

Gift of Faith book 10: Helpful Hints

Received by: CQ and DE

Example

When you see someone doing something that is good, it makes it easy for you to do it also. Think about your home and family, and the people around you where you live. How do you want people to treat you, and what do you want them to be like? You can be like a good advertisement that shows people the right way to be!

If you are kind and caring, cheerful and helpful, it makes it easy for people to learn to be that way too. If you are unkind and pushy, grumpy and selfish, then it's easy for people to reflect those actions and attitudes too. Try to be the way you want others to be.

People won't always be the way you would like them to be, and they won't always make the right choices, but you can help make it easier for them to do things in the best and most loving way when you show them a good example yourself.

Habits

There are some things that are good to do and that will make life better for you if you do them. It's often easy to forget to do important things. But if you practice doing something often enough, eventually it will become a habit. You will remember to do it most of the time, on your own.

Some good things to make a habit of doing are:

- Washing and keeping your hands clean.
- Smiling and greeting people that you see.
- Putting clothes and toys where they belong is very helpful, and will save you time cleaning up.
- To pray when you wake up in the morning, before you play or go out, before you eat, as well as at night before going to sleep.

There are many good habits to develop. Can you think of some other ones? Keep practicing and soon these good habits will come automatically, and they will help you gain good results.

Doing Things

Doing only what seems easy and fun won't make things very nice for you. It takes hard work to improve things. Even a game takes effort in some way. What if a bunch of children gathered at a party to play a game of tag, but no one wanted to run?

If they said, "It's too hard. I'd rather just sit down!" then there would be no game, and everyone would be sitting around wondering why they weren't having a fun

time. And what if there was no snack to eat either, because your mother felt that it was too much work to cook? To have fun, to stay safe, and to learn new things that you'll be glad you know how to do, takes effort.

Sometimes you have to do things even when you are a bit tired. Sometimes you need to do things that aren't the most fun or that don't feel as relaxing as resting on a soft bed or enjoying your favourite activity.

However, when you do things that are needed, and you help others, or you get good exercise, or you fix something that is broken, or you help to prevent an accident by taking care of something you noticed was unsafe, it will make things better for you in the end. You'll be happy, healthy, and safe if you aren't lazy, and if you do what you see needs to be done and are willing to help others, even if some things don't seem to benefit you right then.

Use of Time

Every day offers many opportunities to use our time wisely. There are so many choices of things to do. Each day only comes once and then that day passes by so quickly. Once you are grown up, there will be plenty of work that needs to be done. So while you are still a child, enjoy each day!

Let's not waste our time with things that aren't constructive or won't have a positive effect on our life, or on things that will weaken our health or eyesight. Let's choose to use each minute wisely, doing things that we'll be glad we did!

Some of the best uses of our time are doing things that fill our mind and heart with good things—such as taking time to talk with Jesus, and reading and memorizing His Word. Learning something helpful is a great use of time—like reading good books, practicing a new skill, or talking with someone about something they know or can teach us.

Doing things that promote good health—such as taking time outside, having exercise, being out in nature, and eating a healthy snack—are good choices and good use of time. Time spent doing loving deeds for others is a wonderful use of our time and will bring great things our way!

Vision and Goals

Isn't it fun when you get a great idea of something new you want to try, or learn, or a project you want to begin? When you have something that you are thinking about doing and hoping to see work out, and you can imagine how you want things to be, and what would make things better and improve a situation, that's called having a vision.

If you were to just sit around and complain about what you don't like, and say that you have nothing to do, then you would only feel worse. Wouldn't you rather be part of bringing the solutions, fun ideas and great activities that Jesus wants to give to you and others? You can pray for new ideas and for clever plans, and for fun ways of doing things, or for great projects to work on.

You get the vision and inspiration of what you want to do and how you want things to be in the end, and that's the first step. Next, you need to make goals. Goals are like a finish line that you run towards. You plan what needs to be done to make your ideas happen, and then you do the work, bit by bit, until you at last complete what you wanted to do.

You can't do everything in one day, so making part-way goals or short-term goals will help you to get to the final goal that you are reaching for. You divide all that you need to do in order to reach your big goal into smaller steps or goals. You work on these small steps one at a time. You need to keep the vision in mind, and keep reminding yourself of the great things you are trying to accomplish, and this will keep you moving forward with it until it's done.

Living life with vision and goals will give you fresh inspiration. You'll enjoy each day so much more!

Kind and Respectful Speech

When you take the time to be respectful with your words and try to say kind things to people, that is really being loving. It's not always easy to hold back a quick reply that can sadden or upset someone, but it's worth it! Because if you can learn to be kind in the way you speak to people, and the words you use, you will always be welcome wherever you go.

It's also a form of love when we take the time to answer people nicely. It's so much better to answer others clearly and respectfully, especially if they are our parents or anyone that's older. But our younger brothers and sisters deserve kind words and patient speech too. They need lots of love and understanding, just as you did when you were their age.

To speak to someone respectfully means to say things in a way that will make the person listening to you feel that they are valuable and worth treating with care; that they are important and special to you and others. To speak kindly means to choose words that make them feel loved and good inside, words that cheer them up, and that make them want to be friendly to you as well.

Exercise and Sleep

Is it fun to be sick in bed when everyone else is playing and having fun? You might not think about that when you don't feel like going to bed or when you don't want to go outside for exercise. But think about what happens when you don't get enough sleep.-You can catch a cold or a cough or maybe even get a fever because your body is rundown.

Getting good sleep helps to refresh your mind, too, and gives you more patience and joy for when you are awake throughout the day. Every time you sleep, your body has a chance to repair itself and get new strength, and that helps your body to grow.

It's the same thing with exercise. Every time you get fresh air and sunshine and good exercise, you're making a wise choice, doing something that is very good for your body.

When you exercise, your body receives lots of new oxygen, your blood gets pumping, and your muscles and bones get stronger. Exercise helps to clean you on the inside, taking away the things your body doesn't need. It makes you feel fit and strong and gives you more energy for later on too. All kinds of good things happen inside your body when you exercise!

You're doing your body a big favour by exercising and getting enough sleep. In turn, your body will do you a big favour and keep you healthy and strong so you don't have to spend a lot of time being sick in bed. And if you don't know what to do or what your body most needs to stay in good health, just ask Jesus. He knows what's best for you. He can show you and your parents what kind of exercise is best for you, and how much sleep you need. Jesus loves you and is very concerned about your health.

Water

Did you ever have a little plant? Did you take good care of it and give it enough water? You must have been happy when it grew healthy and strong. Plants need water and so does every living thing. What would happen if your plant didn't get enough water? It would turn all brown and wither, wouldn't it?

Our bodies need lots of water, too, so they can stay healthy and strong. Drinking water every day keeps all the cells in our bodies fresh and clean and strong. It also helps flush out the things that our body doesn't need any more. Water helps to keep sickness away, and when we do get sick it helps us heal quicker.

You can think more clearly and remember things better if you have had plenty of water. When your body starts to feel weak or weary because you haven't given it enough water, you can start to feel bothered about things and have a lot less patience with others. If you find you are getting easily upset with others, maybe it's a good time to step away for a minute to get a good drink of water.

Drinking other drinks—like milk, juice, tea, or drinks with sugar—doesn't really take the place of water; in fact, these drinks can make your body feel even thirstier inside. There are so many things your body has to do to keep you healthy, and keep each part working well, and they can only be done if you give your body plenty of water.

