



INTER-AMERICAN DIVISION

# Knights and Princesses



## CHOOSE AND DECIDE

### 2023



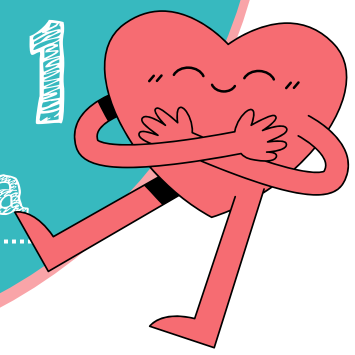
## ADVICE FOR TEACHERS

God has provided great blessings for adolescents through this certification to ensure that everyone receives them correctly; implementation logistics are available so that each teacher or leader must comply with in their service to Him fully:

- 1 You can invite others to share or lead each topic, look for people with characteristics according to the issues in each case and share this advisory sheet.
- 2 Before leading the session, review the thematic content several times until mastering it.
- 3 Familiarize yourself with the various dynamics proposed for each topic.
- 4 You can vary the dynamics according to your context; for that purpose, boxes are added with advice to change them but still stay on topic.
- 5 Remember that the intention is to help adolescents reflect on their decisions and consequences.
- 6 One day before the event, check that you have all the necessary materials for the various activities.
- 7 The first person enthusiastic about the dynamics must be the leader. Enthusiasm is transmitted and contagious, but also apathy and lack of interest.
- 8 Make sure there's adequate space for activities, which allows mobilization
- 9 Remember, the primary objective is to help adolescents to reason before acting, to make bold and proactive decisions that enrich their lives and contribute to the prosperity of the church and the nation ( White ).

# MODULE 1

## Emotional Area

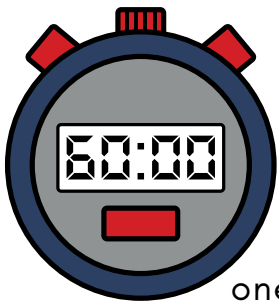


### Theme No. 1 - ¿When The Future Is Uncertain, Where Is God?

**By:** Teacher Nancy Patricia Reyes Arroyo

- 1 **Objective:** Emphasize in adolescents that it is normal for things to affect us, which is why it is essential to recognize that anxiety is a manageable emotional state and remember that we have an almighty God at the helm of our lives.
- 2 **Biblical Basis:** Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus. Philippians 4: 6 -7
- 3 **Foundation of the spirit of prophecy:** *"It is a disgrace to borrow next week's problem to make this week bitter. When the true trials come, God will enable the humble and obedient to endure them. When his providence allows the test to come, he provides help to endure it. Therefore, when trials come, instead of losing patience, instead of fretting and worrying, let us go to the Lord to let him know."* (Mind Character and Personality p. 641 - Spanish.)

	Contents	Activity	Time
<b>Introduction</b>	Illustration	Reflective	5'
	Initial Activity	Activity 1: Junk Thoughts Activity 2: Catching my thoughts	10'
<b>Developing</b>	How does anxiety feel?	Reflective	10'
	Biblical examples	Activity	10'
<b>Closing</b>	Biblical Promises	Converse with Colleagues	10'
	Challenge	Perform a Representation	15'



## Illustration: Toni Abadía Overcame Anxiety

Antonio Abadía Beci, better known as Toni Abadía, was born in Spain on July 2, 1990. He currently practices sports and is not one of the most recognized Spanish athletes of the last decade. At age 6, he got involved in the world of soccer. At the age of 11, he realized that the soccer sport was not for him, so he changed to athletics, and although it was difficult at first, a few months later, he would become the runner-up of Aragon in the 1,000 meters distance. He is the current Spanish champion of 5,000 meters, 10,000 meters, and cross-country running.

On May 22, 2016, he achieved the minimum mark of 5,000 meters permitting him to attend the 2016 Rio de Janeiro Olympic Games. Many participants came after, but in 2020, he began to suffer from anxiety after doing what he liked the most; Antonio then thought about retiring, feeling that he was losing the battle against stress and anxiety.

### ¿Did you know?

#### •The fastest runners are:

In 100 meter dash, Usain Bolt (Jamaica) in 9.58 seconds and Florence Griffith (USA) in 10.49 seconds.

#### •The most resistant runners are:

In 10 kilometers, Letesenbet Gidey (Ethiopia) in 29 minutes and Joshua Cheptegei (Uganda) in 26 minutes.

#### •High jump:

Javier Sotomayor (Cuba) with 2.45 meters and Stefka Kostadinova from (Bulgaria) with 2.05 meters.





In several interviews, Tony referred to moments when he felt he was not performing well enough in his sports career. In addition, several unfortunate events became the perfect combination to start having anxiety and panic attacks. Although the consequences were visible, he only participated in one race that year, which affected him athletically and damaged his social and family relationships.



When he finally understood that he was suffering on a mental level, in the first instance, Tony went to the doctor to rule out any biological cause. Nevertheless, not finding any physical reason, he sought psychiatric care, which allowed him to start exercising, eating well, and sleeping, returning, little by little, to normal. Next, Tony took anxiolytics and antidepressants. With the medication, he could return to training gradually. At that time, Tony weighed approximately 7.5 pounds more than before. However, he had muscle pain all over his body and had no aerobic capacity. He finally stopped taking the medications and returned to running, although he had to start from scratch, little by little, until he reached his goals and distances again.



Today, Tony remembers that sad stage of his life as a tough test, but in the end, it is clear to Tony that he wants to continue fighting to continue doing what he likes the most, running. And although he is aware that he must continue working to pass this chapter of his life, what Tony wants most is to return to the best version that he was before and continue enjoying everything life has to offer. With this, he has learned a great lesson, to value how much or little we do since sometimes we value what another person does but not what we do.

# Initial Activities

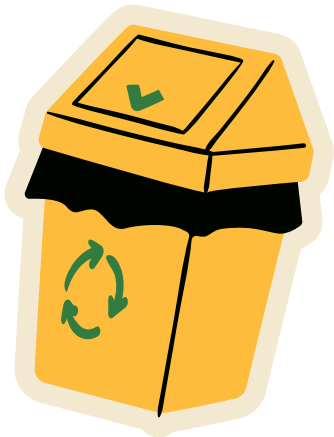
## Dynamic No. 1

### JUNK THOUGHTS:

Sometimes our thoughts won't be beneficial to us. Those thoughts are similar to eating "junk food": they make us feel bad!

For the  
Instructor

Give each participant the sheet in the annexes entitled "Junk Thoughts." Read together, but allow everyone to answer in their own words. You may have to help by proposing situations that arouse junk thoughts in us, such as: Entering a new school, approaching a group of people, participating in front of an audience, or being in a situation that embarrasses us.



## Dynamic No. 2

### CATCHING MY THOUGHTS:

We invite participants to reflect on the text that follows: Sometimes worrying thoughts come into our minds, and we don't realize it until they make us feel different. You can learn to catch them before they get to be mischief. When you notice a worrying thought, imagine trapping it in a net. Now that it's in your worry net, you can see it's just a thought that doesn't need to be there! What can you do with that thought now that you have caught it?

This dynamic is one of reflection and it is often difficult for adolescents to want to reflect on, but you can add some variations such as keeping their eyes closed while they are listening to the text, repeat each phrase after listening to it or give them the text to say it as poetry with mimes.

## For the Instructor

**True or false: let's listen to some statements and answer if they are true or false; also, explain why you think they are true or false.**



- Our thoughts can cause negative situations. ( F )
- All thoughts are helpful, and we cannot discard them. ( F )



- Our thoughts can cause feelings of anxiety. ( T )
- When an idea that worries me spends a lot of time in my mind, I can express it to an adult to help me distinguish the magnitude of my concern. ( T )
- I must learn to recognize and control my feelings and thoughts. ( T )

## DEVELOPING: ¿How does anxiety feel?

Anxiety sometimes is represented by dread, uncertainty, or fear that will generate a dark and distorted perspective on life, which can end in an anxiety crisis.

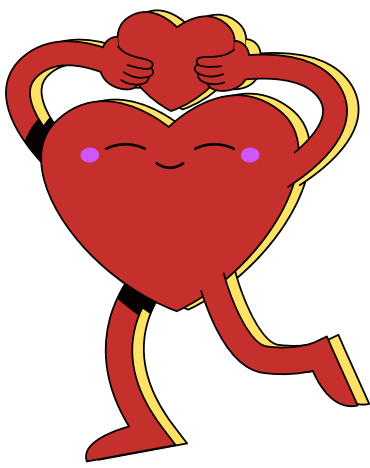
An anxiety attack is a sudden response of fear or intense discomfort, which reaches its peak in minutes. And it is manifested by four or more of the following symptoms:

- Palpitations, heart jerks, or an increased heart rate.
- Profuse sweat.
- Tremors or shakes.
- Sensation of suffocation or shortness of breath.
- Sensation of choking
- Tightness or discomfort in the chest.
- Nausea or abdominal discomfort.
- Unsteadiness, dizziness, or fainting.
- Sensation of irritability or of being separated from oneself (depersonalization).
- Fear of losing control or going crazy.
- Fear of dying.
- Sensation of numbness or tingling.
- Chills or suffocation.



The anxiety crisis is usually a symptom of other unresolved problems, for example, difficulties in relationships with others, getting involved in activities at an exhausting level, staying in complicated situations, and feeling unable to do something. In short, there may be several unsolved problems. The symptoms are cognitive, affective, behavioral, and physiological conditions, four functional systems coordinated to give adaptive responses to dangerous situations. Therefore, prolonged anxiety results in an anxiety disorder by generating defensive reactions to a threat.

