

Christian Manners and Grooming  
Worksheet

(Fill in the blanks and go to the bottom for Homework Activities)

**1. What well-balanced combination of strengths did Jesus develop as a youth? (Luke 2:52)**

This verse indicates that Jesus grew .....(wisdom) as well as .....  
(stature). He also grew ..... (in favour of God) and ..... (in favour of  
men).

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

**2. According to Psalm 8, what estimate does God place on your personal worth?  
The New King James Version translates Psalm 8 as follows:**

This is saying that God sees man as the crowning (most significant) act of His creation. This  
means that each one of us has ..... value

**3. According to Isaiah 43:1 are names important to God? Does He know your name?**

These three verses are quoted from the New International Version:  
Names are important enough to God that He has protected His own name in the Ten  
Commandments. He ..... each of us by name which also signifies His personal interest  
in us individually.

**4. Demonstrate or discuss proper conversational skills, including**

*A. The proper way to talk to adults*

- I. Children should address adults using the words Mr, Mrs, and Miss outside of church,  
or Brother, Sister in a church setting followed by that person's last name (Surname).
- II. They should avoid using an adult's first name unless it is also used with a last name.  
For example, "I talked to John about borrowing his tools," would be considered  
disrespectful, but saying "I talked to John Smith about borrowing his tools" or "I talked  
to Mr. Smith about borrowing his tools" shows proper respect.
- III. When speaking to an adult (or anyone else), do not mumble. Avoid slang. Be sure to  
use such words as "sir," "ma'am," "please," and "thank you." Make eye contact.
- IV. Avoid talking back to adults, unless asked or when you need to correct something -  
even then do it gently and with respect

*B. How to address people and make proper introductions*

- When making introductions, **say a woman's name before a man's**. If they are both the  
same gender, **use the older person's name before using younger person's**.

*C. Things to avoid*

- Do not comment on any physical defects in a person, or
- Do not ask personal questions:
  - (I) "When did you last have a shower?"
  - (II) "Don't you think you should try to lose a little weight?"
  - (III) "How much money do you make?"
  - (IV) "How old are you?" (When speaking to someone older than you)
  - (V) "How is your mother?" (If mother is dead.)

*D. How to think of pleasant things to say*

Think of something that has happened to you in the recent past that you found pleasant and talk about that.

*E. How to show concern for the feelings of others*

- Practice active listening. In active listening.
- For example:

Bad Form

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

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

Alice: "She broke her finger

Bob: " I don't care at all"

Better Form

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

Bob: "Your sister was in an accident? Is she OK?"

Alice: " She broke her finger."

Bob: " I hope her finger heals soon."

It is also important to show concern for the person before considering other ramifications:

*F. What to say when you answer the door*

- When one is known to you - invite him in while you get the person requested..
- When one is not known to you - If the visitor is unknown, kindly ask him to wait until you can get the person requested.
- If no one else is home, tell the visitor so only if you know the visitor, and ask if you can relay a message for him.

*G. How to answer the telephone correctly*

When answering the phone at home, nothing beats this old classic: "Hello?" It is also good to say after this greeting the period of day, that is:

When answering for a business, the rules change. In this case, you are expected to answer with the name of the company, as in "Campy Rockets, how may I help you?"

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

Let the words of my ..... And the meditation of my heart be acceptable in your  
.....

**6. List seven points showing the power of correct posture. Check your posture and body profile. Demonstrate how to stand and sit correctly.**

Good posture does the following:

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

**7. Give two reasons why physical fitness is important and 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 will cause diseases.

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

*Importance*

- A person with poor hygiene is unpleasant to be around.
- Foul odours, 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.

*Social cues*

- Be on the lookout for social cues that indicate you may have a problem. If someone is continually averting their eyes from you, or you find them staring at some part of your face other than your eyes, discretely excuse yourself and have a look in a mirror. Check your teeth, and make sure your face is clean.
- If a person offers you a piece of gum or a breath mint, it may be a polite way of curing your bad breath. The proper response is "Thank you." Accept the breath freshener without asking why it was being offered. Perhaps you'd rather not know!

**9. 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.

Comb or brush your hair immediately after washing it, and again several times through the day. Longer hair needs more frequent care. Very short hair may not need combing at all. When you are finished combing or brushing, run water over the comb or brush to clean it. 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 help the spread of lice.

**10. Describe the proper care for your hands and fingernails**

Hands should be washed frequently throughout the day, especially after using the restroom. Germs and viruses are spread by hand-contact, and washing them is an effective way to prevent their spread. Be sure to use soap on the palms, fingers, the back of the hands, and under the fingernails, and rinse well. Many people avoid handwashing because it dries their hands, but this is really an effect of improper rinsing. If you find that handwashing still dries your skin even after thorough rinsing, apply a lotion. It is even more important to wash dried, cracked skin, as the cracks offer an entry for germs into your system. Drink plenty of water to keep your skin hydrated. 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.

**11. 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.

**12. Discuss scriptural guidelines that will help you cope with your sexuality and keep your thoughts-life clean. Discuss intelligently the "dos and don'ts" of dating.**

*Scriptural Guidelines*

The longer one thinks about sinful things, the more likely that person is to engage in that activity. Philippians 4:8 recommends against impure thoughts.

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.

2 Tim 2:22

Date with Jesus

Date with your education - Griggs International

Eccl 12:1

**13. 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.**

*Importance*

Reasons why your face is important: a It is the first thing that others see when they look at you. b It is the first thing that you see (when you look in the mirror). c It is one of the main communicators of your emotions. d Most people define "cute" or "handsome" based on the way a person's face appears. e People recognize you more by your face than by any other part of your body. Your face defines you.