By the time you feel thirsty, it means that your body has been struggling for some time already to do some of the jobs it needs to do to keep your body operating right. So, it's best to make it a good habit to drink lots of water, regularly, even before you get that feeling of being so very thirsty. This will make it much easier for you to stay healthy and keep in tip top shape.

Water is a special miracle-drink that God made! Make sure that you get enough of it every day.

Good Food

Did you know that even plants need to eat? One of the first things they do is grow long roots that go down into the soil. The roots absorb nutrition and minerals from the soil to make the plant healthy and strong. Our bodies need good nutrition as well, to grow strong and healthy. Can you think of some foods that are healthful to eat? And what foods are not so healthful? There are many foods in shops today that may look fun and fancy, and are tasty, but aren't good for you at all. Foods that have been mixed, cooked, and packaged in a factory, as well as filled with things that aren't good for you, are going to make you weak, grumpy, get sick easily, and not look your best. When you are hungry your body is saying, "I need some good vitamins, minerals, and other needed supplies, so that I can keep working well."

Sometimes people just grab what seems the yummiest or fastest thing to eat right then, or they might feel like eating this and that all day, but end up getting overweight if it's the wrong foods. Just eating more and more food isn't going to satisfy you and give your body what it needs—it has to be good and healthful food! If your body gets foods that aren't good, then it might even make you get extra hungry, because then your body needs extra nutrients—because it is trying to do its normal jobs as well as repairing the troubles from the things you ate that were bad for your body.

It's better to eat lots of good healthful food like fruits, vegetables, and other natural foods that God made, which are grown fresh for you. Choose the foods that are good for you and that your body actually needs, and that don't have the wrong things added. You will then be able to run fast, sleep well, get good ideas, learn things quickly, look handsome and pretty, have a clear-looking face and nice-looking healthy hair, have teeth that are free of troubles, fingernails and bones that are strong, and your body can stay healthy!

It feels great to be in good shape and able to get up and do the things you like to do! Olympic champions know that good food will help them do the amazing things they want to do. Make the choices of champions today!

Teeth/Eyes/Ears/Mouth

Are you thankful for your eyes and ears, and your mouth and teeth? Sure you are! Because without them you couldn't enjoy this beautiful world that God has created for us, including all the yummy things there are to eat, the beautiful places there are to see, or hearing your parent reading you a story or singing you a song.

God wants us to enjoy life, and all the nice things in life are His blessings to us. But He also wants us to take care of our bodies so that they will last a long time and work well. That's why it's important to do things like brushing your teeth and rinsing your mouth with water after eating. Teeth are very important and once you get your adult teeth, you won't get any more. (Your milk teeth or first teeth fall out and then the next tooth that comes in is called your adult tooth. When this one is lost, it does

not come back.) So if you learn to brush them and keep them clean and avoid eating sugary foods, your teeth will last a long time.

(NEW) Nice clean teeth sparkling in a lovely smile is like a ray of cheery sunlight. A clean face and mouth showing a pleasant and happy expression is often the first thing people notice and will be affected by. And whatever affects the moods and actions of others will affect you, too! But what people remember far more than the appearance of your face is what words they hear coming out of your mouth. The memory of your words or songs can stay with others for a very long time. To do the most good in life, and to build a happy and strong life that is a blessing to others, we need to guard our mouth. We need to guard what goes in—the food and drinks we take in; and we need to guard what words we allow to come out. Words can not only affect others, but can affect the person speaking them, too. So good words and good food belong in our mouths. Rinsing our teeth with water, and letting the water of God's Word that we've committed to memory be spoken, are ways to keep our mouth clean and healthy—in body and spirit.

The same thing holds true for your eyes. Always be sure to read in good light because your eyes need light to focus. They also need sunshine and exercise, just like you do. Sunlight, natural light, strengthens your body and is good for your overall health. When you run and play outside, your eyes have to work hard so you can see things both close up and far away. That's good exercise for them and keeps them strong. If you sit inside all day and watch TV or a computer screen, your eyes will get weaker and weaker because they don't get the exercise they need.

Through our eyes and ears we can experience lots of things on Earth. We also need to guard ourselves as we use them, to protect them from things that wouldn't be good for our heart and mind and spirit. We have to choose what to watch, what to look at, and what to read. Whatever we use our eyes for will have an effect on us and how happy we are, or how much good we can do for others and how much Jesus' love can shine through us.

The same is true for our ears—what we listen to will affect our feelings and moods, and make us want to do certain things, or not feel like doing some things. If we want to make wise decisions, and do things that help us have a great life, we have to make sure that what we listen to is going to help motivate us to do what is right.

We have to choose good and uplifting music with a positive and Godly message and "feel" to it.—That means that it somehow builds up, encourages, cheers you or others or brings peace, happiness, joy, and lets people know they are loved. We need to talk with the kind of people who will be helpful to us, or whom we can help. We need to listen to audios that build our faith and teach us things that are good and true, and that make us feel inspired.

So if you've been feeling a bit down or sad lately, stop to pray and check what you have been watching, looking at, or listening to—and change your input if you need

to. You'll feel so much better. Hearing and reading God's Word and looking at nature are wonderful ways to perk up and feel refreshed.

Take good care of yourself, because God made you, and He wants you to be happy and healthy, filled with His love and Spirit!

Diligence and Faithfulness

The Bible talks a lot about diligence. Diligence means taking the time to do things the right way and to do them well. It means putting your whole heart into whatever you are asked to do. Faithfulness means that if you are given a task, like clearing the table after dinner or making your bed, that you just go and do it when it's time. You don't wait for mummy or daddy to remind you; you just go and do it. Jesus didn't just sit around all the time, waiting for someone to tell Him what to do. He said His Father is always working, and so He, too, works to help us every day. (John 5:17)

If we love Jesus, we'll want to be like Him. We can look to His example when He was on Earth. He was wholehearted and faithful in everything He did. He was faithful doing carpentry work with His earthly father for many years, and helped to care for His brothers and sisters too, since He was the oldest. He was also faithful to do everything that His heavenly Father told Him. Someday we're all going to Heaven to meet Jesus. Won't it be nice to hear Him say, "Well done! You're a good and faithful servant!"

Kindness

When we let others have the first pick or choice of something new, even if it means letting them have the one we wanted, that's called preferring others. Sometimes it is so hard to let someone else have the first turn when we really want to be first! But you know, every time you do something hard like that, there's a little more room in your heart for Jesus' love to grow.

Jesus knows it's hard to prefer others and let them have the biggest piece or the first choice. It was just as hard for Him when He was on Earth. That's why He understands and He is so pleased when we do hard things like that. In fact, it's almost like He gives us a big hug whenever we are kind and considerate like that. It sure is nice getting big daddy-hugs from Jesus!

Every time you are kind and considerate to others, you're making room in your heart for Jesus' love to grow. And it'll grow and grow until it just pops out and overflows everywhere, and you'll be a little channel of Jesus' love to others. Jesus needs little channels or little pipes to pour His love through. Will you let Him use you?

Courtesy

Everyone talks about good manners and how important they are. Maybe you don't see why good manners are so important. But if you are polite and say "please" when you ask for something, people will enjoy answering your request. They will know you tried to

be kind and considerate when you asked; you weren't being demanding or pushy. If you are polite and respectful, people will respond that way to you, too.

It's like an echo. Have you ever heard an echo? You call out something and you hear the echo repeating whatever you said. If you shout something loud and mean, the echo will answer back the same way. If you call out something friendly and lovingly, the echo will repeat the same words, in the same way.

This is an example of how it is in your interaction with others. If you talk gently, politely, and respectfully to others, that is how they will answer you. Everyone likes to be treated that way and having good manners is part of showing love. What you give to others always comes back to you. Just like the echo!