Recognizing our thoughts' impact is crucial since anxiety usually begins with an automatic fear-oriented idea that will ultimately generate an emotion. This thought is the window that allows the triggering behavior that we mentioned above.



Some exercises that work to initiate the control of the thoughts and images that trigger the anguish in the face of anxiety symptoms are the ones presented below. It consists of writing down the elements on each occasion on a chart. The following explains what you will insert in each of the columns:



The triggering situation, that is, where I am, with whom, what I am doing, or some memory of previous experiences



The automatic thoughts or images that come to my mind and give meaning to the triggering situation, and that will be all the more influential the more I believe them without examining their validity or their adjustment to reality



My negative emotions result from my automatic interpretation of the triggering situation.



We must question the images and thoughts that automatically come to our minds during the crisis. I'm telling myself: "I'm dying, I'm falling, I'm going crazy, I'm going to have a heart attack," but what I'm thinking never happens. If I question the thoughts that come to my mind during a crisis, those thoughts gradually begin to lose power over me.



Let's write down how we feel after changing our interpretation of the situation or sensations because those emotions will change more and more as we practice taking distance from what happens in each anxiety crisis. In the annexes section, you can find the empty self-registration table.



## For the Instructor

Give each participant the sheet found in the annexes entitled "ABC Record". They do not need to fill it out, but it is important that they know how to fill it out in case they go through an episode of anxiety.

### ¿How to help a friend with anxiety?



- **The first** step is to remember that anxiety arises during a significant problem, and anyone can present it, even your friends. That is why you can approach him and talk to him. If you get him to express his feelings, you can encourage him to seek help.
- **You can** invite him to do some activities together, such as playing sports or recreational activities, that will help distract him from the automatic thoughts that he's experiencing.
- **You can** learn relaxation techniques that you can find very quickly on the internet with the help of breathing or share the ABC self-registration table, as well as encourage him to seek professional help if necessary.
- **Congratulate and continue** encouraging him for every effort he has made. Words of encouragement will help motivate him to continue to meet and overcome the challenge.



## ACTIVITY - BIBLE EXAMPLES



Search in the Bible for some characters that suffer from anxiety in different situations

Character	What situation could have triggered anxiety?	Emotions that aroused	Actions you took	Bible Quotes
David	Persecution of the King, murders, and death of his children.	Discouragement, pain, sadness, and guilt	He placed his trust in God and praised him.	2 Samuel 13: 1 -39 2 Samuel 14: 1- 33 Psalm 42: 11
Elijah	The wife of King Ahab persecuted him.	Anguish, affliction, wishing for death.	He listened to God's indications, and then he was reanimated	1 Kings 19: 1- 18
Jonah	When God forgave the people of Nineveh, he was angry.	Anger, sadness, wishing to die.	He reflected on the illustration ( the gourd ) that God showed him.	Jonah 4: 1- 11
Job	Loss of children, property, wealth, and illness.	Discouragement, wishing he had never been born, and hoping for death.	He spoke to God and his friends and understood the great controversy.	Job 1: 1- 22 Job 42: 10- 17

**For the  
Instructor**

Divide the group into teams and ask them to look up the characters on the chart in the Bible, identify the situations and emotions that triggered their anxiety, and indicate how trusting in God helped them to be overcomers. The table below has some answers, but the groups may vary and that's fine.

## CONCLUSION

Let us remember that we have an almighty God who is always at our side to help us at all times (Jeremiah 32: 17). And if we remember His greatness, we will be able to give him all of our anxieties and sorrows with the conviction that He is in control of the entire universe (Psalms 9: 9). Let us not forget that, although we are going through the most challenging moments of our lives, there is always a God who will never leave us nor forsake us. Next, choose two or three Bible verses to share with your friends or family and discover the biblical promise that God gives us to remember the value we have before Him and the confidence we must have to get ahead in the face of any difficulty.



- *"Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths."* **Proverbs 3: 5 -6 KJV**



- *"When thou passest through the waters, I will be with thee; and through the rivers, they shall not overflow thee: when thou walkest through the fire, thou shalt not be burned; neither shall the flame kindle upon thee."* **Isaiah 43: 2 KJV**



- *"Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness."* **Isaiah 41: 10 KJV**



- *"The Lord is nigh unto all them that call upon him, to all that call upon him in truth."* **Psalms 145: 18 KJV**



- *"Whom have I in Heaven but thee? and there is none upon earth that I desire beside thee."* **Psalms 73: 25 KJV**



- *"But I trusted in thee, O Lord: I said, Thou art my God."* **Psalms 31: 14 KJV**

# ACTIVITY #1 JUNK THOUGHTS



Think of some things people tell themselves that keep them from learning a new skill, like playing soccer or riding a bicycle. We call these thoughts that do not help us, that is useless; we call them "junk thoughts."

1 Now bring to your mind helpful thoughts

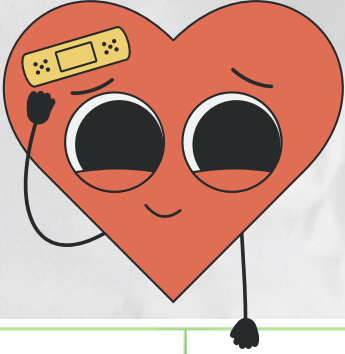
2 ¿ If you were going to do something that seems difficult, what would you say to yourself before starting ?

3 ¿ What could you say to yourself while you are in that situation ?

4 ¿ What could you say to yourself afterward ?

- We can explain it as eating healthy and "junk food." When we have thoughts like "I'm a mess," "I can't do this," or "No one will talk to me," it's like eating "junk food." These thoughts can negatively affect us.
  - When we have thoughts like "I am capable of learning how to do it," "this might be difficult, but I'm going to try," or "it doesn't matter if I make a mistake, as long as you try your best," "I'm going to be a good friend"; then it is as if we eat healthy food, and those thoughts are good for us.
- .....

# SELF REGISTRATION TABLE



A. Situation	B. What are you thinking? What are you imagining?	C. How do you feel?	D. What evidence do you have?	E. How do you feel?
Where are you, with whom, and what are you doing?	What thoughts or images do you have just before you feel bad? Do you believe it?	Anxious, depressed, sad, afraid, ashamed, desperate?	Do your thoughts match reality? What evidence do they have for it? And against do you believe the new thoughts?	Reassess your discomfort and note if there has been any change in thinking more realistic.



## ACTIVITY - BIBLE EXAMPLES

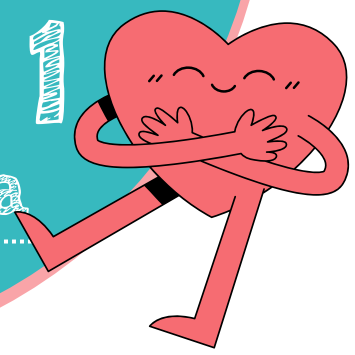


Character	What situation triggered anxiety?	Emotions that aroused	What actions did you take?	Bible Quotes
David				
Elijah				
Jonah				
Job				



# MODULE 1

## Emotional Area



**Theme No. 2** - Depression and Suicide- "A Pandemic of the Present Century"

**By:** Dr. Jose David Fandiño Leguia

- 1 **Objective:** Identify and know the most transcendent elements of these two pathologies with the intent to help and seek professional care.
- 2 **Biblical Basis:** But he himself went a day's journey into the wilderness, and came and sat down under a juniper tree: and he requested for himself that he might die; and said, It is enough; now, O Lord, take away my life; for I am not better than my fathers. (1 Kings 19: 4, King James Version, 1960)
- 3 **Based on The Spirit of Prophecy:** Because God's love is so great and so unfailing, the sick should be encouraged to trust in Him and be cheerful. To be anxious about themselves tends to cause weakness and disease. If they will rise above depression and gloom, their prospect of recovery will be better; for "the eye of the Lord is upon them" "that hope in His mercy." MH229. 1 A contented mind, a cheerful spirit, is health to the body and strength to the soul. Nothing is so fruitful a cause of disease as depression, gloominess, and sadness. Mental depression is terrible. MM106. 4

	CONTENT	ACTIVITY	TIME
Introduction	<ul style="list-style-type: none"> <li>• Illustration</li> <li>• Initial Activity</li> </ul>	<ul style="list-style-type: none"> <li>• Reflective</li> <li>• Childhood Depression Questionnaire</li> </ul>	10' 10'
Developing	<ul style="list-style-type: none"> <li>• What is depression?</li> <li>• What are the factors that characterize depressive disorder?</li> <li>• • Dynamic: Analyze the Bible verses of the Holy Scriptures in 1 Kings 19: 4 -10</li> </ul>	<ul style="list-style-type: none"> <li>• Define the concept of depression.               <ul style="list-style-type: none"> <li>• Reflective</li> </ul> </li> <li>• Finding the same symptoms at that time in Elijah's life</li> </ul>	5' 10' 10'
Closing	<ul style="list-style-type: none"> <li>• Challenge</li> </ul>	<ul style="list-style-type: none"> <li>• Reflective - Poem Thoughtful</li> </ul>	5'



# For the Instructor



## Illustration

Invite two teenage boys, and a group of extras to model this story for their peers. It is not necessary for them to talk, just invite them to come in and you give instructions on what movements to do according to the story (walk, run, throw, carry books, give a speech, etc.)

One day when I was a high school student, I saw a classmate walking back to his house. His name was Carlos. He was carrying all his books, and I thought: "Why is he taking all his books home on Friday? I already had plans for the weekend: Sunday morning, I'll go to a soccer game with my friends, and in the afternoon, I would help a friend move to another apartment, so I shrugged my shoulders and continued. As I was walking, I saw a group of kids running toward him. When they caught up with him, they threw all his books and tripped him, knocking him to the ground.

