

A Gift of Faith Book

17

Part 2

HELPFUL HINTS

—BOOK 2—

A Gift of Faith Book

17

Helpful Hints

—Book 2—

Written by: Chariane Quille and Dina Ellens

Cover photo: M. McNally

Part 2

www.nurture-inspire-teach.com

Topics

- 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 Forgiving
- 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



Photo by Naomi

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

Did you know that hearts need to be healed too? 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.



Photo by M. McNally

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?



Photo by Curtis Peter van Gorder

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 too, 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?



Photo by M. McNally

34.) 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.



Photo by M. McNally

Have you ever had someone give you something that they looked rather unhappy giving to you? It takes away some of the joy in your own heart too, right?

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 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.



Photo by M. McNally

35.) 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, as you didn’t hear it clearly the first time.



Photo by Curtis Peter van Gorder

--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.



Photo by Naomi

36.) 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 greet each ant that they pass.

One line of ants is going one way, and those that are coming back seem to say hi to each one they pass, talking in their ant way, telling information to the other ants. It's important to them to greet and communicate with each other.

If it even helps 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



Photo by Curtis Peter van Gorder

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—whether it’s at home or 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.



Photo by S.d.B.

37.) Table Manners

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 meal times, and there are different customs to follow.

But no matter where you are, and 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 together 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 others around.



Photo by M. McNally

To 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!

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 the meal time enjoyable is to choose nice things to talk about.



Photo by Chariane Quille

Did you know, that what you talk and think about can affect how your food settles, and if you feel comfortable or not when eating? If people act calmly, speak gently, and talk about topics that make those around 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.



Photo by Curtis Peter van Gorder

38.) 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 bowls, spoons, forks, and cups for a snack.



Photo by M. McNally

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 if you are going to use your hands for something—those wonderful hands that are great tools—then it helps when they are also clean and can do the job well.

When hands are muddy, sandy, sticky, greasy, dirty, or have sick germs on them, it can make it hard for you to do a good job, and it can make you and others sick.



Photo by M. McNally

Some good times to wash your hands might be:

--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, or go to the toilet, and after sneezing, coughing or blowing your nose, and after doing anything that makes your hands dirty.

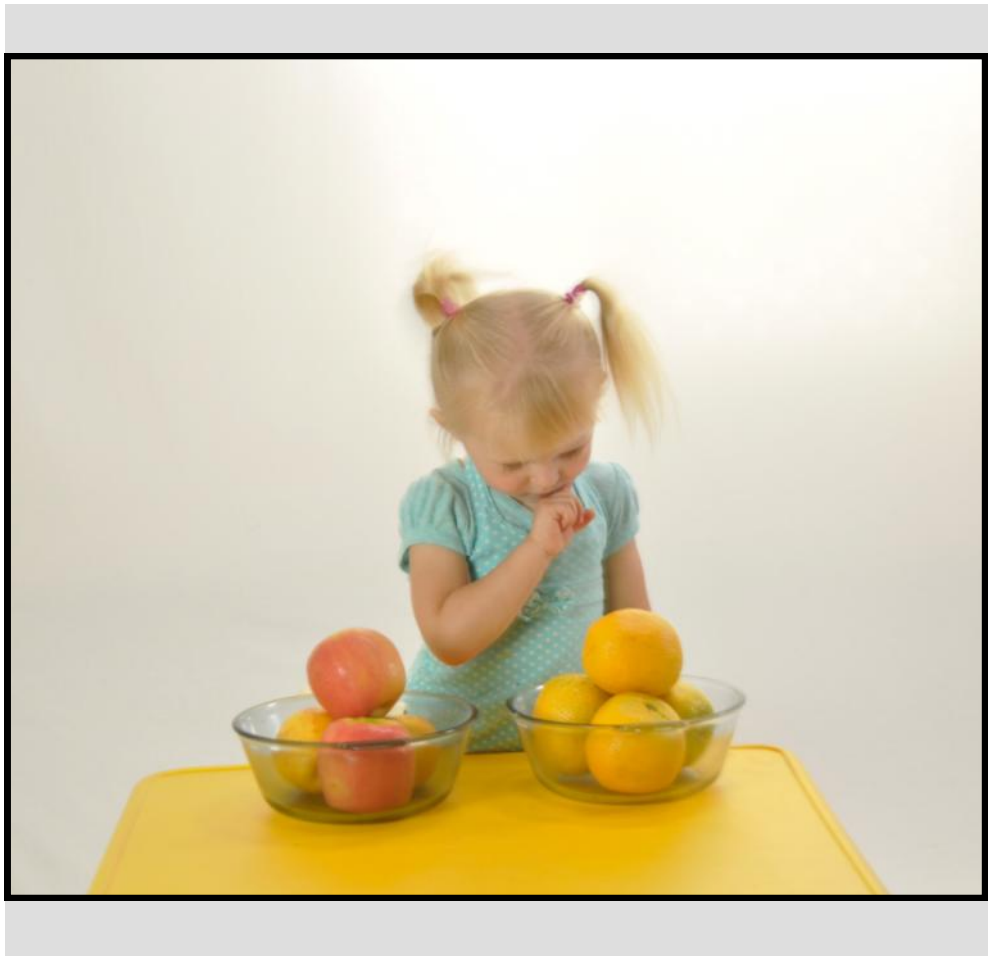


Photo by Jon Berg

39.) 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 this one word, “me,” then it just makes people unhappy all over the world.



Photo by M. McNally

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, that have lots of sickness, and sad times.

Why? One of the reasons is because other countries that have too much already, 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.



Photo by Curtis Peter van Gorder

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 for 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.



Photo by M. McNally

40.) 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 to 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.



Photo by M. McNally

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, for example.

That's why it's good to ask others before taking or using anything that is theirs—and why you want others to do the same for you.

No one has everything that they need, all the time, for every job or idea 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.



Photo by Curtis Peter van Gorder

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!



Photo by Naomi

41.) 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.

However, if you need to tell someone 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 interrupt whatever they are doing. It's like asking them to give you something that you would like or think you need—their time and attention.



Photo by M. McNally

So how do people ask the permission for someone to give of their time and quiet moment? 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.



Photo by Curtis Peter van Gorder

People do not always 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.

You can then say, “Excuse me please,” as a polite gesture of kindness when you need to speak with them, or need to go where they are.

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