Thinking Well of Others

Whenever you find yourself getting critical or thinking not such good thoughts about others, stop yourself. Pretend that an alarm went off in your head or you're seeing a flashing red light on the road. That's a danger signal, like you see sometimes when you're driving in the car. It means to stop or slow down and proceed with caution.

Spiritually, a "red light" means to stop thinking bad thoughts and take time to think about something good about that person. The Bible says that whatever things are true, honest, just, pure, lovely, and are giving a good report about a situation, words of praise, are the things we should think on. (Philippians 4:8)

If we're not thinking positive and loving thoughts about others, then we are definitely on the wrong road! Just like the flashing red light means it's time to stop and proceed with caution, we can stop and make sure we're on the right road, going God's way and thinking His Heavenly thoughts about others.

Wise or Foolish

Jesus once told a story about a wise man and a foolish man. The wise man was the one who built his house on a rock. That's a good way to build, because then your house has a strong foundation. The foolish man built his house on sand, and the rains and the storms came and washed his house all away. The house had no foundation so it was soon gone.

Have you ever built a sandcastle at the beach? It wasn't long before the waves came and washed it all away and there was nothing left of it. That's just how it is when we build our lives on man's knowledge or the wisdom of the world, instead of building on the Rock, Jesus Christ. Real wisdom is knowing that we're all just like little sheep that need a shepherd to teach us and show us the way. Real wisdom is following Jesus and obeying Him and putting His Words into effect in our lives. Now that is really being wise!

Have you ever made a sudden decision and chose to just do whatever you thought of, and then found out that it really wasn't such a good idea? It's good to pause and pray before doing something—especially if it's something that has just popped into

your mind. That way you can stay safer, and make sure you are doing the kinds of things that will make you and Jesus the happiest.

Sometimes what pops into your head is a word or a song or something you saw on a video. Not everything you will ever hear will be good and kind, positive and uplifting, and have a good effect on you and others. You can show that you are wise, and that you are growing up, by stopping yourself from saying things that are silly, hurtful, or untrue. Words will have an effect on you and others, and it will make a big difference in your interaction with others, and whether others enjoy having you around.

So, a word to the wise: Pause before speaking, and say only the things that you know are good, true, kind, necessary, and helpful. Then your words will be like building blocks that create a good environment to live in.

Obedience

Do you know the story of Jonah and how he told God, "I don't want to do it!"? Uh oh! Did things turn out very good for Jonah? They sure didn't, did they? Eventually, Jonah got around to obeying and doing what he was supposed to do. But wouldn't it have been better if Jonah had obeyed right away? I think so.

We can learn a lesson from Jonah about obeying right away when we're asked to do something.

It's not always easy to obey and do what we're asked to do, but Jesus is always there to help us. Whatever we are learning, we can always ask Jesus for His help and He'll help us. "I can do all things through Christ who strengthens me." (Philippians 4:13). Learning to obey is part of growing up and Jesus will always help us.

If people all over the world only did what they thought of, and never listened to or followed the advice or instruction of someone else who knew more about the situation and was trying to make things better, that would cause a lot of problems!

Those flying in a plane need to listen to the crew. They need to do what is asked if they want to have a nice and enjoyable flight, and stay as safe as possible. The pilot also needs to listen to those down in the control tower when he's going to land, and do what they say, so the plane can land safely.

Those going to a zoo need to read the signs on the fences and cages of the animals, to stay safe, to make sure they don't do things that upset the animals, and to help the animals to be well cared for. When a traffic policeman or a construction worker is motioning for some cars to go and for others to stop, motorists need to pay attention and follow the directions, or it might cause an accident and take them even longer to get to where they are going.

Listening to the wise instructions of those who are trying to help us and others to be safe and well cared for is a very wise thing to do.

Quietness

It's easy to make noise, but sometimes it takes real self-control to stop yourself from talking or making noise. But sometimes it's real good to just take time to be quiet. It gives you a chance to think clearly, and most of all gives Jesus a chance to talk to you.

If you are always talking, playing, laughing, singing, and making noise, it's rather difficult for you to hear the small little sounds that can best be heard when things are quieter, as Jesus' voice doesn't come booming through the racket and confusion or loud speaking. His voice can be heard more easily by those who stop and get quiet.

When you try to be quiet and not disturb people when they're working or talking or sleeping or would rather not be interrupted, that's being loving and considerate. You'll appreciate when others then show you the same consideration in return. Sometimes the best gift you can give someone is the gift of being silent. There is a saying that "Silence is golden." Quietness is a precious thing that takes effort and thoughtfulness.

Other times we can practice being quiet are: when someone is taking time with Jesus, reading His Word and praying; when people are sleeping, or aren't feeling well, and are getting some rest; when someone needs to concentrate on their work or when they are reading or studying; when out in nature and you and others want to see some interesting birds or animals, and noise would make them go away.

Listening

Part of good manners and part of simple courtesy is not interrupting people when they're talking. It could be your mum or dad, and it could even be your brothers or sisters who are talking and would appreciate consideration.

Everyone deserves to be treated with courtesy. If there's something really important that you have to say when somebody is talking, wait for a pause, when they stop for a moment. Then you can say, "Excuse me ..." and then go on to say whatever it is you have to say.

It's also part of good manners to listen when people are talking to you. That means looking at people, eye-to-eye, and thinking about what they want to tell you. That way, Mum or Dad won't have to repeat everything over and over to you. That would be nicer for you, too, wouldn't it? If you can learn to listen the first time you're told something, it will make everyone happier. It's not always easy, but Jesus can help you if you ask Him!

When a friend or brother or sister want to tell you something interesting that happened to them, or something that they'd like you to know, it's nice to give them your full attention. Try to stop what you are doing for a moment to quietly listen and try to understand what they'd like to express. Lots of times different things that cause people to get bothered or upset could be avoided if people were able to explain their side of things to others, and if those they are talking to would stop to carefully listen to what is being said.

When someone doesn't hear things correctly, or misunderstands or misinterprets what someone said, this can cause sad or difficult feelings. If you aren't sure you heard someone right, it's good to ask questions and make sure you got it right. People want to know that they have been properly heard, and that others care about what they have to say.

When you give others the gift of being a good listener, they will feel loved and want to be your friend.

Smile

Smiling at people makes them happy. When people see you smile, it makes them feel that someone notices them and cares, and that cheers them up. It also shows that you are happy. Smiling and showing joy makes others feel some of that gladness beam into their heart too, like a ray of light!

However, if you wear a glum expression or look at people with a blank look, they will wonder what's wrong. Maybe they'll think you are grumpy or mad at them. Maybe you're fine and happy on the inside, but people won't know that if they can't see it on the outside.

A smile lets people know that you want them to feel happy. It makes them relax and feel accepted as a friend. It helps them to know that Jesus loves them and cares about them. Smiling is a way of showing God's love to people.

It may not always work out to stop and talk to someone about Jesus as we pass them by, but we can always give them a smile. People will remember that you smiled at them and it will make their day. It'll also help them remember that God loves them. Giving a smile is also a good way to make friends. And who doesn't like having friends?

Hurried and Worried

Maybe you've heard someone tell you, "take it easy, slow down, and don't be in such a hurry." It's easy to get excited when Mum or Dad tells you to get ready for a special outing. Perhaps you then start to run around real quick and just stuff things in a bag and then try to rush out to be the first one in the car.