I saw his eyeglasses fly off his face and fall. It fell to the ground about ten feet from him. I looked up, and I could see tremendous sadness in his eyes. My heart shuddered, so I ran to him as he crawled, looking for his glasses. I saw tears in his eyes. I held his hands, guided them close to his eyeglasses, and said, "Those guys are wretched; they shouldn't do this." He looked at me and said, "Thank you!" There was a big smile on his face, one of those smiles that showed genuine gratitude. I helped him with his books. He lived close to my house.

I asked him why I hadn't seen him before, and he told me that he had just transferred from a private school. I had never met someone who went to a private school. We walk home. I helped him with his books; he seemed like a good boy. I asked him if he wanted to play soccer on Sunday with my friends and me, and he agreed. So we were together all weekend. The more I got to know Carlos, the better we liked him, both my friends and me.



Monday morning came, and there was Carlos with that massive stack of books again. I stood up and said, "Hey, you're going to put on some nice muscles if you carry all those books every day." He laughed and gave me half to help him.

For the next four years, we became the best of friends. When we were about to finish high school, Carlos decided to go to Georgetown University, and I went to Duke. I knew that we would always be friends and the distance would not be a problem. He would study medicine, and I'll do administration with a soccer scholarship. The great day for graduation came. He prepared the graduation speech. I was happy not to be the one to talk. Carlos looked outstanding. He was one of those who had found himself during high school and improved in all aspects. Carlos looked good with his eyeglasses. He had more dates with girls than I did, and they all adored him.

Wow, sometimes I even felt jealous! Today was one of those days. I could see he was nervous about the speech, so I patted him on the back and said, "You're going to be great, my friend." He looked at me with one of those looks ( really of thanks ) and smiled at me: "Thank you," he said. Then, he cleared his throat and began his speech: "Graduation is a good time to give thanks to all those who have helped us through these difficult years, like your parents, your teachers, your siblings, maybe a coach, but mainly your friends. I am here to tell you that being someone's friend is the best gift we can give and receive, and for this reason, I am going to tell you a story."

# friends





*Friends are a scarce gem. They make you smile and encourage you to succeed in what you want. They know how to listen to you, share their words of appreciation, and always want to open their hearts to us. Remember, ¡Friendship can save lives!*

## Initial Activities

Answer this questionnaire to evaluate your state of depression, and this will serve as an initial self-diagnosis to know how you feel based on this problem. At the end of the questionnaire, you will find a way to add the score obtained. It can range from mild depression or no depression (0-19 points), moderately severe depression (20 - 38), and severe depression (39 - 54).

### DEVELOPING: ¿What is depression?

Depression is a common mental disorder. That is a continuous and persistent sadness and a loss of interest in activities. Activities people usually enjoy, accompanied by an inability to carry out daily activities for 14 days or more (Pan American Organization Of the health.)

¿Did you know that **FAMOUS** people have suffered from depression?

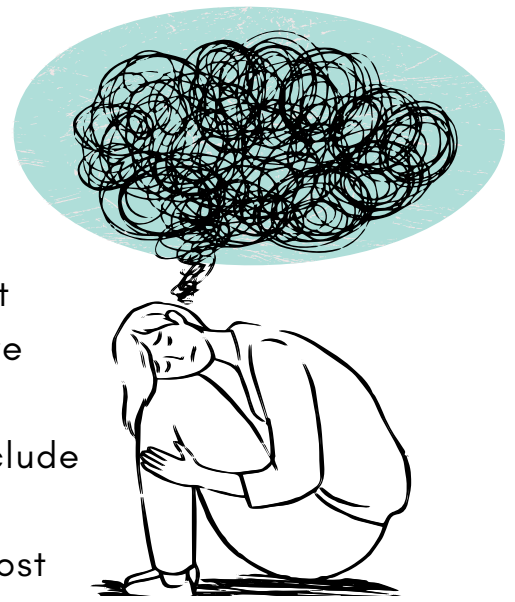
- 1 **Michelle Obama** (wife of former US President Barak Obama)
- 2 **Michel Phelps** (23 - time Olympic gold winner in swimming)
- 3 **Ariana grande** (singer who has won 2 grammy's and has 27 guinness world records)
- 4 **Abraham Lincoln** (US President who abolished slavery)



## ¿What are the factors that characterize depressive disorder?

The point of view of the American Psychological Association they have established the symptoms that characterize depression ( better known as Depressive disorder ). In diagnosing depression, five (or more) symptoms must be present during two weeks and include numbers 1 and 2. The symptoms are:

- Being in a depressed mood most of the day, almost every day. In the case of children and teenagers, the mood can be irritable.
- Significantly a decreased interest or pleasure in all activities, most of the day or nearly every day.
- Significant weight loss without dieting or weight gain or decreased or increased appetite. (In under 18 years, consider failure to gain weight.)
- Insomnia (lack of or loss of sleep) or hypersomnia (being sleepy or wanting to sleep all the time) nearly every day.
- Psychomotor agitation or retardation (no feeling of wanting to move) almost every day.
- Talk or loss of energy.
- Feelings of worthlessness or guilt for no apparent reason.
- Decreased ability to think or concentrate or to make decisions.
- Recurrent thoughts of death, recurrent suicidal ideas, making a specific plan for a suicide attempt or a detailed plan to carry it out.
- Significantly affect teenagers' social, school, family, work, or other essential activities.



**For the  
Instructor**

These characteristics must be explained in the most understandable way to children and teenagers. Ask if they understand each of the symptoms or if they have questions as they are listed. Avoid promoting the expressions that having depression is something pleasant or desirable. If someone declares or assures that he or she lives in depression, you should guide him or her to ask for support from people who are interested in him or her, such as parents, teachers or psychologists, and offer help to contact them.





## ANALYZE THE TEXT OF THE HOLY SCRIPTURES

**1 Kings 19: 4- 10** and find the same symptoms at that moment in Elijah's life when he flees to Mount Horeb. Divide them into teams and have each group read the sign from the list above. And say where in verse this symptom of depression is found in the prophet's life.

## CONCLUSION

Share this poem by Zaida C. de Ramón with teenagers and invite them to reflect on it.

### *¡What Difficult Times!*

*What difficult times that...  
those of us who are living today!  
Morals, values, principles...  
it is lacking.*

*They call good bad  
and they call badl good;  
they forget what is established and  
written in the commandments.*

*Dignity no longer exists  
They don't show respect either.  
It's fun for many  
sin and go on living.*

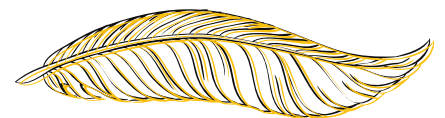
*There is no religion that saves them  
nor the church or its precepts.*

*Only Christ with his grace seeing  
his repentance.*

*If only they thought what Christ is  
to their peace If in the interior of  
it they were evaluated getting  
ready to change.*

*Everything would be different in  
their ill-fated lives with love and  
with tenderness God would heal  
his wounds.*

*shine our Lord hearts on time and  
spill on the humble a stream of  
blessings.*



With this poem, you can remember, dear teenager, that the only way you can get out of a problem as big as depression is to be in the hands of Jesus.



## Childhood Depression Questionnaire (CDI)



Name: \_\_\_\_\_

Date: \_\_\_\_\_

School/Church: \_\_\_\_\_

Age: \_\_\_\_\_ Years: \_\_\_\_\_ Months: \_\_\_\_\_ Sex: \_\_\_\_\_

School year: \_\_\_\_\_

The child population is aged 7 – 17 years. It is a self-administered questionnaire. Each number has three possible answers, and please mark only **ONE option**.

Item	Affirmations	Answers ( Mark with an "X" only on one line of each question )
1	a ) I am sad from time to time	
	b ) I am sad many times	
	c ) I'm always sad	
2	a ) Things will work out for me	
	b ) I'm not sure if things will work out for me	
	c ) Nothing will ever work out for me	
3	a ) I do most things well.	
	b ) I do many things wrong	
	c ) I do everything wrong	
4	a ) I enjoy many things	
	b ) Some things amuse me	
	c ) Nothing amuses me	
5	a ) I am bad sometimes	
	b ) I am bad many times	
	c ) I am always bad	
6	a ) Sometimes, I think that bad things can happen to me	
	b ) I worry that bad things will happen to me	
	c ) I am sure that terrible things will happen to me	



7	a ) I like the way I am	
	b ) I don't like the way I am	
	c ) I hate myself	
8	a ) It is not usually my fault that bad things happen	
	b ) Many bad things are my fault	
	c ) All the bad things are my fault	
9	a ) I don't think about killing myself	
	b ) I think about killing myself, but I would not do it	
	c ) I want to kill myself	
10	a ) Sometimes, I feel like crying	
	b ) I feel like crying for many days	
	c ) I feel like crying every day	
11	a ) Things worry me from time to time	
	b ) Things worry me quite often	
	c ) Things always worry me	
12	a ) I like being with people	
	b ) Very often, I don't like to be with people	
	c ) I do not want to be with people	
13	a ) I make up my mind easily	
	b ) I find it hard to decide	
	c ) I can't decide	
14	a ) I look good	
	b ) There are some things about my appearance that I don't like	
	c ) I'm ugly	
15	a ) It is not difficult for me to start doing my homework	
	b ) I often find it hard to start doing my homework	
	c ) I always find it hard to start doing my homework	
16	a ) I sleep very well	
	b ) Many nights, I have trouble falling asleep	
	c ) Every night, I have trouble falling asleep	
17	a ) I am tired from time to time	
	b ) I am tired many days	
	c ) I am always tired	
18	a ) I eat very well	
	b ) Many days, I don't feel like eating	
	c ) Most days, I don't feel like eating	
19	a ) I am not worried about pain or illness.	

	a ) I often worry about pain and illness	
	b ) I always worry about pain and illness	
20	a ) I never feel lonely	
	b ) I often feel lonely many times	
	c ) I always feel lonely	
21	a ) I have fun at school many times	
	b ) I have fun at school only once in a while	
	c ) I never have fun at school	
22	a ) I have many friends	
	b ) I have many friends, but I would like to have more	
	c ) I have no friends	
23	a ) My work at school is good	
	b ) My work at school is not as good as it used to be	
	c ) I am not doing well in the subjects that I used to do well before	
24	a ) I am as good as other children	
	b ) If I want, I can be as good as other children	
	c ) I can never be as good as other children	
25	a ) I am sure someone loves me	
	b ) I'm not sure if someone loves me	
	c ) Nobody loves me	
26	a ) I usually do what I am told	
	b ) Many times, I do not do what I am told	
	c ) I never do what I am told	
27	a ) I get along with people	
	b ) I fight many times	
	c ) I always fight	

### SCORE:

By adding the answers marked, you will obtain the direct scores according to the number of points:

If your answer was **A**, you do not add points.