*Sleep and Exercise*

Because your face is so central to who you are, you should take care to make it look its best. Lack of sleep will not only make you tired, it will make you look tired too. Regular (and sufficient) sleep will keep you from looking tired all the time. Regular exercise will do this too, because if you exercise regularly, you will not only be more fit, you will have more energy.

*Facial Print-out*

People can adopt a facial expression as a voluntary action. However, because expressions are closely tied to emotion, they are more often involuntary. It can be nearly impossible to avoid expressions for certain emotions, even when it would be strongly desirable to do so; a person who is trying to avoid insult to an individual he or she finds highly unattractive might nevertheless show a brief expression of disgust before being able to resume a neutral expression. The close link between emotion and expression can also work in the other direction; it has been observed that voluntarily assuming an expression can actually cause the associated emotion.

*Facial Care*

The most important aspect of facial care is regular and frequent cleansing with soap and water. Begin by wetting the hands and face with water, then lather the hands with soap and apply to the face. Work the soap by rubbing over the face. Then rinse thoroughly. If desired, apply lotion to moisture the skin, but little proof exists that this provides any health benefits at all.

**14. 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. Many table manners evolved out of practicality. For example, it is generally impolite to put elbows on tables since doing so creates a risk of tipping over bowls and cups. Within different families or groups, there may be less rigorous enforcement of some traditional table manners of their culture while still maintaining others. For example, some families ignore elbows on the table or mixing of foods.

Table Layout

### *A properly set table*

Bread plates are to the left of the main plate, beverage glasses are to the right. Salad fork, knife and soup spoon are further from the main plate than the main course knife, fork and spoon. Dessert utensils are either placed above the main plate or served with dessert.

The sharp edge of the knife blade faces the plate.

### *General Behavior*

- Always chew with your mouth closed
- Do not talk loudly
- 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 pick out on someone who has shown poor table manners
- Do not put your elbows on the table or slouch.
- 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.

### **Utensils**

- Use Cutlery/utensils unless eating finger foods, such as bread, French fries, chicken wings, pizza, etc. At more formal occasions, it is acceptable to eat asparagus or some romaine lettuce dishes with ones hands. However, as this is an obscure etiquette rule, in more casual settings, it is customary to use utensils.
- The fork may be used either in the American (use the fork in your left hand while cutting; switch to right hand to pick up and eat a piece) or the Continental (fork remains in the left hand) fashion —either is now acceptable.
- The fork is used to convey any solid food to the mouth.
- The knife blade should be placed on the edge of your plate when not in use. The blade should always face inward.
- When you have finished eating soup, the spoon should be placed to the side of the saucer, not left in the bowl.
- Keep your napkin on your lap. At more formal occasions all diners will wait to place their napkins on their laps until the host or hostess places his or her napkin on his or her lap.
- When eating barbecue or some other messy foods, a 'bib' napkin may be provided for and used by adults. Usually these foods are also eaten by hand, and wet wipes or paper napkins should be used to clean the hands.
- When using paper napkins, never ball them up or allow stains to show.
- Use your silverware from the outside moving inward toward the main plate. (Salad fork, knife and soup spoon are further from the main plate than the main course knife, fork and spoon. Dessert utensils are either placed above the main plate or served with dessert.)

### **Dining**

- 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.

### **At the end of the meal**

- 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.

### **15. List ten principles to help you overcome self-consciousness and social embarrassment.**

- The most important thing for a Christian to remember is that no matter how awkward they are, the Ruler of the Universe loves them and gave His life for them.
- Spend some time preparing for a social event. Make sure you are clean, your hair is clean, and combed, and your breath is fresh. Put on a clean set of clothes before setting out, and wear deodorant or antiperspirant. Antiperspirant will keep you from sweating. Deodorant will keep your sweat from smelling bad.
- It also helps to recognise that you are not the only person who may feel self-conscious in a social situation. Every other boy and girl your age will also be worrying about doing something goofy, so the chances are pretty good that if you make an embarrassing error, everyone else will be so preoccupied with themselves that they do not notice.
- Still, sometimes you will do something embarrassing, and others will notice. In this case, it is best to acknowledge your fault, admit embarrassment, and try to see the humour in the situation. That can be very hard in the heat of the moment, but if you can pull it off with grace, people will be quick to forgive, and they will not think poorly of you.

### **So here are ten principles to remember:**

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

### **For Young Ladies**

#### **16. 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.

Try to do the same exercise while standing with your legs straight and against a wall.

This exercise strengthens the abdominal and gluteal muscles and helps to focus on the pelvis position in order not to exaggerate the lumbar lordosis (an inward curvature of the lumbar and cervical segments of the spine) as is often seen with young women and girls, giving them lot of problems during pregnancy with peri-partus-pelvic pain.

##### **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.

This exercise strengthens the muscles of the back of your shoulders, stretches the muscles in the front of your chest, and thus works towards lesser thoracic kyphosis (curvature of the upper spine) and makes more room for your lungs and heart.

**17. 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.

**18. 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 emphasise or play down height or width. Vertical stripes emphasise height while playing down width, while horizontal stripes emphasise 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.

**For Young Men**

**16. 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. 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 head. This helps in finding suitable touches for everyone.

**17. 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 emphasise width and play down height. Vertical stripes emphasise height and play down width.

**18. 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.

**Other Activities and Questions**

1. Using Bible Concordance find another verse that shows we are special to God?
2. Using Bible concordance find 2 more verses showing that your name is important to God.
3. Find an example in the Bible of someone who respectfully addressed an older person?
4. Help set the table in your home for a week and ask your parents/guardian to sign that you have done so each day