But if you are going too fast, that can cause an accident. Or maybe you'll forget something important to pack, like a sweater or the snacks that Mummy prepared to take along. It's best to go slow; that way, the Lord can remind you about anything you might be forgetting.

We also don't want to go so v-e-r-y s-l-o-w-l-y while we prepare for an outing, or get washed and dressed for the day, or clean up something, that it then wastes some of the time we could have been using to have fun playing or doing other activities. Or, going too slow might make us late for something and keep people waiting.

However, if we try to go too fast because we are either worried about something, or fretting about being late, or we want to get done real fast, then we might make a mistake, or miss something important, or even get hurt. When that

happens, we might end up taking even longer than if we had slowed down just a bit, which would have given us time to think, pray, and notice things as we did what we needed to do. Being careful and prayerful while trusting the Lord as you go along is the best way to get somewhere or get things done.

Unselfishness

Unselfishness is the opposite of being selfish. Being selfish is being rude and not thinking about others. It means that you're only thinking about yourself and what you want and what you think you need to be happy. The problem with being selfish is that selfish people never have enough. They always want more and they're always unhappy.

However, unselfish people are thinking about others and how to make them happy. And when people try to make others glad, they find themselves becoming happier too. Try it! Maybe you have a little brother or sister. Try to do what *they* want to do, or play the game *they* want to play—just to make them happy. See how much fun you *both* end up having! That's something amazing about unselfishness. -The more you give, the more you are unselfish toward others, the more it seems you receive in return.

Everyone likes to feel that they are loved and that someone cares about them. However, when someone seems to only be thinking about themselves, and wishes for everyone else to do the caring and sharing with them, and always give them the best things, and to always get to be first, then it's hard for people to be their friend.

To have a fun friendship, people need to feel that they can receive love and care too, not only having to give and give to someone who is selfish and wants to take all the best things, or only talks about themselves.

To be a friend is to show kindness and concern towards someone else, to take time to listen to them, to share special things with them, to save a seat for them, and to give them preference in something or in some area. Friends appreciate kindness shown back to them, in return for their kind deeds. It will encourage them and fill them with joy, and will make them happy to keep giving to others again.

A shopkeeper needs to restock the shelves so that there are plenty of supplies for those who need them. When you show kindness and act in unselfish ways toward others, you "stock up" their heart with more love, and this makes them feel like giving and sharing with others as well.

When you go along through your day today and see someone who needs help, why not go and help them? Or if someone looks sad, try to cheer them up. That's thinking more about others than yourself. And that's the way to be truly happy!

Temper

Another way to describe "losing your temper" is "getting mad easily" or getting angry and upset. Maybe somebody said or did something that made you unhappy, and it's like a match striking the matchbox. You instantly feel a spark of anger inside and

you feel like answering back roughly or reacting unkindly. But we can really hurt others by thoughtless words or actions.

It can make them feel sad and upset. It makes it hard for them to act friendly toward you and others too. It takes away from the fun and happiness and friendships that you could be having. Getting angry or mad and doing things that are wrong as a result of those feelings is like placing a big minus or subtraction sign in your life.

Anger ends up taking things away from you—things that you really want—like fun times, laughter, the willingness of others to help you, people trusting you and wanting to be friends with you. The Bible says that it's not wise to be friends with someone who is always getting upset about things.

So allowing your rough and ill temper to take control can end up shooing away others who love you and who want to do nice things for you. It can cause all kinds of sadness and trouble. People would rather be around someone who can react patiently and politely, and who can talk about their feelings in a calm way, to find solutions and work things out.

Angry words can hurt someone's feelings or make them cry. It takes people a long time to get over angry words. When you start to feel anger welling up inside, the best thing to do is to wait until you've calmed down before you say or do anything.

You can talk to your mum or dad or another helpful adult about it, and they can listen to you and perhaps come up with some ideas and solutions to fix the situation that was so upsetting. Best of all, you can talk to Jesus and He can show you how to be loving and patient with others. He can tell you some secrets and give you new understanding about the person or situation that you are upset about.

Perhaps there are some things you didn't realise or there is something you misunderstood, or maybe what they did was a complete accident. Jesus can help to explain things to you that will help you find peace and give your heart joy again.

The Bible also says "A soft answer turns away anger", and that is a tip to help you if someone else is upset with you and acting angrily. Gentle words and kind reactions just might help to calm them down. Perhaps you can say that you are sorry for whatever it is that upset them, offer to help them fix the situation, or tell them that you would like to be their friend.

If you only react in the same angry way that someone talks to you, it will be like playing tennis and the ball of unkind words will just keep being hit back at you again. However, if you don't return the ball of unkind words, then it helps the person who is upset to calm down more quickly and then you can get on to a different and happier game of words and actions. Try using kind and loving words with people and see how much better things will go.

Appreciation and Encouragement

Showing appreciation and giving encouragement are some of the ways we can show Jesus' love to others. By taking time to see the good in others and to comment on

the nice things they do, we are letting people know that we appreciate them. It makes them feel happy and loved.

It doesn't have to be a real big thing. Just giving a hug or a friendly smile can encourage people so much. If you have the time to make a card for someone who's sick, that's another way you can be encouraging. Or if someone makes a nice meal, or puts a lot of effort into doing something, you can encourage them and thank them for it.

Sharing encouragement and appreciation is one way we can be like Jesus. Jesus is kind, patient, and loving with people. If we ask Jesus, He can help us be more aware of people we can encourage or appreciate. It just takes a little bit of time and love to make someone else's day.

Carefulness and Caution

Sometimes things go wrong or we have an accident because we're not careful enough. How many times have you heard your mummy say, "Be careful!"? It's because she knows that taking time to be careful and going slow can save you a lot of trouble or can keep you from having an accident.

Sometimes you feel like rushing to be first in line or running through the house to get somewhere fast. But it's important to ask Jesus to help you remember to go slow. It's better to get there a little later and arrive safe and sound than to have an accident on the way. Go slow and you'll get there quicker!

When things go wrong and we wonder why, often it's because we weren't careful and prayerful. There are many accidents and troubles that can be prevented if we make sure we pray as we go; pray before we play; pray for a good and safe day; pray for wise ideas of things to try, and pray for protection from other things that might harm us. This is to ask Jesus to do the part that we can't do, and to do the miracles of keeping us safe.

However, we have to do our part too. It's not enough to be prayerful, if we aren't also careful. We have to give Jesus a little cooperation if we want His help in staying safe and protected. So let's do our best to be careful and cautious, to look around and notice things that might be dangerous, or people that might need care, and take time to listen to Jesus in case there is something He wants to tell us or warn us of. He can see everything, and He knows what to do to keep us safe.

Cheerfulness

Being cheerful is like letting a ray of sunshine into a room. Nobody likes to sit in a dark and gloomy room, or be around grumpy and grumbling people. But everyone sure brightens up when they're around someone who is cheerful and happy.

Even if you don't always feel like it, you can try to be cheerful—even if just to make others feel glad. People need your encouragement and cheerfulness. A funny thing is, when you try to be cheerful for others' sake, just to make them feel happy—

even when you don't feel like it—pretty soon you actually start feeling cheerful and happy inside too.

The more time we spend with Jesus and read His Word, the more we'll find things to be cheerful about. We'll have more of His love and we'll notice and remember more things to be positive about. We'll have more happiness and thankfulness in our hearts and that'll make it easy to be cheerful.

Comparing

It's easy to want what you see others get—especially if it's something you've been wishing for, maybe for a long time. But if you can learn to change your way of looking at things, you'll be much happier. Try not to look around at everything while imagining how nice it would be if it were yours. Or to wish that each special activity, event, toy, or treat was being enjoyed by you, instead of by the one who got to have it. Why not try something new?