If you answered **B**, add 1 point.

If your answer was **C**, add 2 points.

If you added more than 19 points, pay attention because depression appears as of that score. This tool can help establish a diagnostic impression of depression and help you decide to talk to your parents, teachers, or a trusted adult, start specific treatment and monitor your treatment.

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# MODULE 2

## Physical Area



### TEMA 3- "Between Being and Appearing, the First Impression is What Counts."

By: Lic. Alba Isaris Morales Martínez

**1 Objective:** Develop in teenagers an adequate self-concept about their image that will strengthen their image by reinforcing self-love in light of the Bible and the Spirit of Prophecy.

#### 2 Biblical Basis:

1. *Whose adorning let it not be that outward adorning of plaiting the hair, and of wearing of gold, or of putting on of apparel; But let it be the hidden man of the heart, in that which is not corruptible, even the ornament of a meek and quiet spirit, which is in the sight of God of great price. 1 Peter 3: 3 -4 KJV*
2. *"Favour is deceitful, and beauty is vain: but a woman that feareth the Lord, she shall be praised." Proverbs 31: 30 KJV*
3. *"But the Lord said unto Samuel, Look not on his countenance, or on the height of his stature; because I have refused him: for the Lord seeth not as man seeth; for man looketh on the outward appearance, but the Lord looketh on the heart." 1 Samuel 16: 7 KJV*

#### 3 Based upon the Spirit of Prophecy:

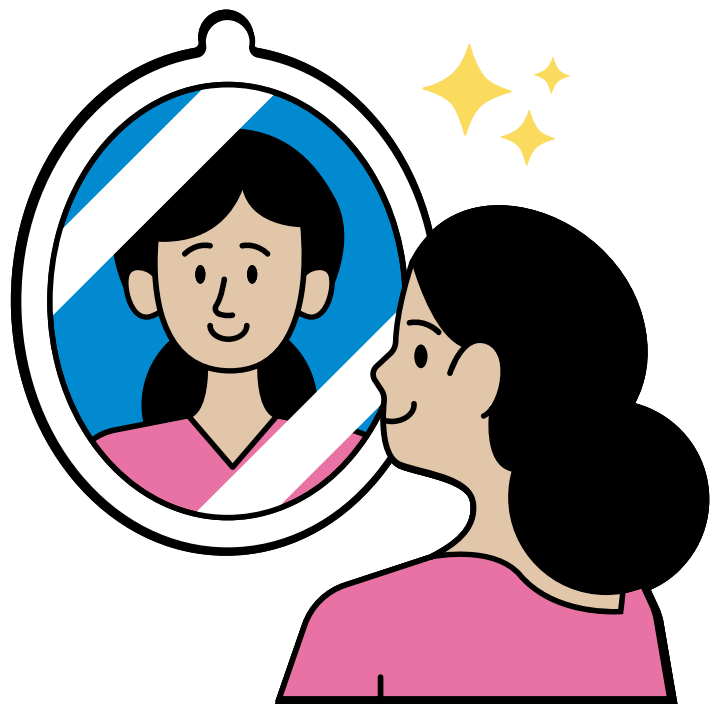
1. *We must manifest propriety in dress and behavior. We should never be careless or sloppy in our appearance or in our work. — Carta 49, 1902 ( Spanish )*
2. *No longer worship your personal appearance, which cannot bring you into favor with God in the least. God prizes moral worth. D G 121. 1*



	Content	Activity	Time
<b>Introduction</b>	Greeting, highlighting objectives, and inviting to the first dynamic.	The Postman	5'
<b>Initial Activity</b>	Presenting images about people, we judge a book by its cover.	Reflective discussion of the images presented.	20'
<b>Developing</b>	Characteristics of the personal image. Clothing and the golden rule. Advice on image and self-esteem.	Exposing	10'
<b>Closing</b>	Specify strategies to promote a personal image that glorifies God.	Analyze personal image strategies with brainstorming.	15 minutes

## Introduction

Hello guys and girls. How many of you combed your hair today? I see several; very well! Because today we are going to talk about personal image. When we talk about personal image, a common phrase we hear is: "the first impression is the one that counts." Some people have a unique style when dressing; for example, we have observed that social media influencers have made a brand of their image and have many profits by selling themselves. However, personal image is much more than knowing how to dress elegantly, put on makeup, or comb your hair. Your image is also principles, values, and an acceptable way of speaking and caring for your physical, mental, and spiritual health.



Today we will touch on how our image and the way that it's linked to our relationship with God. This seminar aims to teach the strategies to develop an adequate personal image and understand that clothing must harmonize with our internal character and that it helps us to glorify God. But before we start, let us play, and I want everyone to participate with optimism. That's why I invite you to participate in this activity called "The postman."

## Initial Activities

### FORMATION

Preferably, the participants form a circle with chairs. Nevertheless, if this is impossible or benches are unavailable, the activity can be carried out standing up. To find out where there is a place, you can leave a mark in front of each child using a (notebook, stone, or plastic cup ).

### DEVELOPING

In the initial activity, you will take the role of the postman and announce out loud, "a letter has arrived." The participants then should ask, "For whom?" and you will reply, "for..." and add a physical characteristic, for example: "for all the people who have a watch." Immediately, the people who have watches must get up from their chairs and change positions as quickly as possible.

For the  
Instructor

The characteristics that will be mentioned will be only about the personal image (tall, thin, hair that is comb, uncombed hair, dirty or clean shoes) or personal appearance, for example, clothing (skirt, shirt, t-shirt, socks, coats), hair color, ornaments

(caps, watch, hair accessories, wallets or bags)etc. The last sentence to say should be: "a letter has arrived for all those who have a beautiful heart" and encourage everyone to change places.





## ¿DID YOU HAVE FUN WITH THE GAME?

I was pleased to see several smiles as they changed places. Now, let us go back to our original positions and reflect on another common phrase about personal appearance:

**"A book is judged by its cover."**

You know, personal appearance is the first thing we see and judge about people when we meet them for the first seven seconds! It is a very harsh reality, but it is the truth.

The image we make of another person would be unconsciously recorded in our mental records and very difficult to reverse.

**I'M GOING TO SHOW YOU SOME PICTURES, AND YOU'RE GOING TO ANSWER SOME QUESTIONS:**

- ¿What level of education do you think this person has?
- ¿Do you think this person is poor or rich?
- ¿Do you think this person lives a happy life?

**For the  
Instructor**

Print large images of undressed and dressed up people, homeless people, professionals, gamers and some social media influencers. When showing the images, ask the same three questions for each photograph.

Now I am going to show you some characters that you may know. They are photos of persons called influencers because they are very influential on social networks, with millions of followers worldwide watching their videos and pictures. So, ¿if someone knows them, can they tell me the name of the influencer and the types of videos they upload or the audience that follows them?



## For the Instructor

Download photos of the following influencers from the internet: **Mr. Beast:** he Gives away large amounts of money in videos of him, he is a philanthropist and a kind of modern hero. He has over 100 million subscribers on YouTube. **Kylie Jenner:** The youngest billionaire in the world, she also has 371 million followers on Instagram. She is dedicated to giving advice on beauty and makeup. **Khabane** **Lame:** A young man who makes tongue in cheek videos about how easy it is to live. He has more than 150 million followers on TikTok and is the most famous TikTok in the world. He can add some Latin characters like **Kimberly Loaiza** or **Luisito Comunica**.



After seeing these influencers, I want to ask, ¿have you compared yourself or wanted to change something about your appearance? Perhaps you have thought about changing your haircut, gaining and losing weight, dressing in some way, and committing to exercising at the gym.

Comparing yourself to people on social media or famous people unconsciously affects your self-concept and personal worth. Therefore, it is essential to recognize that there is a close relationship between unique image and self esteem. I was missing one more influencer, and seeing him, I would like you to answer the following questions:

- ¿What level of education do you think this person has?
- ¿Do you think this person is poor or rich?
- ¿Do you think this person lives a happy life?
- ¿Would you like to be like this character?

## For the Instructor

It is time to show a picture of Jesus, if it is possible that the picture is bigger than the other pictures they had seen before. Wait for them to answer the questions and, if necessary, repeat each of the questions until they answer that Jesus knows everything, he owns the universe, he is the source of happiness and love, and that he is the only character we should imitate.

