

A Gift of Faith Book

16

Part 1

HELPFUL HINTS

—BOOK 1—

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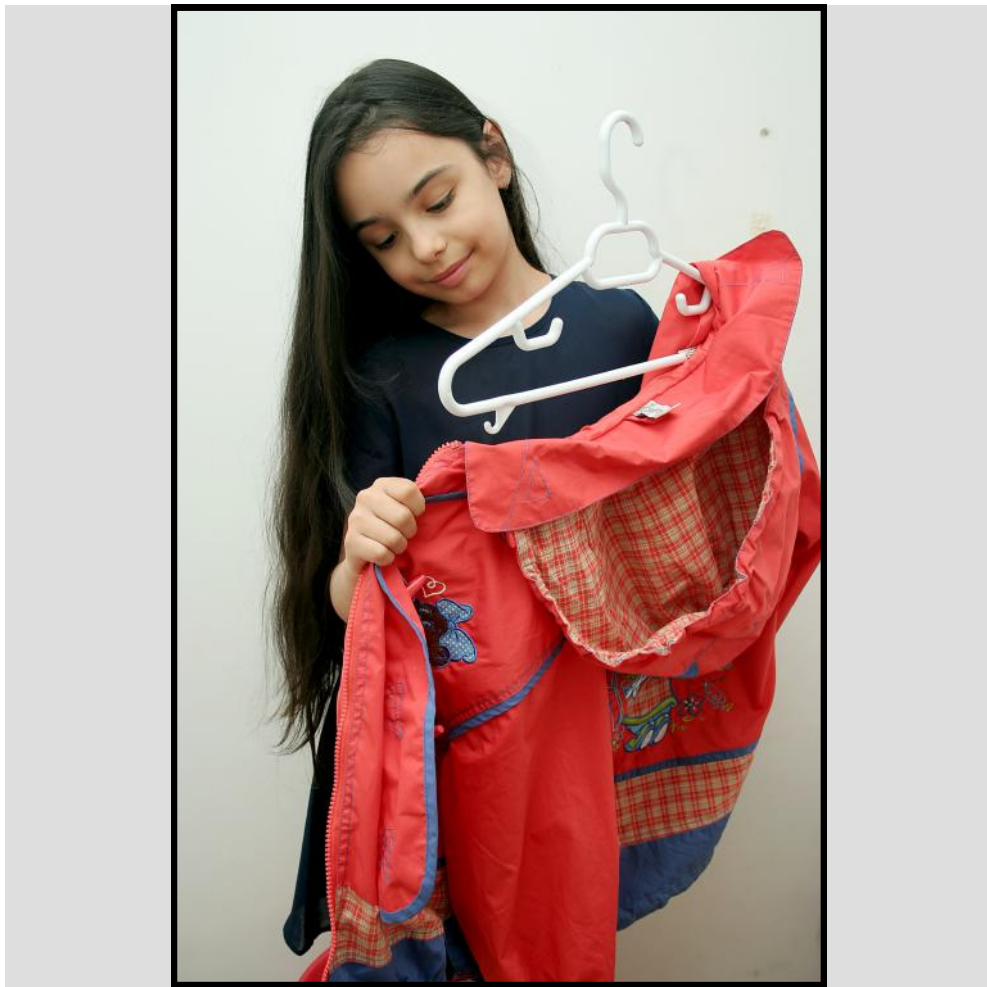
Part 1

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1.) Habits

There are some things that are good to do and that will make things better for you if you do them. But often it's easy to forget to do important things.

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 a habit that is very helpful, and will save you time cleaning up.



—A wonderful habit to have is 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 have.
Can you think of some other ones?

Keep practicing and soon these good habits will come automatically, and they will help you gain the good results.



2.) Example

When you see someone doing something, 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 what is the best 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.



Photo by Curtis Peter van Gorder

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 what you want others to be like.

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.



3.) 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 it wasn't such 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 and 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.



4.) 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 eye sight. 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!



5.) 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 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 will 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, 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 the final goal that you are reaching for. You divide into smaller steps or goals, all that you need to do in order to reach your big goal.

These small steps you work on 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!



6.) 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 talk 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 clearly and respectfully. It's so easy to just answer with a quick disrespectful reply or even to ignore the person, but is it loving?

It's so much better to answer clearly and respectfully to others, especially if they are our parents or anyone that's older.



Photo by Chariane Quille

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 talk to someone “respectfully” means to say things in a way that will make the person listening to you feel like 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.



7.) 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 you don't want to go outside for exercise.

But just 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 run down.

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 also has a chance to repair itself and get new strength, and helps your body to grow.



Photo by M. McNally

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.

Your body receives lots of new oxygen, your blood gets pumping, 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, and how much sleep is good for you!

Jesus loves you and is very concerned about your health.



8.) 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. That's because little plants need water and so does every living thing.

Just think, 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 full. It also helps flush out the things that our body doesn't need any more.



Water helps to keep sickness away, and helps you 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 it can make you 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 clean 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 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!



9.) Good Food

Even plants need to eat, did you know that? One of the first things they do is grow long roots that go down into the soil. The roots absorb all the nutrition and minerals in 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 what foods are healthy to eat? —And what foods are not so healthy?

Some foods might be yummy or look fun to eat, but in the long run, they won't help our bodies be strong. So it's better to eat lots of good, healthy food; like fruits, vegetables, and other natural foods that God made, grown fresh for you.



There are many foods in shops today that look fancy and even seem 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 and sickly.

When you are hungry it's your body 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. However, if it isn't what their body needs, and isn't filled with nutrients, it will only make them weaker, grumpy, not look their best, and get sick easily.

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!



Photo by Chariane Quille

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—while trying to do its normal jobs as well as repairing the troubles from the things you ate that were bad for your body.

People might feel like eating this and that all day, but end up getting overweight if it's the wrong foods. Your body asks for food with that hungry feeling because it's needing you to give it the right foods that are filled with what is really needed.

Foods with unhealthy ingredients and harmful chemicals will just break down your health and make you unhappy in the end. Choose the foods that are good for you and that your body actually needs, and that don't have the wrong things added.



Photo by Chariane Quille

You will be so glad you chose what was right, as 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!