Realise that everyone has difficult things in their life, and be glad that they have something now that seems to be making them a bit happier. Your turn will come too, don't worry. One day you'll get just the thing you were hoping for.

It's a bit like a see-saw or teeter-totter, where one person goes up while the other person goes down, then it switches again. Each person on it helps the other one to have a chance to go up. It can be much the same in life overall. Sometimes it's your turn to help someone else have a great and fun day, and to let them enjoy the best things, and to be happy that they are having a good time. Then another time it will be your chance, and others will help to make things extra special for you. But when you grumble that it seems someone else is getting all the good things, and you get sad when someone tells you about a fun event or special gift they got, soon people will choose not to talk with you about things that are special, because it seems to make you feel sad.

You will have more fun and enjoy more friends if you are truly happy when it's someone else's turn to enjoy something special. It shows love, and it shows faith that you know that Jesus hasn't forgotten about what is important to you. He knows what you need and what you want, and He'll work good things out for you too—you just need a bit of patience to wait your turn. There is a saying: "Good things come to those who wait."

Thoughts

Your mind is like a house—it needs to be kept safe and strong. Have you ever seen a crack in a wall where ants came in and then crawled all over the food? Or a window screen with a tear, and flies and mosquitoes came through it?

You have to guard your mind from unpleasant, angry, foolish, ugly, proud, bothersome thoughts and bad ideas. If you let those things into your mind and you keep thinking about them, it's like having a crack in your spiritual house, and those kinds of thoughts will bother you, take away your joy, and make you feel weak and sad.

Those who are good caretakers of their heart, mind, and spirit will only allow themselves to think about things that are good, lovely, true, honest, happy, helpful, pleasant, joyful, loving, forgiving, and faith-building. These kinds of thoughts will make you a strong, happy, healthy, kind, helpful, and wise person.

Your mind is kind of like a machine. You can use it to figure things out, or to invent things, or to think up solutions. You can put it to good use and let it work for you, or it can be a place for Jesus to show you His ideas and tell you His Words.

Be a good guardian of your thoughts. What you think about will affect you and your life, and those around you too. Choose positive and good thoughts and you'll feel so much happier!

Helping

Did you know that there isn't anyone in the world who can do everything completely on their own? Everyone needs help from others for something. Sometimes it's nice to be able to get something done all on your own. But did you know that it's also nice to feel needed and to feel that someone appreciates your help?

When something you are trying to do is just a bit too hard for you, and with the help of someone else it could go much more quickly, then asking for someone's help might make them glad you asked. It can make people feel special that you trust them and know they are good at doing something. And of course it can help you and make things easier for you.

Knowing that you often need others to help you accomplish or finish the things that you want to do, can help you to be a willing worker when others need and depend on you too. You can remember how good it feels to get the help you need, and it helps you feel glad to make things easier for others.

Patience

Have you ever seen a little tree that is just beginning to grow? It still has a long way to go before it reaches its full height, or until it bears fruit. What if the sapling didn't want to grow any more because it took too long, and wished the wind didn't feel so strong blowing on it? It would never be tall or strong or bear fruit.

Sometimes it takes a long time until you are able to do something. Learning something new can take a lot of patience and perseverance. When things are difficult for you, and you wish everything would be nice and easy right then, or that you would be able to have what you want real soon, remember the young tree.

With faith and patience you can have the endurance to keep on going, trying, and waiting, until the time is right to get to do what you are wishing for, or for things to get better again. Don't give up or get all upset.

Here are some ideas that can make things easier for you when you need more patience: Take a relaxing breath, and think of a few things that you are glad that you have now—things you might not have later on. Pray for Jesus to take away your feelings of frustration, and to help you have patience and calmness.

Affection

Did you know that a baby that is held in its mother's and father's arms and given lots of cuddles and hugs will grow fast and healthy, and also be happier? Jesus made our bodies to need hugs and to need to feel that others care about us.

It's not just babies that need touches of kindness and to be shown loving care, but everyone needs it! When you give a hug to someone who needs the encouragement, it cheers their heart and even makes them feel better and healthier. Find out what makes someone feel that you love and care about them—whether it's with a pat on their back telling them they did a good job, or a smile and wave when you see them, or a nice friendly hug, or holding their hand and thanking them for their help.

Showing kindness through affection, hugs, and reaching out to encourage others in tangible ways—not just in words—makes everyone feel better, act more patiently, and grow healthy and strong. God is love, and He created us to be a bit like Him, so when we act in love and receive love and affection, He makes things to flourish in our lives, and it even makes us grow. That's the way He made it to be.

Good Manners

When people notice that someone is trying to say and do things in polite, kind, and thoughtful ways, in order to make it pleasant for those around them, it makes others happy.

When you find out that someone is thinking more about you than about themselves, and they care about how you feel and whether you are happy, it can make you feel real nice inside. It then makes you want to do nice things for others too, and soon your day and the situation around you gets better and filled with more joy.

It's easy to see when someone is only thinking about themselves, because they seem to forget to do those kind little things called "good manners", which could be expressed as: "nice ways of doing things". But those that try to act in pleasant ways, making sure that others get the best things and first choice, and who speak politely and patiently to others, and show their appreciation and gratitude, will find they are actually happier in the end.

The way we treat others is often how we will be treated as well. Show patience and kindness to others, and you'll be so glad you did.

Apologizing and Forgiving

It's hard to say that you were wrong, and to admit that you made a mistake and you need someone's forgiveness. But when you say, "I'm sorry" to someone who feels

you hurt them in some way, or if you did something that made them sad, it's like putting a band-aid on their scratch. It helps them to feel better and it helps their heart to heal too.

Did you know that hearts need to be healed, as well as bodies? When someone acts unpleasantly towards you, and makes you feel sad or discouraged, or is careless and it makes you have an accident, your heart feels bad and it's like it got a bonk that needs to be healed. When someone says they are sorry and wants to make things right with you, it can help to heal the sadness or anger that you might feel.

When you choose to forgive people who haven't treated you well, or who did something that caused you trouble and difficulty, it helps your heart and feelings to heal all the way. One tip is to realise that you've also done wrong things, and you appreciate others' forgiveness too. If you choose to be understanding and to forgive, then you'll feel all happy again, eventually.

If you don't forgive, and choose to keep holding on to those feelings of anger or hurt, then it's like a scratch that keeps hurting. You don't want that, do you? When we tell others that we won't keep holding on to those bad feelings towards them, then another wonderful thing happens. Jesus forgives us for other things we have done wrong that have made Him sad. When He sees us being forgiving to others who have wronged us, He chooses to make things easier for us.—Because He sees that we did that for others. Isn't that great?

Special Words

Little keys can open up big doors to houses, or closets that are filled with great things, or suitcases and chests that have your favourite things in them. Little words that show kindness and thoughtfulness can do the same—they can make wonderful things available for you. Words can inspire others to want to help you, and to even give you a bit more than you asked for!

It feels nice when you ask your friend if you can use something of theirs, and they give you a turn with it cheerfully and show through their words and actions that they are happy for you to have it. Have you ever had someone give you something that they looked rather unhappy about giving you? It takes away some of the joy in your heart, doesn't it?

Well, here are some key words that can be used that will make others feel happy to help you.

Say "Please" when you ask someone for a favour or for something you'd like to have.

Say "Thank you" when someone does you a favour or gives you something.

Say "You're welcome" when someone thanks you for doing something for them.