We are unique and different people. Therefore, the way we dress, do our hair, speak and behave says a lot about our image, as mentioned by the famous rule about the first impression that counts. But be careful. Personal appearance is much more than just a way of dressing. And it is habits about health care, food, sleep cycles, exercise, manners when speaking and writing, posture when walking, emotional intelligence, self-love, and self-knowledge.

## REFLECTION

## For the Instructor

They are asked to form teams according to the size of the group, it is recommended that there be no more than 5 participants so that everyone can discuss the questions and contribute with their reflections. Hand out the question sheet and walk between the groups to support or listen to them. A representative per team should be chosen to comment on the responses.



.....

Every time you compare yourself to someone else, you lose the opportunity to show who you are. Instead, a correct image will be aligned with your essence. Sometimes we believe that we go through life unnoticed, that our way of dressing, walking, or speaking is overlooked, but it is not like that. No matter how many attempts we make to dress simply without adornments, someone will always see us, and it is essential to take action. Well, we have the power to choose how we can see ourselves and how we want to be seen by others. The image is our main ally. So, **¿how do you want to be seen today?**

I want to share some information with you to improve your appearance. One of the characteristics of the personal image is clothing, and your attire should seek harmony since our appearance is in our relationship with God. One of the pieces of advice given by the Spirit of Prophecy is the following: In Dressing—In all respects, the dress should be healthful. **"Above all things,"** God desires us to **"be in health."** Health of body and of soul. And we are to be workers together with Him for the health of both soul and body. Both are promoted by healthful dress. **CG 398.1**

Ask yourself, **"What motivates me when I get dressed?"** It helps you to know your true motives. For example, on a preparation Friday, we choose what we will wear to church on Sabbath. Have you thought about what the weather will be like that day? It seeks not to go through a cold or hot situation. Take care that it combines. Clothing always denotes a lifestyle. Arancha Felipes Alonso, in her book **"Fashion, Personality, and Style: personal image and identity coaching,"** mentions that clothing represents belonging to a group as an identity factor.

Clothing is now a way of expressing who we are, our beliefs, and our values. Sister Ellen G. White speaks about the testimony of Paul's life. Both his speaking and his living and his actions had a harmony that gave credibility and expresses it as follows:

The fact that his own life exemplified the truth he proclaimed gave convincing power to both his preaching and his deportment. Says the prophet, **"Thou wilt keep him in perfect peace, whose mind is stayed on Thee: because he trusteth in Thee."** **Isaiah 26: 3.** It was this heaven-born peace, expressed upon the countenance, that won many a soul to the gospel. **SR 317.1**

**¿Do you notice the importance of personal image? Paul came to win souls for Christ because God's peace was reflected in his appearance. His face reflected peace, and you, my friends, what are you reflecting with your personal appearance?**

## ¿Did you know?

- 1 Muscles develop while you sleep, during rest, not while you exercise.)
- 2 **45%** of a person's healthy state depends on exercise, it is a blessing from God.)
- 3 Laughing exercises 12 muscles of the face.

Health care is also essential in appearance, and you must never forget the eight remedies for health reform. The correct exercise, drinking pure water, receiving sunlight, breathing fresh air, eating correctly, resting, avoiding harmful habits or vices, and trusting in God are powerful tools to transform your internal and external personal appearance.

The image and personal appearance are essential to distinguish a prince and princess of God. Meditate on this gem:



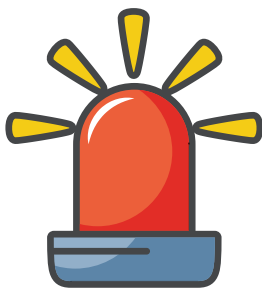
### ¿WHAT IS SHOW AND APPEARANCE MERELY?

### ¿WHAT ARE GOOD LOOKS ALONE WITHOUT MORAL WHORT OR TRUE GOODNESS OF HEART AND NOBLENESS OF MIND?

They are a mere outside gloss, which pleases a certain class of minds, but which will perish in the day of God, leaving only sinful, corrupt deformity. Seek Heaven, seek true humility, and God will then direct your path. **D G 122. 3**

As we have seen, the image is not only a matter of how we look, clothes, or colors. As a teenager, personal appearance can become necessary, but we must remember that: Be cautious every step that you advance; you need Jesus at every step. Your life is too precious a thing to be treated as of little worth. Calvary testifies to you of the value of your soul. Consult the word of God in order that you may know how you should use the life that has been purchased for you at infinite cost. **LYL 26. 3**

Let's look for the inexhaustible source of love so that we fill ourselves with that perfect and pure love. God knows how difficult it has been to battle acne, and God has seen how some suffer from eating disorders or depression for not accepting some parts of their body. That's why there is no better adviser on personal appearance than Him. So, let us ask for His help to love us as He loves us, see us as He sees us, and testify to others of His love with his power.



## CONCLUSION

To finish, I want to share some practical tips to improve your appearance and personal image, as well as a lot of prayers:

- Identifies the shape of the face. You can be in front of the mirror and, with a marker, make the outline on the mirror and find which one is more similar. Knowing the type of face will help you look for the cuts and hairstyles that favor you.
- Identify the style of clothing that fits your personality, whether it is classic, elegant, romantic, sophisticated, or casual.
- Take care of your diet because it reflects in your health and your health in your appearance. Remember, your body is a temple of the Holy Spirit, and just like Daniel and his friends, their diet reflects their appearance.
- Cultivate your knowledge, develop the art of knowing how to speak, express yourself and write, as it is also part of the image. Nowadays, we write a lot on social networks but do not always write correctly. Why? Because social networks are also part of our image, take care of that and look wise.
- Develop a communion with God, seek him every moment, and study his word to understand God's purpose in your life.
- Appreciate the achievements you have earned up to this date by the grace of God.
- Identify negative thoughts related to your appearance, work on those thoughts, analyze them objectively and discard them as soon as they want to reappear.
- Ask God for help to forgive those who have offended you. If you have any resentment toward your parents, if you have to forgive yourself because you have not appreciated and valued yourself as God loves you, ask for His help in prayer and study to be able to heal.

There is a phrase that I want to share with you: ***"if our internal life is full of values and noble thoughts, our clothes will only be an additional accessory to embellish what we carry inside."*** I am desirous that our image and personal appearance reflect Christ and the wonders He has done in our lives.



## Questions to Reflect On

- ¿Have you compared yourself to people you follow on social media or know by their image?
- ¿Do you know what your style of dressing is?
- ¿How do you feel when you look in the mirror?
- ¿Would you like to change something about your appearance?
- ¿Do you know the message you send with your style?
- ¿Do you like the image you currently project?
- ¿Do you know what attitudes you have when talking to others?
- ¿Do you know the general rules of etiquette?
- ¿Do you have good emotional intelligence?
- ¿How do you speak to your image?
- ¿How is your internal dialogue?
- ¿Do people identify you as an Adventist girl or boy by appearance, words, and behavior?

# MODULE 2

## Physical Area



### THEME 4- "Danger In the Palm of Your Hand"

By: Teacher Elijah Hernandez Romero

**1 Objective:** Presenting simple and practical strategies to pre-adolescents and adolescents. To help them face challenges, doubts, confusions, and other situations that allow them to meet life in a kinder, more pleasant, and more proactive way.

#### 2 Biblical Basis:

- " *For my thoughts are not your thoughts, neither are your ways my ways, saith the Lord. For as the heavens are higher than the earth, so are my ways higher than your ways, and my thoughts than your thoughts.*" (**isaiah 55: 8, 9**) KJV
- " *Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.*" (**Philippians 4: 8**) KJV

#### 3 Based upon the Spirit of Prophecy:

- "We cannot form exaggerated ideas of the value of the human soul, and the attention given by Heaven to man. He then gives the comforting assurance, "Fear not, little flock; for it is your Father's good pleasure to give you the kingdom." **Luke 12: 32 KJV** Jesus is the Good Shepherd. His followers are the sheep of his meadow. The shepherd is always with his flock to defend it, to protect it from the attack of wolves, to go after the lost sheep and bring them back to the fold, to lead his sheep through green meadows and lead them beside living waters." (**LHU 215. 2**)



	Content	Activity	Time
<b>Introduction</b>	Welcome and Salutation Initial Activity	Dynamics No. 1 Recognition of Objects.	' '
<b>Developing</b>	Causes of death in adolescents	Dynamic No. 2 Presentation by Speaker Archie's story Antonella's story Dynamic No. 3 Learning from Others Dynamic No. 4 Redirecting my Challenges Story of Junko Tabai	1' 1'  1'  1'
<b>Closing</b>		Thanks for your assistance and Prayer	3'

## Introduction

### ¿HOW MANY OF YOU BROUGHT A CELL PHONE?

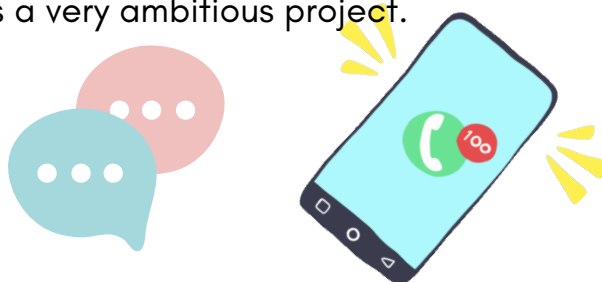
I want to see them. Thanks, you can put them up. Imagine that you lived before 2000 when the cell phone as we know it now was a very ambitious project.

