

Christian Grooming & Manners Honour Booklet



Name: _____

Church: _____

Club: _____

Class _____

Due Date: _____

In order to successfully complete this honour, you must:

1. Satisfactorily complete this Booklet. The pass mark is 75%. The number of marks allocated for each question is given in [] – maximum 124 marks; **and**
2. Pass the Christian Grooming & Manners Honour Exam. The pass mark is 60%.

Booklet Score _____

Exam Score _____

Honour Granted Yes No

Authorized Signature

1. According to Luke 2:52 what well-balanced combination of strengths did Jesus develop as a growing youth? **[4]**

2. According to Psalm 8 what estimate does God place on your personal worth? **[1]**

3. Read Isaiah 43:1, Isaiah 45:4 and Exodus 33:17. Are names important to God? How do these verses indicate that names are important to God? **[2]**

4. Describe proper conversational skills, including **[14]**:

a) The proper way to talk to older persons:

b) How to address people and make proper introductions:

c) Questions to avoid:

d) How to think of pleasant things to say:

e) How to show concern for the feelings of others:

f) What to say when you answer the door:

g) How to answer the telephone correctly at home and at the workplace:

5. What should your prayer be if you want to use your gift of speech to God's glory? **[1]**

6. List seven points showing the benefits of correct posture **[7]**

7. Describe how to stand and sit correctly. Demonstrate this to your counselor or club director. The club officer should sign below to indicate that you have satisfactorily demonstrated this requirement. **[8]**

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Name & Position of Officer	Signature of Officer
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8. Read Education, by Ellen G. White, page 198, paragraph 3, and note the benefits mentioned that come to you as a result of correct posture. **[8]**

9. Give two reasons why physical fitness is important. Explain the relationship between proper diet, exercise, and weight control.

[4]

10. Tell the importance of proper grooming, including bathing, body hygiene, breath, proper care of clothes, shoes, etc. **[5]**

11. Describe the proper way to wash your hair and care for your hair tools. **[4]**

12. Describe the proper care for your hands and fingernails. **[2]**

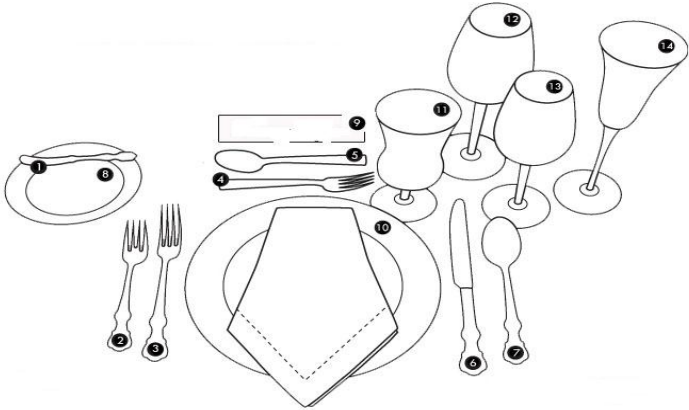
13. Write about the importance of daily soul-grooming and of building a Christian character and why belonging to Christ makes a difference in the way you dress and act. **[4]**

14. Describe scriptural guidelines that will help you cope with your sexuality and keep your thoughts-life clean. Discuss intelligently the dos and don'ts" of dating. **[8]**

15. List four reasons why your face is important to you, and show how the way you exercise and sleep can improve your facial appearance. What relationship do thoughts have to facial print-out? Describe proper facial care. **[8]**

16. Describe the rules of table etiquette which make it easier for you and those around you, such as general behaviour, what to do with your utensils and guidelines for during and after the meal. Also describe how to be a welcome dinner guest and a joy to your hostess. **[12]**

17. Correctly label the diagram below. [14]



18. List ten principles to help you overcome self-consciousness and social embarrassment. **[10]**

For young ladies:

19. Describe and demonstrate for your counselor or club director two exercises that will improve your posture. The club officer should sign below to indicate that you have satisfactorily demonstrated this requirement. **[4]**

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Name & Position of Officer

Signature of Officer

20. Know how to choose a hairstyle that makes you look your best.

[1]

21. Tell the proper style of clothes to wear if you are tall, plump, short, or thin or have a heavy hipline or full bosom. [4]

22. Describe the correct way to put on a coat or outer wrap. Have a young man assist you in demonstrating this. The club officer should sign below to indicate that you have satisfactorily demonstrated this requirement. [3]

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Name & Position of Officer Signature of Officer

For young men:

23. Tell how to have well-groomed hair and how to choose a hairstyle that makes you look your best. **[4]**

24. List clothing rules and the proper style of clothes to wear if you are tall and thin, or short and chubby. **[4]**

25. Tell why Christians should practice good manners. Describe how to seat a girl or woman at a table and how to properly escort her from home to a social function. Have a young lady assist you in demonstrating this. The club officer should sign below to indicate that you have satisfactorily demonstrated this requirement. **[4]**

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Name & Position of Officer

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Signature of Officer

CHRISTIAN GROOMING & MANNERS HONOUR REQUIREMENTS

Level 2 Year 1975 General Conference

1. What well-balanced combination of strengths did Jesus develop as a growing youth? (Luke 2:52)
2. According to Psalm 8 what estimate does God place on your personal worth?
3. Are names important to God? Does He know your name? (Isaiah 43:1, Exodus 33:17, Isaiah 45:4)
4. Demonstrate or discuss proper conversational skills, including:
 - a. The proper way to talk to older people in public
 - b. How to address people and make proper introductions
 - c. Questions to avoid
 - d. How to think of pleasant things to say
 - e. How to show concern for the feelings of others
 - f. What to say when you answer the door
 - g. How to answer the telephone correctly.
5. If you want to use your gift of speech to God's glory, what should your prayer be? (Psalm 19:14)
6. List seven points showing the power of correct posture. Check your posture and body profile. Demonstrate how to stand and sit correctly. Read Education, by Ellen G. White, page 198, paragraph 3, and note the benefits mentioned that come to you as a result of correct posture.
7. Give two reasons why physical fitness is important. Explain the relationship between proper diet, exercise, and weight control.
8. Tell the importance of proper grooming, including bathing, body hygiene, breath, proper care of clothes, shoes, etc.
9. Describe the proper way to wash your hair and care for your hair tools.
10. Describe the proper care for your hands and fingernails.
11. Know the importance of daily soul-grooming and of building a Christian character and why belonging to Christ makes a difference in the way you dress and act.

12. Discuss scriptural guidelines that will help you cope with your sexuality and keep your thoughts-life clean. Discuss intelligently the "dos and don'ts" of dating.
13. List four reasons why your face is important to you, and show how the way you exercise and sleep can improve your facial appearance. What relationship do thoughts have to facial "print-out"? Describe proper facial care.
14. Know the rules of table etiquette which make it easier for you and those around you, such as what to do with your knife and fork after using them. Know how to be a welcome dinner guest and a joy to your hostess.
15. List ten principles to help you overcome self-consciousness and social embarrassment.

For young ladies:

16. Demonstrate two exercises that will improve your posture.
17. Know how to choose a hairstyle that makes you look your best.
18. Tell the proper style of clothes to wear if you are tall, plump, short, or thin or have a heavy hipline or full bosom.
19. Demonstrate the correct way to put on a coat or outer wrap.

For young men:

20. Tell how to have well-groomed hair and how to choose a hairstyle that makes you look your best.
21. List clothing rules and the proper style of clothes to wear if you are tall and thin, or short and chubby.
22. Tell why Christians should practice good manners. Demonstrate how to seat a girl or woman at a table and how to properly escort her from home to a social function.