These simple words show others that you care about them. Polite ways of saying things make people glad to have you around, and glad to help you.

Excuse Me

"Excuse me" or "Pardon me" are special words that make those around you feel respected and happy to be around you. It helps people to not get as easily bothered by the things you must do, even if normally they might not like those things so much. It's a kind and polite way of asking those you are with to please be understanding and forgiving.

Here are some examples of when you can use them:

- When you need to ask someone to please repeat what they said, because you didn't hear it clearly the first time.
- When you are sitting to eat a meal with others, or are talking or playing with others, and you need to step aside or leave for a while.
- When you sneeze, or cough, or have to make other unpleasant sounds with your body, because it's something your body needed to do.
- When you must pass between people who are talking.
- When you must pass in front of something others are looking at—like a show, or video, or window, and you might block their view briefly.
- When you need to get the attention of someone or a group of people, and you want them to listen to what you need to say.

Greeting and Acknowledging

If you watch a line of ants trailing to where they have found some food, it might be interesting to notice how many times they talk to each other and how they greet each ant that they pass. One line of ants is going one way, and those that are coming back the other way seem to say hi to each one they pass, talking in their ant way, giving information to the other ants. It's important to them to greet and communicate with each other.

If greeting each other helps even such small creatures to have a happy colony, how much more will it make our homes happy places if we say hi and notice and respond to those we live with. Our houses and families can be like our "colony" and we can make each one feel loved and important by saying, "Good morning," or "Good night," or asking "How are you?" or by looking at the one talking to us and answering in pleasant ways, or saying "hello" to someone we pass by. We can also do this with people we meet when we are out.

Try to imagine how you might feel if the people around you never talked to you, and acted like you were invisible. You might start to feel like a little flower does when it hasn't been watered enough. Your joy and sense of worth start to wither a bit, and

you wonder if you matter—to others, or to Jesus. But when someone sees you and they give you a smile or ask you how you are, or responds to you in a friendly way, it can perk you up and make you realise how much Jesus loves you and how important you are to Him and to others.

Table Manners #1

Mealtimes together with family and friends can be fun and special, relaxing and enjoyable. Each country or culture has different manners or ways that are preferred or what they consider to be polite ways of acting at mealtimes, and there are different customs to follow. But no matter where you are, or with whom you are eating, everybody enjoys the company of people who are trying to act pleasant and polite.

People also like it when those they are eating with try to keep themselves, their face and hands, and the eating area, clean and tidy without a lot of food spilled. Chewing with a closed mouth, as well as waiting to speak until the food has been swallowed, makes it nicer for the others around you.

When you end the meal, it's good to check that what you used to eat the meal with is left in a neat and tidy way that doesn't look like a mess. Or you can help to clear away the dishes if that would be appreciated. Polite people who show kindness through good table manners are welcome company.

Table manners #2

It's always a good thing to start a meal with freshly-washed hands, a smile on your face, and a prayer and "Thank you" on your lips. When people are eating, it makes a meal more enjoyable when someone asks nicely for things to be passed, rather than reaching across someone to grab what they need, don't you think?

Another way to show kindness and to help make mealtime enjoyable is to choose nice things to talk about. Did you know that what you think and talk about while you eat can affect how your food settles, and whether or not you feel comfortable when eating? If people act calmly, speak gently, and talk about topics that make those around them feel relaxed and happy, it can make everyone have a nice time.

If people feel uptight and upset, or something unpleasant has been said or talked about, it can make it hard to properly and comfortably digest the food. Laughing and talking about nice and pleasant things make it a good time of enjoying a meal together.

Make sure to thank whoever prepared the meal. And when the meal is finished and it's time to leave, you can kindly excuse yourself from your place. These are great ways to show thoughtfulness and consideration.

Clean Hands

Hands are some of the best tools you will ever have. If you stop to think of all the different kinds of things that you can do with your hands, the list would be endless! You can use them in just about every situation—cooking, clay sculpting, weaving, mechanics, gardening, painting, Lego play, dental care, sewing, carpentry, holding a baby, tying a knot, picking up toys, typing, bouncing a ball, and for countless other things.

When you go to do a project and you gather the needed materials, you want them to be nice and clean and in good condition. For an art project you might need paper, scissors, pens, and glue; or you might need bowls, spoons, forks, and cups for a snack.

It wouldn't make things as nice if the paper you gathered had mud on it, or the scissors wouldn't open or shut because of old glue making them too sticky. Or if the cup you were going to drink from had sand or bits of dirt in it. When things are clean for the job you need to use them for, it makes the project work well!

So when you are going to use your hands for something—those wonderful hands that are great tools—then it helps when they are clean and can do the job well. When hands are muddy, sandy, sticky, greasy, dirty, or have germs on them, it can make it hard for you to do a good job, and it can make you and others sick.

Some good times to wash your hands are:

--*Before you:* Eat, prepare food, or put your hands on parts of your body that could get affected by germs (such as your mouth, eyes, nose, when you go to the toilet, or you are caring for a cut or scratch.)

--*After you:* Eat, play outside, go to the toilet; and after sneezing, coughing or blowing your nose.

First Choice

Did you know that always wanting to have the best, and to have things first, and to be considered the greatest, is one of the biggest problems that people are having all over the world? Everyone has a problem with it, but you can start today to try and do things in the opposite way.

You can let your brothers or sisters, friends or family, or even just someone you are around when out, have the best or the biggest piece of food, or the first choice at something. Choosing to do this will start to change your part of the world for the better!

As long as people go around only thinking about the word "me", people will keep making each other unhappy all over the world. There are entire countries that don't have enough food or good water, pleasant places for children to play, good quality roads, enough medical care, and that have lots of sickness, and sad times. Why? One of the reasons is because other countries that have more than enough stopped caring about other places, and only think about making their own country the best.

Do you know what it means to "prefer"? It means to put something or someone first in priority, that is, that you put that person or thing above or before anyone or anything else. When you "prefer others before yourself" that means you would rather they have the things they would enjoy, before you get what you want.

If everyone started doing that, there would be quite a lot more love and smiles and friendships all over the place. No one would be lacking what they needed, as many others would prefer to share with them, rather than only getting more nice things for themselves.

You can start today to be a world changer by letting the person beside you have first choice, and offering them a chance to get the best things. Others will return the favour to you later on, and it will feel so nice when someone gives you the best things too.

God's love has the power to change things for the better, all over the world. Let's start today to make positive changes through our loving choices.

Borrowing and Lending

Do you know what it means to "depend" on something or someone? It means that you wouldn't do very well without it or them. You don't want what you are depending on to be missing or gone. When someone goes to get on the bus they are depending on the driver being there and completing the task of driving them to where they need to go.

When someone goes to cook a meal they depend on the stove working and depend on there being pots and pans available for them to use. When someone has things that belong to them, they want their things to not go missing or be taken by others. People like to know that they can trust that their belongings are going to remain in the place where they put them.

They want to know that their jacket is going to still be on the hook ready for use when they need to go outside. They want to know that when they need to put their shoes on, they are going to be on the shelf, just where they placed them. Or if they are going to do some art or studying, they don't want to waste time running around asking people where their pencil case is when they need it. That's why it's important to ask others before taking or using anything that is theirs—and you want others to do the same for you.

Also, no one has everything that they need, all the time, for every job or idea or project that they will ever have in their life. So there might be times when others have something that you need, or when you will have something that someone else needs, and you want them to trust you enough to lend you their things, and to be able to trust that if you lend them something, they will return it.