### ¿HOW WERE WE ABLE TO COMMUNICATE?

### ¿HOW DID WE ENTERTAIN OURSELVES?

### ¿WHERE DID WE LISTEN TO MUSIC, WATCH MOVIES, TAKE PHOTOS, ETC?

Cell phones have revolutionized our world and customs. First, however, the parent needs to teach children about the selection of good reading. In addition, parents and teachers should focus on educating teenagers and children to use this device responsibly, which can represent many dangers if they do not know how to use it wisely. One of the reasons for emphasizing the correct and safe use of cell phones is to respond to the spread of viral challenges that have already claimed the lives of several children, teenagers, and even young people or adults; We will be talking about this topic today





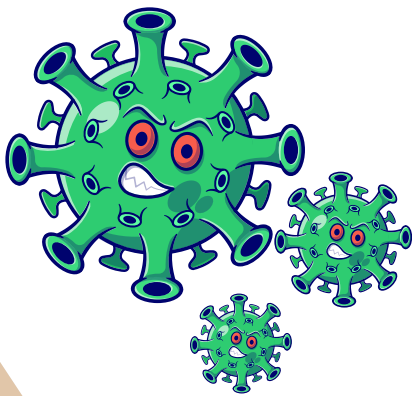
## Initial Activity

Speaking of challenges, we will play one right now, but it is not a dangerous challenge. I assure you that this challenge will only test your memorization capacity.

### Dynamic No. 1: Object Recognition

The challenge is simple, you will have 15 seconds to look inside a shoe box, there are several objects there, and those who memorize the most number of items are the ones who will receive a prize.

For the  
Instructor



The group will be divided into two teams or more as necessary ( it is suggested that each team be no more than six participants ), each team will receive a shoe box with various objects ( between 15 and 20 ), assign someone to keep track of the amount of memorized objects. After two participants have repeated their list of items you can switch the boxes between the teams so that the next participants will have new items. Do not forget to prepare a small prize for the first places, a crossword puzzle or a word search is a good prize.

The topic on which we will reflect is one of the causes of death in teenagers. So I ask you, what are teenagers' most common causes of death?

Undoubtedly, you know several causes analyzed in previous modules. Among those causes are common diseases. In this stage of their life, teenagers have not received adequate treatment due to parental carelessness, low economic resources, or fear of speaking regarding sexually transmitted diseases, teenage pregnancies, and some common diseases such as Covid.

Among girls' risks of abortion, the most unfortunate causes are depression and addictions. All these topics have been addressed on other occasions with the aim that, first of all, they know that there is a group of people and your church to support you at all times of the journey called life and also that you learn to direct your life the best that God allows it and believe me God has dreams for you that you have never imagined, look at what Isaiah 55 says: 8, 9 ***"For my thoughts are not your thoughts, neither are your ways my ways, saith the Lord. For as the heavens are higher than the earth, so are my ways higher than your ways, and my thoughts than your thoughts."*** God wants great things for you. All you have to do is choose him as your manager and make God your guide, your counselor, because He is the best life coach, guaranteed.

Recently, however, some strange challenges have gone viral, becoming a significant concern for parents, mentors, and educators. Worst of all is that those responsible for its dissemination are social networks.



## Dynamic No. 2

### MY OPINION ON THE VIRAL CHALLENGES

Before defining the viral challenges or discussing their consequences, I would like to know the opinion of each one of you. To achieve this, I am asking you to stand along the aisle; one end will be the disagree section, the other will be totally in agreement, and the center will be more or less in agreement. You will stand in the area reflecting on your opinion of each statement mentioned. Avoid choosing your answer based on what others desire. Instead, choose according to your beliefs or convictions:

1. Life is beautiful
2. Friends are important
3. Social networks are good
4. Fulfilling challenges is fun

5. There are dangers on the internet or social networks
6. We can live without social networks
7. God loves you



The hallway may vary according to the place where the certification is given, but you should always try to have a line with two ends. One idea that can be helpful is to add signs along the hallway (strongly agree, somewhat agree, somewhat disagree, or totally disagree). As they are standing in their preferred area, ask some of them why they chose that place, especially ask those who are standing in unexpected places. You can expand the list of phrases according to your environment or social context, do not limit yourself to the seven examples. Give thanks for everyone's participation.

## For the Instructor

Viral challenges are actions proposed in the digital environment and carried out by users worldwide. The problem is that they almost always represent a danger to the users; hence they are an awakening alarm. There are a good number of dangerous challenges. One very famous is known as the blue whale. According to Healthy Children, the reasons why viral challenges in adolescents are so successful are:

- The teenager's brain is developing, and it tends to act impulsively.
- They do not take into account the consequences.
- Need for membership in the group and popularity
- Shyness.
- The desire for competition
- Loneliness
- Addiction to networks.
- Did you know?
- On the 8th of September 2014, the Ice Bucket Challenge exceeded one million views, it consisted of spilling a bucket of ice with water on yourself and at the same time record your reaction, if not, you should donate resources for the amyotrophic lateral sclerosis disease research. More than 200 million dollars were raised.



- Educate yourself to make safe and responsible use of technology.
- Again, your parents and teachers are the best to help you in this point of action.
- Always tell your parents, mentors, and teachers what you are doing with technology.
- Develop a climate of trust, communication, and love with your parents.
- Please keep track of your contacts, applications, and content to which you have information access and share them with your parents; share your passwords with them and allow them to review what you publish, where you visit, or what you play.
- Some parents do not know how to use technology. Teach them it is a way to protect their physical and mental integrity.
- Only add known people as friends; never accept that strangers can access your personal information.
- Regulate the time you spend browsing the internet, and find the proper use of the various digital information platforms.
- Agree to talk with your parents, teachers, or mentors frequently about inappropriate practices and the risks involved, such as sexting, online gambling, lack of privacy, cyberbullying, pornography, and hyper-violent content; remember, it's only for protecting your life! If you don't believe me, listen to these recent stories.

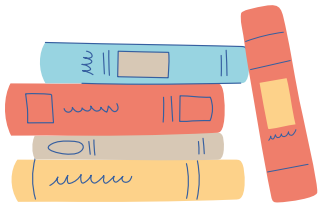
### ¿Did you know?

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# For the Instructor

Briefly tell the stories of Archie and Antonella (see stories in auxiliary material section.)



## Dynamic No. 3

### LEARNING FROM OTHERS

In the history of the people of Israel, as God delivered them from Egypt, we can identify various challenges they faced and the rewards they received from God. So let's look up the following texts in the Bible and, with your help, identify the challenge and the reward.

Many people set goals yearly, intending to make changes in their lifestyles and achieve desired improvements. Having challenges, plans, or objectives is very stimulating and motivating. However, it is necessary to distinguish which challenges are worth following and which to avoid altogether.

Challenges	Rewards	Bible Text
Putting blood on the doorposts to save the firstborn from death	Saving the lives of their firstborn children.	Exodus 12: 7
Come out of Egypt	All the Egyptians gave them abundant jewelry and clothing. Pillar of cloud by day and pillar of fire for the night, symbols of the presence of God.	Exodus 12: 35 -36 Exodus 13: 17 -22
Crossing the Red Sea	The Lord freed the Israelites from the Egyptian army as the red sea swallowed them.	Exodus 14: 13 -31
Getting water in the desert	Mara's water is purified and becomes drinkable. First, they came to Elim, where there were springs of water.	Exodus 15: 22 -27

Depending on the available time, the instructor can broaden the list of challenges God gave them through Moses for this dynamic.





## Questions to Ponder On

- ¿What can we learn about challenges or permissible challenges?
- ¿What differences and similarities do we find in God's way of posing challenges and current ways?
- ¿What would you say to a friend to help her not to put her life at risk by accepting the challenges exposed on the various digital platforms?

If you notice in the Bible stories, God is the one who determines the type of challenge. Therefore, He always cares for His people's physical, mental, and spiritual integrity. You are still a part of his people, and you can rest assured that God does not approve anything that puts you at risk; indeed, dangers exist because perfection does not exist in this life. Still, as we can control the situation, we must take care of our integrity and that of others. The following Spirit of Prophecy clearly describes the tenderness of how God treats us and our great value in his eyes.

"We cannot form exaggerated ideas of the value of the human soul, and the attention given by Heaven to man. He then gives the comforting assurance, "Fear not, little flock; for it is your Father's good pleasure to give you the kingdom." (LHU 215.2)

"Jesus is the good Shepherd. His followers are the sheep of His pasture. A shepherd is always with his flock to defend them, to keep them from the wolves, to hunt up the lost sheep and carry them back to the fold, to lead them beside green pastures and beside living waters. (LHU 215.3)



Let us note that our Good Shepherd always takes us to safe places, and when he allows us to experience adverse circumstances, it is because he wants to polish our character. After all, he sees qualities that we would not otherwise develop; but the difficulties will always be to build us up, never to destroy us. Always remembers God's great love for you.

Learn to love and value yourself from His perspective; remember that GOD LOVES YOU; you are essential and precious. Also, in the Bible, we find the apostle Paul. He tells us about the goals and challenges that we human beings must have; the following quote is a gem: "Brethren, I count not myself to have apprehended: but this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before, I press toward the mark for the prize of the high calling of God in Christ Jesus." (Philippians 3: 13 -14)

Paul suggests the following steps to establish your goal setting:

- Acknowledge your limitations ( I don't think I've done it myself.)
- Forget your failures ( forgetting what is left behind.)
- Strive ( trying to reach what is ahead.)
- Advance ( advance towards the goal.)





## Dynamic No. 4

### REDIRECTING MY GOALS AND CHALLENGES

At the beginning of a new year, many people list goals or objectives they want to achieve for that new year. The problem is that many do not go beyond the first week, even if they are doing well. However, goals in life are essential for personal development in all areas, and experts have suggested setting challenges and goals. Here I list some of them:

- Start with the end or goal in mind.
- Begin with the end or goal in mind.
- Define where to focus efforts.
- Supervise your achievements.
- Set priorities.
- Propose tangible, achievable, and measurable goals.
- Make your goals personal.

