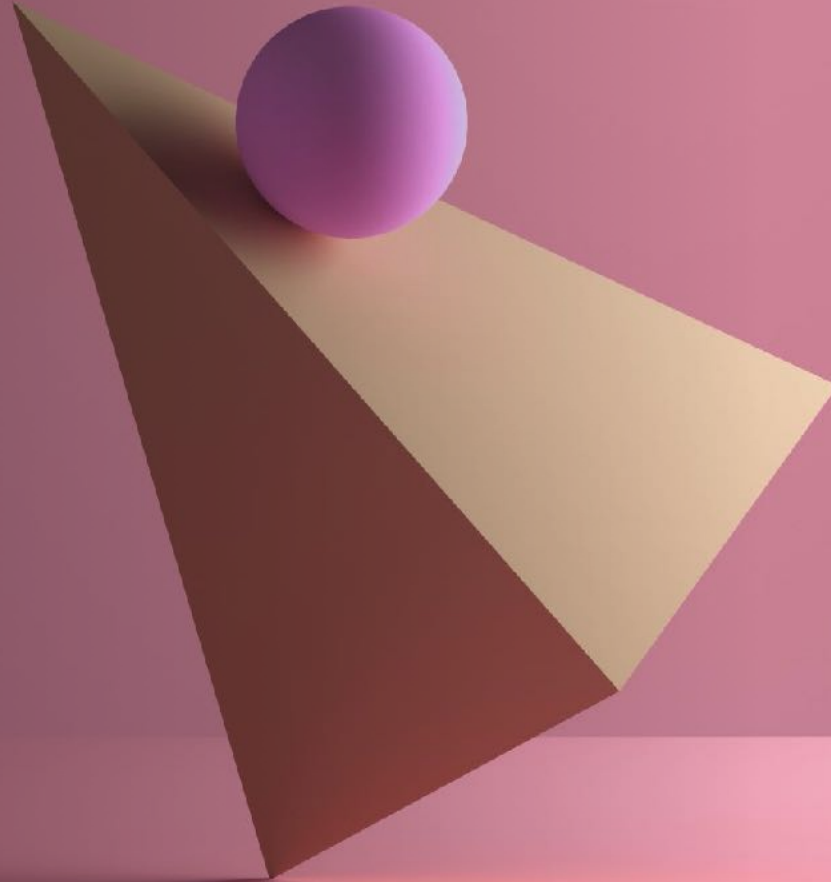
- It is acceptable in most places TO NOT finish all of the food on your plate.
- When finished with your meal, place your knife and fork with handles at the 4 o'clock position and the tines of the fork down to signal to the server you are done.
- Except in a public restaurant, DO NOT ask to take some of your uneaten food away from the meal after it ends, and never when attending a formal dinner.

How can you overcome self-consciousness and social embarrassment

- Christ died for you
- Make sure your hair is clean and combed.
- Make sure your face and body are clean
- Wear deodorant/antiperspirant.
- Brush your teeth and have a breath mint or sugar-free gum
- You are not the only self-conscious person
- People are unlikely to be focusing on *you*
- Admit your mistakes
- Admit your embarrassment
- A little humour goes a long way

Young Men and Women Etiquette

BY HELEN AND LUPA
MWASUMBI

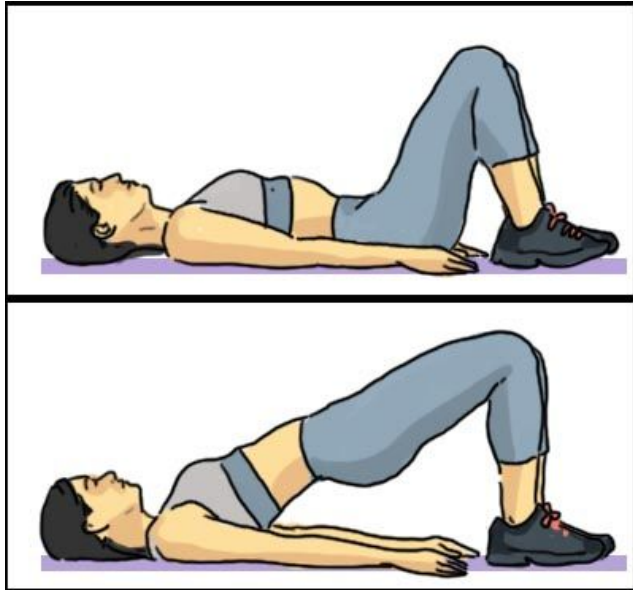


Young Ladies



Demonstrate two exercises that improve your posture

- 1. Lying on your back:
- Lie on your back on the floor with your knees bent and feet flat on the floor
- Use your bottom muscles to lift up your back
- Maintain the pressure for 5 – 10 seconds and slowly let go.
- Repeat 10 times.



Why should you do this?

This helps strengthen your abdominal muscles and helps if you're pregnant because it reduces peri-partus-pelvic pain (a back pain caused by the baby bump)

*Another
exercise
that
improve
your
posture...*



- 2. Sitting on a chair



- Lift your arms to a horizontal position




- Swing them slowly outwards and backwards as far as possible.



- Repeat 10 times.



- Strengthens the muscles of the back of your shoulders, stretches the muscles in the front of your chest and curves your upper spine meaning you have more space the your lung and heart



Choosing a good hairstyle that suits you best

- The choice of a hairstyle is a personal one, but if the goal is to look your best, the generally accepted advice is to style it to even out the shape of your head and face
- A girl with a long, narrow face should choose a hairstyle that makes her face look a little wider. A girl with a round, wide face should use her hair to "lengthen" her face by exposing more of her forehead and adding height.

Hairstyles for different face shapes (e.g.)





- It's always best to dress modest because you don't want anyone to get the wrong picture of you



- Vertical stripes make you look taller while making you look thinner



- Stripes can be used to emphasize or play down height or width.



- Horizontal stripes add weight while making you look shorter

Proper Style of Clothing for women

Young Men



How to have well-groomed



- Wash your hair regularly, and comb it several times between shampooing. Hair at any length should still be washed daily or every other day.
- The choice of a hairstyle is a personal one, but if the goal is to look your best, the generally accepted advice is to style it to even out the shape of your face. This helps in finding suitable touches for

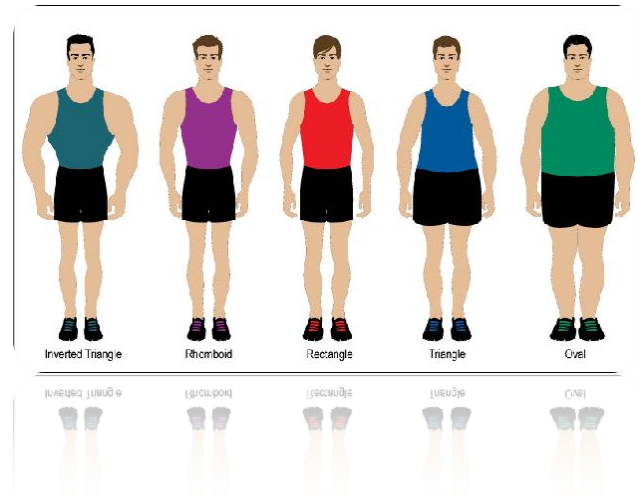


The proper style of clothes to wear if you are tall and thin, or short and chubby

A tall, thin boy should wear a shirt with horizontal stripes, and a short stocky boy should wear a shirt with vertical stripes. Horizontal stripes emphasise width and make someone look shorter. Vertical stripes emphasise height and



Dressing for your Body Type



E.G.