People get unsettled and bothered when something of theirs goes missing, because they trusted that it would be where they placed it, and they were depending on it. It's the kind and considerate thing to do to ask others their permission for using

something that belongs to them, as well as to take very good care of it, and to return it as soon as you can or when they ask you to.

Also, if you don't beg and pressure people to give something to you, but ask nicely and are willing to not have it if they would rather you not borrow it, and if you are a trustworthy caretaker of the things others do choose to loan to you, then they probably won't mind sharing things with you.

Knocking

People don't have automatic walls that they can put up all around them when they need time alone. Sometimes people want to have time away from everything, or they need to focus on a project, or get some rest, or have personal time with a friend, or want to have undisturbed time to pray and talk with Jesus. To do this they often go into a room and shut the door, or try to find some other place where they can be undisturbed.

If someone is trying to have some time alone, and you need to tell them something important, or need to give them something, or have to ask them a question right then, it's good to ask their permission before you interrupt whatever they are doing. It's like you're asking them to give you something that you would like or think you need—their time and attention.

So how do people ask permission for someone to give of their time and quiet moment? One way is by knocking on the door. Knocking is a way to ask, "Do you mind sharing your quiet and private time with me? I have something I need to ask you or tell you, or something I need to come into that room for."

The person can answer with "Come in", or "Enter", or "Yes".

When you are the one knocking and you hear these words, then you know they don't mind sharing their private time and place with you, and are willing to help you and listen to you.

Sometimes you might hear, "Just a minute", or "I'll be with you soon", or even, "Please don't disturb right now". Then the courteous thing to do is to wait until they are ready for someone to enter the room or to talk with them.

Sometimes people do not have a room with a door to close, but you can tell that they want some time alone to think or pray or talk with someone. If you can see that someone wants to be alone, but you need to speak with them or pass by them, you can say, "Excuse me please," as a polite gesture of kindness.

These are little ways to show love and make people feel friendly and welcoming towards you.

Thoughtful and Polite

When you are watching an interesting bird, or you spot an insect you have never seen before, it makes you curious and you want to look at it for a while. Perhaps you ask

someone nearby, "What is that called?" or other questions, as you want to find out all you can.

The birds and bugs and other animals don't usually mind you talking about them, being curious, and watching them—as long as you aren't disturbing them. However, it's different with people. Animals and people are very different, because people have more feelings in their heart, and what people say about them, or how they look at them, or whether or not people like them, makes a big difference to them.

If someone was walking by and people stopped to look at them and stare and then began to talk with each other about them—especially while they were still right nearby and could hear that people were talking about them, it could make them feel unhappy.

People need to feel others aren't just looking at their outer appearance or only noticing a physical difference or handicap or something that appears unusual about them. They need to know that others like them for who they are, and appreciate them. People want others to treat them with consideration and courtesy.

It's courteous to smile and look into someone's eyes, instead of looking at something that is less than perfect about them. It's courteous to say hello and greet someone that you meet, rather than talking about them with others, or asking questions about things they would rather not talk about.

People need their feelings respected, and they need to feel loved and accepted by others. When we are careful about what we do and say around people, and we choose to show kindness in the way we want kindness shown to us, then they will be like a plant that perks up with watering, and a flower that blooms.

Have a Seat

It's so nice to feel comfortable and to have something soft to sit on, especially when you are tired or aren't feeling well. Everyone likes to have a great place to sit when they are in a meeting, or eating a meal, or watching a show, or needing to listen to someone talking or teaching something.

When you are younger it can be fun to sit in a big soft chair—the best one in the room! But do you know something that is a wonderful gift you can give someone else? You can give *them* the chance to sit in the best and most comfortable place.

Giving up the best seat to someone else, especially to those who are older than you—like your parents or other adults, or to a visitor—is like offering them a reward for all the hard work they do. You may think it's nice to sit in the best place, but someone who is older may be really tired from all the work they had to do, or they may not be feeling very well, or they have something that is uncomfortable or bothering them since their body is older.

Having a good place to sit might be just the thing they need to help them feel better. It's nice to show love and respect to adults or those visiting by giving them the nicest seats. They'll reward you with their thanks and smiles, and by acting cheerful and pleasant around you, because you helped them to feel more comfortable.

Visitors

“Ding-dong” goes the door bell, and you know your visitor has arrived. Perhaps you have been expecting a friend, relative, or neighbour to come to your house, and you and your family have prepared for it. You wanted them to enjoy a pleasant time at your house.

Sometimes visitors are unexpected, and they deserve just as much hospitality too. You can show your kindness in welcoming them with simple and thoughtful deeds. How do you know what to do to make them feel comfortable and happy to be in your house? Well, imagine if you were going to someone else’s house and you didn’t know where anything was—like where to put your coat, or where to get a drink of water. You might even feel a bit shy, wondering what to do or say.

Others might feel that way too when they visit you, so you can make it easy for them to relax and enjoy their time. You can smile and tell them you are glad to have them visiting you. You can introduce yourself, and find out their name too, if you don’t already know it. You can show them where to sit and offer them the nicest place.

You can offer them a warm drink, or a cool glass of water, or some food. You can make sure they know where the bathroom is, or any other part of the house that they might need to find, like the door to the backyard, if you are planning to go out there together. You can ask them questions about things that they might like to talk about.

People like to explain things about themselves to others, and it makes them feel that those listening are interested in them and that makes them feel loved. Also, when you try to get to know them, and find out more about them, it makes them feel like you understand them better—and everyone wants to be understood and accepted.

You can show them or tell them about something that will entertain them—like playing a song for them, or telling funny jokes, or showing them a picture you’ve drawn, or something you’ve worked on making. They also want to get to know you—that’s often why they are visiting anyway.

If there are other children visiting, you can share some of your toys, or offer to play something together. These little deeds of thoughtfulness will make a big difference to your visitor, and they will be glad for the time spent with you and your family.

Being a Guest

It can be fun getting to see others’ houses and meeting friends for a nice time together. Everyone wants to have an enjoyable time, and when your hosts make you feel welcome and show you kindness, it helps you to feel at ease.

What are some things that you, as a guest at someone’s house, can do to make them glad to have you, and feel you are pleasant company? Here are some tips that will make you a super guest!

- Introduce yourself to anyone at the house that does not know you yet.
- Say "Thank you" for anything offered you that you want to accept, and "No, thank you", if you do not want it.
- Offer to help in any way you can.
- Be friendly, cheerful, and calm.
- Be careful with their house, furniture, dishes, or any toys, books, or other items offered to you to use while you are there.
- Use your most polite ways of talking and acting.
- Show kindness and courtesy, thinking more about the feelings and needs of those you are visiting than about what you think you would like.
- Show your appreciation for all that your hosts are doing to make your visit pleasant, and when you say goodbye, be sure to thank them for their kindness.

Answering and Responding

There are some bugs and creatures that make interesting noises to communicate—like a beetle that makes a tapping noise that he wants another beetle just like him to hear and respond to. It's his way of finding a partner. He must be glad to hear the tapping sound of another beetle answering him back.

People like to talk to others as well, and need to express themselves, and there are so many ways that people can communicate. Letters, phone calls, texting, talking, and using sign language are some of the ways that people pass on what they are thinking, and what they use to communicate with others.

When we try to tell someone something, either in person, or with a letter, or on the phone, it feels so nice when we are responded to and answered. We like knowing that someone has heard us. It is so nice when the people we are trying to talk with acknowledge what we are saying.

We appreciate receiving answers to our questions, comments on our stories and experiences, good advice and ideas from others, and it feels good when those we hope to hear back from let us know in some way that they heard or read what we wanted to tell them. It's thoughtful to do the same to others.