Setting goals and striving to achieve them is the best challenge in life. To do this, identify what motivates and excites you, what you want to accomplish in life, where you want to reach, and how you would like to see yourself and be seen by others as an adult. It is your privilege to give meaning to your life. Having goals helps us stay focused, motivated, fulfilled, and practical.

For **Junko Tabei**, only death stopped her from challenging herself and achieving her goals. So first, I am going to tell you her story. Then, you can write some reasonable goals and how you plan to achieve them on the challenge sheet. At the bottom of the page, you will find a challenge given to us by the apostle Paul in **Philippians 4:8**. *“Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.”* Identify actions that help you meet this **CHALLENGE**





To Conclude, I appreciate the attention you paid to this seminar. I desire that you always establish good, great, and motivating challenges; Bertrand Russel said: ***"When a man knows where he is going, the whole world moves aside to make way for him,"*** and your destination is Heaven. So allow God to guide your life, and let nothing separate you from his hand.

## For the Instructor

As you tell the story of Junko Tabei from the auxiliary handout, assign someone else to hand out a sheet of paper to each participant in the seminar. Since the story is long, there will be enough time to complete the annex sheet.

### AUXILIARY MATERIAL

#### EXAMPLES OF DANGEROUS CHALLENGES AND POSITIVE CHALLENGES

##### STORY NO. 1. ARCHIE'S CASE

Hollie Dance, the mother of 12-year-old Archie Batterbee, said she found the boy unconscious on the 7th of April with a "cord" around his neck and believes he was participating in a challenge he saw on TikTok. There have been speculations that the challenge could be the so-called **BLACKOUT CHALLENGE**.

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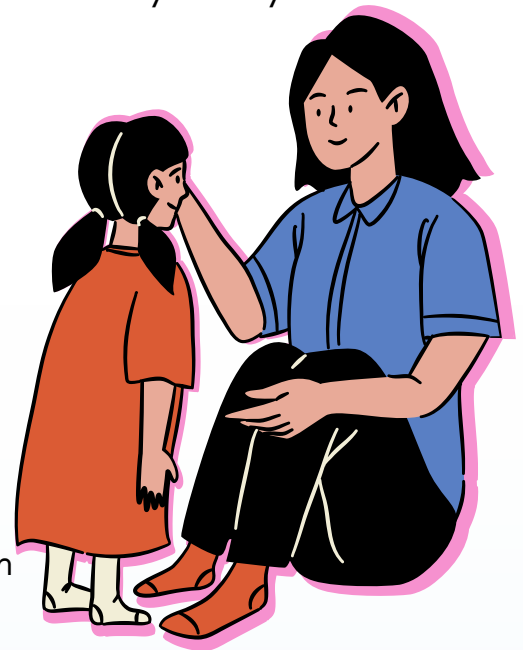


I went to see where he was, and his mother told me. So I called him, and he didn't answer. So then I realized that he was hanging from the railing with something around his neck.

They rushed Archie to the Royal London Hospital in Whitechapel, east London, where Doctors told Hollie that Archie would not survive the night, diagnosing him as brain dead. Since that day, almost two and a half months later, the boy has not woken up. Judge Arbutnot concluded on the 13th of June that the boy was dead and that Doctors could legally stop treating him, against the wishes of the family, who want the boy to stay connected.

## STORY NO. 2. ANTONELLA'S CASE

The minor performed the "Blackout challenge," a dangerous challenge that consists of stopping her breath until she faints and thus experiencing strong sensations.



A 10-year-old Italian girl died struggling for breath in Palermo, Sicily, an island south of Italy, after participating in an extreme viral challenge proposed on the TikTok social network on the 22nd of January, 2021. Antonella was in the bathroom of her home performing the "Blackout challenge." This challenge consisted in holding her breath as long as possible with a belt tight around her neck. At the same time, she was recording the scene with her mobile phone. The sister, aged 5, discovered the unconscious body. Later, her parents transported her to the Children's Hospital of Palermo, but she did not survive.

The parents told reporters that another of the sisters, nine years old, was the one who explained what happened: "Antonella was participating in the choking game." "We didn't know anything," her father confessed. "I only knew that Antonella accessed TikTok to watch videos. So how can I imagine that atrocity? That my daughter, my little Antonella, dies in an extreme TikTok game, I can't accept it!" added Angelo Sicomero.

### STORY NO. 3. JUNKO Tabei

Became the first woman to reach the top of the world. The enormous passion that the Japanese mountaineer Junko Tabei put into all the challenges she imposed herself helped demonstrate that a woman could achieve the same goals as a man, something inconceivable for the society of her time. Finally, on the 16th of May, 1975, all stereotypes were shattered when Tabei reached the top of Mount Everest accompanied by Sherpa Ang Tsering.

In the mid-twentieth century in Japan, climbing was exclusively male-dominated, like many other sports. In this context, the adventure of Junko Tabei, a "fragile" looking woman who fought against everything and everyone, was not only hailed as a triumph of physical strength over the elements but, more importantly, for becoming an example for the women of her time.

But, unfortunately, in the Japanese society of those years, sexism was so ingrained that in an interview that she, as a mountaineer, gave years later, she would declare: "They told us (that being women) that they should be raising children."

Despite being only 1.47 tall, Junko resisted being considered a frail girl with a weak constitution. In addition, the young woman had a very self-critical character and a desire to improve that would be a constant of hers throughout her life. When a teacher at her school organized a trip to climb a nearby volcano called Nasu, Junko marched along with her classmates without a second thought. As an adult, she would still remember how surprised she had been to see that the top of the mountain was not green.

The norms of social behavior in Japan were still discriminatory towards women, who were denied, among other things, the possibility of becoming mountain climbers. However, they could study at the university, not in any university, but in an institution exclusively for women: the Showa Women's University in Tokyo. After graduating in English literature in 1962, Junko took up her passion for climbing again by joining various men's clubs. That decision would provoke all kinds of reactions. While the most experienced accepted her without problems, curiously, the youngest criticized her and accused her of wanting to be there only to find a husband. Although this was not Junko's intention, by chance, the young woman met Masanobu Tabei there, a well-known figure in Japanese mountaineering circles, whom she would marry in 1965.

.....

In 1969, Junko created a climbing club, the Joshi-Tohan Club. (Women's Mountaineering Club), composed exclusively of women, under the motto: "Let's go alone on an expedition abroad." Even though Japanese workers had few vacation days, Junko organized an expedition to the Himalayas in 1970. She and her group, led by Sherpa Eiko Miyazaki, set out for Annapurna III in central Nepal. His was the first expedition to attempt an alternative ascent route: the south.

But the heavy snowfall surprised them and forced the climbers to stay at the base camp and start the ascent from relatively low altitudes. Ultimately, her perseverance was successful and rewarded, and Junko Tabei reached the top on the 19th of May. But unfortunately, she could not take pictures as the cold freeze rendered her camera useless.

That experience made Junko not want to accept returning to her previous life: being practically invisible and working hours and hours on something that she considered meaningless. So as she returned to Japan, the first thing she did was to ask the Nepali government for permission to climb Everest. But the authorities only gave one permit per season, and Tabei had to wait five years to receive the long-awaited authorization. After that, the most pressing problem Junko had to deal with was funding for her Japanese **"Expedition of the Everest for Women project."** It was not strange that, as per her request for financing her expedition, the response was that Everest was not the most suitable place for women and that the best thing they could do was to stay home and care for their children. Fortunately, luck knocked on her door at the last moment, and she could secure the necessary financial support from Japanese television and the Yomiuri Shimbun, the country's largest and most prominent newspaper.

The long-awaited ascent to the world's roof occurred in May 1975, following the same route that New Zealand climber Edmund Hillary and Sherpa Tenzing Norgay followed in 1953.

Getting to the top for Tabei was not easy. On the 4th of May, Camp 2 was surprised by a terrible snow avalanche that almost cost them their lives. "Shortly after midnight on the 4th of May, five of us were sleeping in a tent at Camp 2. Without warning, we were hit by an avalanche and buried under the snow. I was entangled in the tent and pushed under the other four members of the club. I started to suffocate and thought about how they would report our accident. Then suddenly, the sherpas that were with us rescued us. We were fortunate in the group of five; none had any injuries, but it still took three days for me to walk and move normally again. Finally, despite the bruises she suffered, on the 16th of May, Tabei decided that she could not wait any longer.



.....

Traversing the most dangerous ridges, she reached the top together with Sherpa Ang Tsering, thus becoming the first woman to achieve such a goal. Once at the top, which she defined as a "tatami of snow," she declared: "All I felt was a relief."

Tabei's rise to fame was immediate thanks to the presence of the many media outlets covering the expedition. But wary of fame and new sponsors' requests for prestige and money, Junko refused to let her success become a chore, "like working for a company." Junko also did not consider that the triumph of the expedition was only her merit, and she never failed to thank her Sherpa, Ang Tsering, for the help she received at all times. So much so that she even stated that her debt of gratitude to him would be eternal.

The career of the Japanese mountaineer, however, did not end there. After her Everest expedition, she would climb the highest mountain on each continent: Kilimanjaro in Africa in 1980, Aconcagua in South America in 1987, Denali in the United States in 1988, Elbrus in the Caucasus in 1989, Vinson in Antarctica in 1991 and Puncak Jaya in Oceania in 1992. She also climbed Shisha Pangman, inside the Tibet region, in 1981; the southern peak of Jitchudrake, in Bhutan, in 1983; Ismail Simoni, in Tajikistan, in 1985; and Erebus, an active volcano in Antarctica, in 1992.

