

# SEVEN VALUES FOR SECONDARY SCHOOL



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## VALUE 1: CARE, COMPASSION & GENEROSITY

Care for self and others

**Care for self:** Students can realize the importance of valuing themselves and understand that they are created in God's image, a piece of His workmanship and loved by the Creator.

**Care for others:** Students can be made aware of the abundance of healthy food available to us, and be encouraged to look for ways of helping those in countries affected by famine.

## DEFINITIONS

### Compassion is...

- doing my best to help when they are hurt
- giving up my own time to make someone feel better
- listening to someone's problems
- being sensitive to the needs of others
- trying to understand how people feel

### Generosity is...

- sharing my things with others.
- giving my time and talents to help others.
- giving to people in need.
- giving cheerfully.
- not being selfish
- not being greedy
- giving without expecting to receive something in return.

## KEY BIBLE VERSES & PASSAGES

Psalm 139 – We are wonderfully made. (Care for self)

Proverbs 22:9 – Share your food with the hungry and open your homes to the poor.  
GNB (Care for others)

Ephesians 4:32 - Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Romans 12:15 - Rejoice with those who rejoice; mourn with those who mourn.

## **VALUE 2: DOING YOUR BEST**

Seek to accomplish something worthy and admirable, try hard, pursue excellence.

Doing your best means to strive for excellence in every respect, including self-discipline in fitness activities and food choices.

### **DEFINITION**

#### **Striving for excellence...**

- doing something properly
- working hard
- not giving up (*perseverance*)

### **KEY BIBLE VERSES & PASSAGES**

Phillipians 3:12-14 – I run straight towards the goal to win the prize.

1 Corinthians 9:25-26 – Run in such a way as to win the prize.

Colossians 3:23 - Whatever you do, work heartily, as for the Lord and not for men,

2 Corinthians 8:7 - But as you excel in everything—in faith, in speech, in knowledge, in all earnestness, and in our love for you—see that you excel in this act of grace also.

Matthew 5:14-16 - “You are the light of the world. A city set on a hill cannot be hidden. Nor do people light a lamp and put it under a basket, but on a stand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven.

Philippians 4:13 - I can do all things through him who strengthens me.

### **VALUE 3: HONESTY AND TRUSTWORTHINESS**

Be honest, sincere and seek the truth

As well as demonstrating the character traits of honesty and trustworthiness in our personal lives, we can also discern dishonesty in the world around us. This includes being aware of the tactics of the hidden persuaders of the advertising world, who encourage us to buy the things we don't need.

“All that glitters is not gold.” (Old proverb)

### **DEFINITIONS**

#### **Honesty is...**

- speaking the truth
- not cheating
- not stealing
- not exaggerating
- being trustworthy
- being yourself and not trying to be someone you are not.

#### **To know what is honest and true we must:**

- know what is false.
- listen carefully and think carefully when we hear new ideas.
- be alert, watching out for things that are not right.

### **KEY BIBLE VERSES AND PASSAGES**

Matthew 7:7 – Seek and you shall find

Proverbs 12:22 - Lying lips are an abomination to the Lord, but those who act faithfully are his delight.

Proverbs 11:3 - The integrity of the upright guides them, but the crookedness of the treacherous destroys them.

2 Corinthians 8:21 - For we aim at what is honorable not only in the Lord's sight but also in the sight of man.

John 8:32 - And you will know the truth, and the truth will set you free.”

Matthew 7:15-21 – Wolves in sheep's clothing

#### **VALUE 4: INTEGRITY**

Act in accordance with principles of moral and ethical conduct, ensure consistency between words and deeds.

Wisdom is: “knowing the right thing to do, and doing it.” When we know the rules for healthy living, then we owe it to ourselves to live up to these standards.

#### **DEFINITION**

##### **Integrity is...**

- doing what we say we will do
- doing the right thing

#### **KEY BIBLE VERSES & PASSAGES**

1 Peter 1:14 – Be obedient to God

Psalms 37: 18 – The Lord takes care of those who obey Him (GNB).

James 1:22 – Be doers of the word, not just hearers.

Proverbs 21:3 - To do what is right and just is more acceptable to the LORD than sacrifice.

2 Corinthians 8:21 - For we aim to do what is right, not only in the eyes of the Lord but also in the eyes of man.

Proverbs 4:25-27 - Let your eyes look straight ahead; fix your gaze directly before you. Give careful thought to the paths for your feet and be steadfast in all your ways. Do not turn to the right or the left; keep your foot from evil.

1 Peter 3: 15-16 - Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect, 16 keeping a clear conscience, so that those who speak maliciously against your good behavior in Christ may be ashamed of their slander.

## **VALUE 5: RESPONSIBILITY**

Be accountable for one's own actions.

When we know how to care for our bodies, we have a responsibility to do our best to keep fit and healthy. We also have a responsibility to be an example to others.

## **DEFINITION**

### **Responsibility is...**

- being reliable.
- being accountable.
- being dependable
- doing the things I should do.
- being in charge of the way I act.

## **KEY BIBLE VERSES & PASSAGES**

Deuteronomy 6:18 Do that which is right and good.

Ephesians 5:8-11 Live as children of the light.

1 Timothy 5:8 - But if anyone does not provide for his relatives, and especially for members of his household, he has denied the faith and is worse than an unbeliever.

1 Corinthians 3:8 - He who plants and he who waters are one, and each will receive his wages according to his labor.

Luke 16:10 - "One who is faithful in a very little is also faithful in much, and one who is dishonest in a very little is also dishonest in much.

Luke 12:35-48 - And that servant who knew his master's will but did not get ready or act according to his will, will receive a severe beating. But the one who did not know, and did what deserved a beating, will receive a light beating. Everyone to whom much was given, of him much will be required, and from him to whom they entrusted much, they will demand the more.

## VALUE 6: THANKFULNESS AND APPRECIATION

Be thankful to God for all that He has given us; appreciate the food that He has given us through the creation. Also remember to thank those who do things for us or give to us.

### DEFINITION

#### Thankfulness is...

- being grateful for what I have.
- being content, and not wanting what others have.
- saying 'thank you' to those who do things for us.
- Having

### KEY BIBLE VERSES & PASSAGES

Luke 17:11-19 – The leper who said “Thank you”.

Psalm 36:5-8 – The goodness of God

Colossians 3:17 And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.

1 Thessalonians 5:18 - Give thanks in all circumstances; for this is God's will for you in Christ Jesus.

Psalm 136:1 - Give thanks to the Lord, for he is good. His love endures forever.

Ephesians 5:20 -Always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.

Luke 17:11-17 – The ten lepers healed by Jesus. Only one came back to say 'thank you'.

## VALUE 7: SELF-CONTROL

Self-control includes having control over our emotions, our food choices and our entertainment or internet choices.

### Self-control is...

- controlling *myself*.
- being careful about what I do and say.
- not doing the wrong thing when I *know* it is wrong.
- being careful about the way I use my time.
- not losing my temper.
- not being greedy.
- knowing when to stop.
- saying 'no'.
- being in charge of the things I do.
- choosing to do the right thing

## KEY BIBLE VERSES & PASSAGE

Galatians 5:22 - The fruit of the Spirit - But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.

James 1:19 - My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry.

Romans 12:2 - Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

Proverbs 4:27 - Do not turn to the right or the left; keep your foot from evil.

1 Corinthians 10:13 - No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.

Proverbs 25:28 - Like a city whose walls are broken through is a person who lacks self-control.