

Christian Grooming & Manners

EJC Honours Day 2013



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

Luke 2:52 (NIV)

And Jesus grew in wisdom and stature, and in favor with God and men.

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

1 O LORD, our Lord, how majestic is your name in all the earth! You have set your glory above the heavens. **2** From the lips of children and infants you have ordained praise because of your enemies, to silence the foe and the avenger. **3** When I consider your heavens, the work of your fingers, the moon and the stars, which you have set in place, **4** what is man that you are mindful of him, the son of man that you care for him? **5** You made him a little lower than the heavenly beings and crowned him with glory and honor. **6** You made him ruler over the works of your hands; you put everything under his feet: **7** all flocks and herds, and the beasts of the field, **8** the birds of the air, and the fish of the sea, all that swim the paths of the seas. **9** O LORD, our Lord, how majestic is your name in all the earth!

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

(Isaiah 43:1, Exodus 33:17, Isaiah 45:4)

Names are important enough to God that He has protected His own name in the Ten Commandments. He knows each of us by name which also signifies His personal interest us individually.

Demonstrate or discuss proper conversational skills, including:

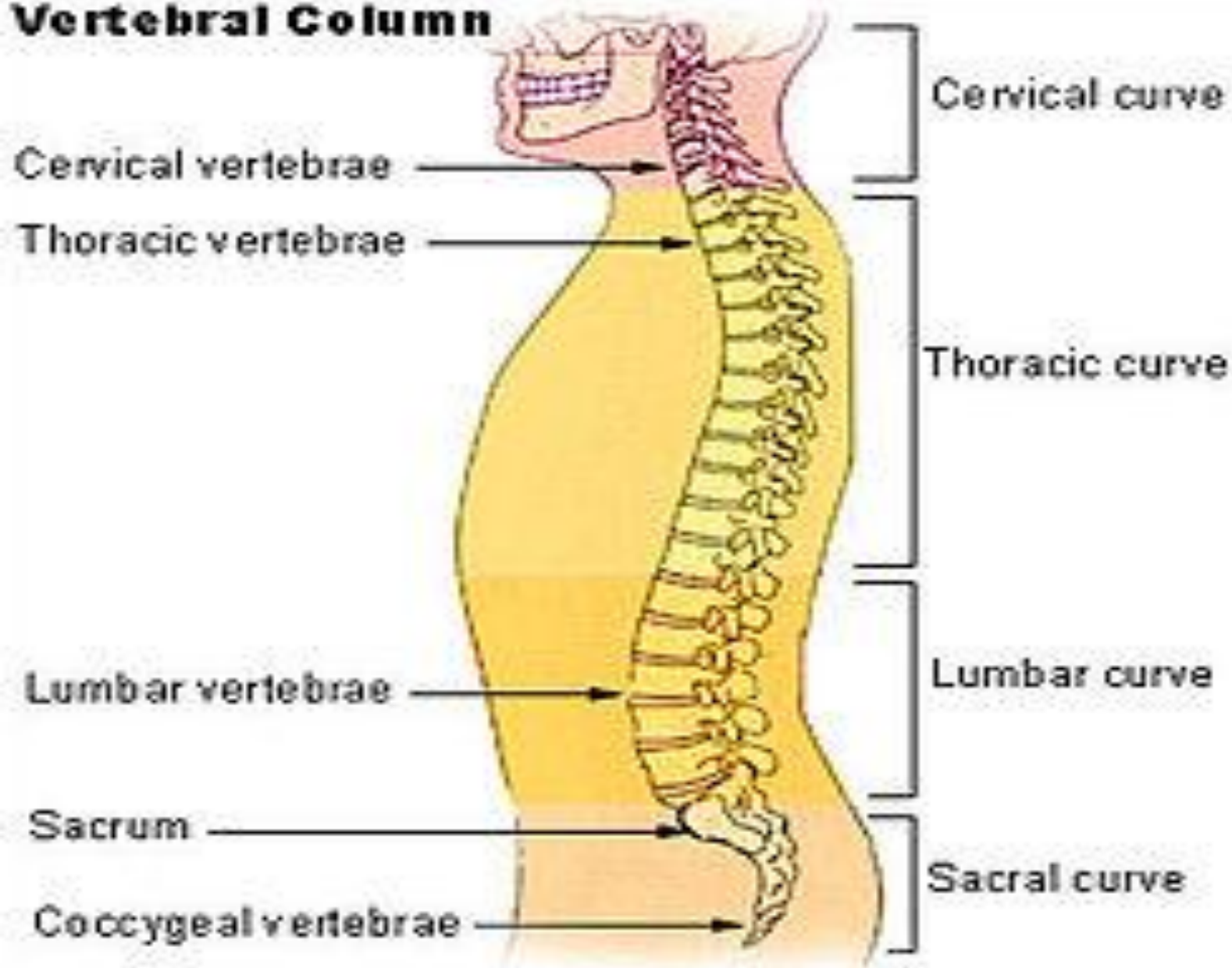
- The proper way to talk to older people in public
- How to address people and make proper introductions
- Questions to avoid
- How to think of pleasant things to say
- How to show concern for the feelings of others
- What to say when you answer the door
- How to answer the telephone correctly

If you want to use your gift of speech to God's glory, what should your prayer be? (Psalm 19:14)

May the words of my mouth and the meditation of my heart be pleasing in your sight, O LORD, my Rock and my Redeemer.

List seven points showing the power of correct posture. Check your posture and body profile. Demonstrate how to stand and sit correctly. Read Education, by Ellen G. White, page 198, paragraph 3, and note the benefits mentioned that come to you as a result of correct posture.