Did you know you are important to others, and that it makes them feel important and special when you take the time to answer and respond to them when they talk to you or write you a letter? It can be kind of like the water cycle.

When someone communicates with us, it can be like when the water is evaporating into the air—they send their words and thoughts to us. And when we respond to them, and do so in nice polite ways, it can be like sending down refreshing rain on a dry ground. It can also be like a nice cold drink of water.

The Bible says, "As cold waters to a thirsty soul, so is good news from a far country". (Proverbs 25:25). And God's words to us are also described in the Bible as

water that descends and makes the crops grow so we can have food (Isaiah 55:10-11.) Jesus is always ready to answer us and talk to us about anything we want to ask Him. And His words make our heart happy and fill us with just what we need—His words are like water and food for our spirit.

Step Aside—Slow Down—Wait

Drivers of vehicles have to be alert and aware of what is going on. They can't just say, "I'm driving on this road, so I think everyone and everything will move out of my way when they see me." That wouldn't be a safe way to drive, and it wouldn't be thoughtful or considerate either.

Have you ever needed to cross the road and seen the cars stop for you? That made it safe and easy for you to get to where you were going. Sometimes drivers have to move their cars out of their parking spot, if they are too close to another car and the other driver can't pull out. Or if a driver sees that they have stopped their car in front of a driveway, they need to move or else the people in that house can't drive out.

As we each go along our day, going here and there, doing this and that, we need to be like wise, attentive, good drivers. We need to notice when it would be best to stop walking or running, so as not to bump into someone, or if we need to move out of the way because we see someone is carrying a heavy load.

We can give the "right of way" to people with big loads or who are struggling to walk along, or are pushing a stroller, or holding a baby, or who might be using crutches, or who are in a wheelchair. For drivers of cars, having the "right of way" means the person gets to drive first, while the other cars wait for them, then the other cars can go.

It's wise to notice when it would be best to move out of the way, to stop, or wait, to make it easier and safer for others. Being considerate in this way can save you and others from accidents, and give you a better day.

Covering Your Mouth

Sometimes when you are driving along a road you will see someone's garage door open. Besides being a place where they park their car, they usually keep a collection of all kinds of other stuff in there as well. Sometimes people keep handyman tools or paint cans, or rags for cleaning, or old boxes of unneeded items, or broken machines and equipment to be fixed. If it's a place that is filled with all kinds of things, when the door is opened it doesn't look so tidy, and isn't the best view. When the garage door is shut, it looks nice, as you can't see what is inside.

Sometimes our lips can be like a garage door. We need to open the door of our mouth to send out words and speak—like a car needs to drive out of the garage and go places. Or we need to eat and bring the good nourishment that we need into our

mouth's "garage". But there are also times when it's best to put a covering over our mouth, so that it's more pleasant for others around us.

Here are some times when it's polite to cover your mouth:

--When you need to sneeze, cough, or yawn.

--If you must talk and respond to someone right away, even if you have food in your mouth.

--And of course it's best to keep the doors of your mouth—your lips—shut when you are chewing. This makes for a better view for those around you.

Neat, Tidy, and Clean

Have you ever seen a really beautiful painting? Maybe it was of some hills and a lovely sunset, or of a peaceful meadow, or perhaps it was of a lake or pond with ducks and swans gliding along on it. Looking at something that looks nice, as well as orderly, can make you feel peaceful, and it's refreshing for your mind and thoughts. It can make you feel better just to look at something that is artistic in a pretty way.

Do you know that you are like a big living and moving picture that people want to see? When you are wearing a smile, and have taken the time to make your face clean, and have brushed your hair, it's like painting a nice picture for people to look at.

If your clothes are often dirty or torn or mismatched, or if you have dirt in your fingernails nearly all the time, it's like a smudge has happened on the picture, and people can't see the beauty as clearly.

There are lots of good and fun things that we can and need to do each day that make us get dirty or messy, and it's not that we have to stop doing those things—like eating, playing outside, car maintenance, or finger painting! That would be silly. So we can't always look our best, as there are some good and important things to do that make us get dirty.

However, when we are finished doing something messy, and it's time to look good for others, then we should wash up, brush our hair, scrub our fingernails, and put on clothes that look nice and presentable. It will be like we just painted a fancy picture of ourselves for people to enjoy looking at. When we look nice, smell fresh, and add a smile of cheer to our face, it will make all those around us glad to look at the picture of us—the real living picture that we are. They will feel happy and enjoy the view!

Helpful Thoughts: Prayer and Praise

What makes the difference between raw foods or cooked foods? -Especially with something like rice, potatoes, beans, squash, or tea leaves. When you have those foods, it's great because you have food to eat, or a nice warm drink to enjoy. But if you want to enjoy and benefit from them, you need to cook them, right?

It wouldn't be much of a help when you are hungry to sit down at a table and have a plate filled with rock-hard uncooked beans and rice, and a slice of raw squash. You would leave the table still hungry. However, if you put those hard foods into some real hot water for a while, then something happens. These foods change into something that you can easily chew and eat—and then you aren't hungry anymore.

We all have thoughts in our minds, all day long, and having a mind that can think clearly can be a good tool and a great help. Thoughts can lead us to do good things for others. Our mind can think and help us figure out problems and find solutions.

Having a mind filled with good thoughts is like having a pantry or shelf filled with good food like the ones listed above. But if you want those thoughts to *really* do some good, and to help the people around you, and even help those that are in faraway places, you need to turn them into prayers!

If you use the thoughts that come to your mind as a reminder of something to talk to Jesus about, and if they help you see what to pray for and ask for His help with, or remind you to praise Him for something that He has done, then those thoughts are extra useful and beneficial.

Thoughts that have been turned into prayers can make your life and the lives of those you are praying for so much better, and can help to bring you all that you need. If you even just think about someone you love, and how glad you are that you know them, it can make you feel happy.

Then if you remember to pray for them too—changing your nice thoughts into something that will help them, like into a prayer asking Jesus to keep them safe and happy—it will make so many good things come into your life and into others' lives, and you'll have a great day too!

- 1—Habits
- 2—Example
- 3—Doing Things
- 4—Use of Time
- 5—Vision and Goals
- 6—Kind and Respectful Speech
- 7—Exercise and Sleep
- 8—Water
- 9—Good Food

- 10—Teeth and Mouth
- 11—Eyes and Ears
- 12—Diligence and Faithfulness
- 13—Kindness
- 14—Courtesy
- 15—Thinking Well of Others
- 16—Wise or Foolish
- 17—Obedience
- 18—Quietness
- 19—Listening
- 20—Smile
- 21—Hurried and Worried
- 22—Unselfishness
- 23—Temper
- 24—Appreciation and Encouragement
- 25—Carefulness and Caution
- 26—Cheerfulness
- 27—Comparing
- 28—Thoughts
- 29—Helping
- 30—Patience
- 31—Affection
- 32—Good Manners
- 33—Apologizing and Forgiveing
- 34—Special Words

- **35—Excuse Me**
- **36—Greeting and Acknowledging**
- **37—Table Manners**
- **38—Clean Hands**
- **39—First Choice**
- **40—Borrowing and Lending**
- **41—Knocking**
- **42—Thoughtful and Polite**
- **43—Have a Seat**
- **44—Visitors**
- **45—Being a Guest**
- **46—Answering and Responding**
- **47—Step Aside—Slow Down—Wait**
- **48—Covering Your Mouth**
- **49—Neat, Tidy, and Clean**
- **50—Helpful Thoughts: Prayer and Praise**