Vertebral Column



Give two reasons why physical fitness is important. Explain the relationship between proper diet, exercise, and weight control.

- Exercise keeps your organs functioning properly, avoiding blockages and poor circulation.
- A healthy diet is also important for weight control. Excessive weight causes disease.

Tell the importance of proper grooming, including bathing, body hygiene, breath, proper care of clothes, shoes, etc.

A person with poor hygiene is unpleasant to be around. Foul odors, dirty clothing, and gross things stuck between their teeth have a tendency to drive people away. Most people will not take a habitually unclean person seriously, and will instead do everything they can to avoid that person. It is very difficult to be an effective witness for your faith under these conditions.

Describe the proper way to wash your hair and care for your "hair tools."

- Wet your hair thoroughly, being sure it is wet all the way to the scalp. Pour 15-30 ml of shampoo into the palm of your hand, and then work it into the hair to form a lather. Lather the hair until all surfaces have been washed. Rinse *thoroughly* - if any shampoo is left in the hair, it will dry in place forming clumps of yellowish flakes.
- Over time, a comb will collect a build-up of dirt which is difficult to rinse off. When this happens, run the teeth of the comb through the bristles of the brush. Rinse both.
- Do not share a comb, brush, hat, or other headgear with another person, as this can facilitate the spread of lice.

Describe the proper care for your hands and fingernails.

- Hands should be washed frequently throughout the day, especially after using the restroom. Be sure to use soap on the palms, fingers, the back of the hands, and under the fingernails, and rinse well.
- Fingernails should be trimmed neatly using nail clippers. Do not chew the fingernails or tear them off. Clean beneath the nails whenever you see dirt under them.

Know the importance of daily "soul-grooming" and of building a Christian character and why "belonging to Christ" makes a difference in the way you dress and act.

- "Soul-grooming" is done through daily communion with God. Any relationship is built by communication, and we communicate with God through prayer and by reading His Word.
- "Christian character" is demonstrated when you do the right thing even when it is difficult.
- Knowing that you belong to Christ will give you a sense of self-worth and confidence. After all, Christ died for *you*, so He must feel you were worth that sacrifice. Because He has forgiven you of your sins, you will want to treat His other children with love and respect. You will find yourself wanting to lead others to Him, and help them resist temptation.

Discuss scriptural guidelines that will help you cope with your sexuality and keep your thoughts-life clean.

- Philippians 4:8
- Exodus 20:14
- 1 Corinthians 6:9, 10
- Matthew 5:27,28

Discuss intelligently the "dos and don'ts" of dating.

List four reasons why your face is important to you, and show how the way you exercise and sleep can improve your facial appearance. What relationship do thoughts have to facial "print-out"? Describe proper facial care.

- Reasons why your face is important:
- It is the first thing that others see.
- It is the first thing that you see (when you look in the mirror).
- 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 recognize you more by your face than by any other part of your body. Your face *defines* you.

Know the rules of table etiquette which make it easier for you and those around you, such as what to do with your knife and fork after using them. Know how to be a welcome dinner guest and a joy to your hostess.

Table manners are the etiquette used when eating. This includes the appropriate use of utensils.

Different cultures have different standards for table manners. It is generally impolite to put elbows on tables since doing so creates a risk of tipping over bowls and cups.



For Young Ladies

Demonstrate two exercises that will 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 abdominal and gluteal (buttock) muscles to roll your bottom a little and press your lower back against the floor.
- Maintain the pressure for 5 – 10 seconds and slowly let go.
- Repeat 10 times.

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.

Know how to choose a hairstyle that makes you look your 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.

Tell the proper style of clothes to wear if you are tall, plump, short, or thin or have a heavy hipline or full bosom.

- The most important aspect for a Christian woman to consider when choosing her clothing is modesty. Immodest clothing will make it difficult for young men to control their thoughts.
- Stripes can be used to emphasize or play down height or width. Vertical stripes emphasize height while playing down width, while horizontal stripes emphasize width while playing down height. Therefore, a tall, thin girl should wear horizontal stripes, and a short, plump girl should wear vertical stripes. Tall girls may not wish to wear shoes with high heels, while shorter girls may benefit from them.
- A girl with a weight problem should not wear tight clothing as that accentuates her problem. Loose-fitting clothing is always a better choice.

Demonstrate the correct way to put on a coat or outer wrap.

- This requirement assumes that the young lady will be assisted with her coat or wrap by a young man. In this case, the young man should remove the coat from the hanger and hold the coat along the shoulder seams (he should grasp the right shoulder seam with his right hand and the left seam with his left hand so that the back of the garment is facing him).
- He should then open the coat to reveal the sleeve holes and offer it to the young lady. She should not need to reach up or down to slip her arm into the sleeve of the coat. Once she has both her arms in the sleeves, the young man should release the coat or wrap and the young lady may button it herself (if she so chooses).

For Young Men

Tell how to have well-groomed hair and how to choose a hairstyle that makes you look your best.

Wash your hair regularly, and comb it several times between shampooing. Long hair needs to be washed more frequently (at least every other day), while short hair requires less maintenance.

List clothing rules and 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 emphasize width and play down height. Vertical stripes emphasize height and play down width.

Tell why Christians should practice good manners. Demonstrate how to seat a girl or woman at a table and how to properly escort her from home to a social function.

Christians should practice good manners because they are ambassadors of Christ. Rudeness on the part of a Christian reflects poorly on all Christians.

Unfortunately, many professed Christians do not practice good manners, leading many to conclude that Christianity produces rude people.

THE END