The type of tourism she was beginning to establish in those virgin areas she had climbed, and the consequent degradation of the environment increasingly worried Junko Tabei. In 2000, she returned to the university, where she studied for a postgraduate degree in Environmental Sciences. After graduating, she became the director of the Himalayan Head Trust of Japan, which works globally to preserve mountain environments. In 2012, Junko Tabei was diagnosed with peritoneal cancer. This cancer did not stop her from climbing until her death on the 20th of October, 2016.

In gratitude to Tabei's achievements, in 2019, a mountain range discovered on distant Pluto, in the far reaches of our solar system, was named after her with the motto: "Historic pioneers who crossed new horizons in the exploration of the Earth, the sea and the sky."



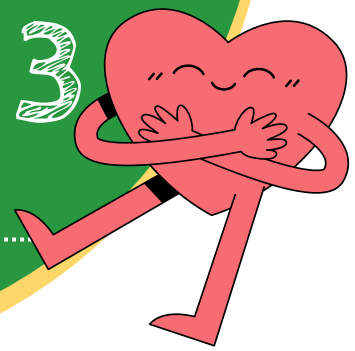
## Dynamic No. 4

CHALLENGES (GOALS)	WHAT DO I HAVE TO DO TO ACHIEVE IT?	WHEN WILL I ACHIEVE IT?

CHALLENGES	ACTIONS
THINK ABOUT EVERYTHING THAT IS TRUE	
THINK ABOUT EVERYTHING, HONEST	
THINK ABOUT ALL THAT IS FAIR	
THINK ABOUT EVERYTHING PURE	
THINK ABOUT ALL THAT IS KIND	
THINK ABOUT ALL THAT IS OF A GOOD NAME	
The most sacred thing that a human being has is his mind. Use it to think well and act well	

# MODULE 3

## Social Area



**THEME No. 5-** ¿Can Effective Emotional Intelligence be Achieved?

**By:** Teacher Urbi Castillejos Castellanos

**1 Objective:** Highlight the importance of developing adequate emotional health in teenagers as one of the most critical factors for achieving success in interpersonal relationships.

**2 Biblical Basis:**

- "A merry heart doeth good like a medicine: but a broken spirit drieth the bones." Proverbs 17: 22 King James Version 1960

**3 Based upon the Spirit of Prophecy:**

*"When the heavenly principle of eternal love fills the heart, it will flow out to others, ... because love is the principle of action, and modifies the character, governs the impulses, controls the passions, subdues enmity, and elevates and ennobles the affections." (1 Mind, Character and Personality 205. 1)*

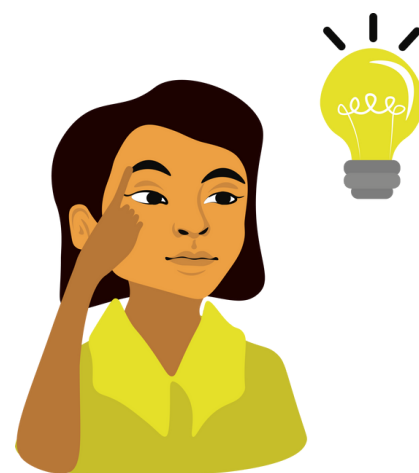


	CONTENT	ACTIVITY	TIME
<b>Introduction</b>	<ul style="list-style-type: none"> <li>• Introduction</li> <li>• Activity</li> </ul>	<ul style="list-style-type: none"> <li>• Reflect</li> <li>• "My face reflects"</li> </ul>	2' 8'
<b>Developing</b>	• What are emotions?	• Make them known	5'
	• What is emotional intelligence?	• Concept	5'
	• Reflection	• Reflection: Know yourself	10'
	• Activity	• Inflating emotions	10'
	• Advantages and Disadvantages	• Questions	15'
<b>Closing</b>	• How to control my emotions		
	• Conclusion	• Surrender your emotions to God	10'
	• Activity and Prayer	• My emotions and God	

## Introduction

There are several factors to help achieve success in the family, church, work, and interpersonal relationships; some of them are emotional intelligence, communication, self-discipline, etc. Among so many factors today, I have chosen to share with you "**emotional intelligence.**" Emotional intelligence is the technique that consists of living better with your emotions and with others to build a more harmonious life fuller of meaning. With God's help, you will be able to develop it, have self-control over your emotions, and know how to communicate better; in addition, you are strengthening your interpersonal relationships. This seminar aims to teach you how to live at ease with all your feelings and be happy, just as God wants you to live!

That's why you need to know a little about emotions. So, I invite you to participate in the following dynamic





## Activity: "My Face Reflects"

The objective of this dynamic is to imitate and reproduce different emotions through facial expressions. First, I will name an emotion and imitate it until the five-second count ends.

Start with simple emotions like happiness, sadness, anger, rage, surprise, fear, disgust, or pain, then try lesser known or experienced emotions such as anxiety, admiration, envy, interest, longing, satisfaction, craving, or compassion.

**For the  
Instructor**

### AFTER SHOWING THE DIFFERENT EMOTIONS, ANSWER:

- ¿What emotions did you like to see?
- ¿What emotion did you not know?
- ¿What emotions did you already know?
- ¿What new emotions did they learn?
- ¿Which emotion have you experienced most frequently?
- ¿Which fewer times?



**¡What a blessing that our creator made us capable of experiencing different emotions!** Can you imagine a life without the cry of joy when you get a gift or when **¿you see a friend you haven't seen for a long time?** Neither do I, but, as well as those emotions that make us laugh and feel good, other emotions put us in hostile states. **¿Do many people even wonder why God created us with the ability to feel pain and anguish Grief, anger, frustration, fear, guilt, shame, envy, and all the other problematic emotions?** All this has to do with sin and the consequences of sin: dysfunctional relationships, pain, loss, rejection, and death. When bad things happen, we experience negative emotions that motivate us to transform the bad into good, and that desire was also given to us by God.

## ¿WHAT ARE EMOTIONS?:

Our emotions are as; **"Intense and transient mood disturbance, pleasant or painful, accompanied by a certain somatic shock"** (Spanish language dictionary.) These emotions can have positive or negative effects on the person, depending on the type of emotion involved, but the emotions themselves are neither good nor bad. (Kuzma 2012.)

### POSITIVE EMOTIONS:

Those that provide well-being  
(happiness, joy, peace,  
patience, etc.)



### NEGATIVE EMOTIONS:

They are those that make  
us uncomfortable (anxiety,  
sadness, fear, anger, etc.)

When we feel an emotion, we feel internal changes, as well as external behavior. For example, we end up laughing, crying, fighting, playing dumb, or sulking. Still, more than these superficial effects, emotions also produce specific changes in the organism, such as blood circulation, respiration, glandular activity, and sensory processes. Once an emotion hits, you can't control your body's internal reaction because this happens automatically. Still, we can learn to control or change our external behavior so that the emotions do not hurt us or other people or things. Over time, as we allow God to shape us, we will find that the emotional response to life's circumstances will soften. Things that once gave you a significant emotional reaction will now be insignificant.

## ¿Did you know?



Colors can provoke or evoke feelings and emotions such as:

Black - Formality

Gray - Elegance

White - Peace

Orange - Enthusiasm

Pink - Calm

Red - The extremes, anger, and love.

Blue - Tranquility, and sadness.

Green - Sensible



## ¿WHAT IS EMOTIONAL INTELLIGENCE?

*"It is the ability to recognize our feelings and those of others, to motivate ourselves, to correctly manage emotions, both in ourselves and in our human relationships."*  
(Daniel Goleman)

Have you ever wondered why, in an argument, many people explode and get angry to the point of hitting while others remain calm? Let's listen to this reflection entitled **"Know yourself."** According to an old Japanese story, a war-like samurai challenged an old Zen master to explain the concepts of Heaven and hell. But the monk replied contemptuously:

"You're nothing but a jerk, and I can't waste my time with your nonsense!"

The samurai, wounded in his honor, flew into a rage and, drawing his sword, exclaimed:

"Your impertinence will cost you your life." "That," then replied the master, "is hell!"

-Moved by the accuracy of the master's words about the rage that was gripping him, the samurai calmed down, sheathed his sword, and prostrated himself before him in gratitude.

"And that," the teacher then concluded, "that is heaven!"



**¿I would like you to answer me, is it possible to have control of our emotions?** In the story I told, the samurai unexpectedly felt the anger of his discomfort. Still, it perfectly illustrates the difference between being trapped by a negative feeling and realizing that we are being carried away by it.


### **Let's see what Aristotle's challenge says:**

Anyone can become angry. That is very simple. But it is getting mad at the right person, to the right degree, at the right time. With the proper purpose and in the right way, that is certainly not so simple.

Socrates' teaching is known as "**know yourself**," which is to realize one's feelings at the very moment they occur. The same education constitutes the cornerstone of emotional intelligence. But the results will always be harmful if we do not have control over those thoughts, feelings, and emotions. To illustrate this, we are going to inflate some balloons.

## **ACTIVITY NO. 2: INFLATING EMOTIONS"**

Each of you has received a balloon; we will fill them all together simultaneously; in each sentence, I say you blow more air into the balloon. The objective is to identify when you have felt that you cannot express your emotions. Emotions are like the air that fills the balloon and fills us little by little



It is not the objective that the balloons explode due to excess air, but it is to have the fear that they may explode due to so much air. A good option is to have a balloon with a pin stick; when you start to inflate, it will fill up, but it will let the air escape little by little and not represent the risk of exploding. Participants must conclude on the importance of controlling emotions and not allowing them to dominate.

**For the  
Instructor**



## Phrases:

- They made fun of at school
- My brother tore my notebook
- A dog barked, chased, and scared me
- The exam for tomorrow is tough
- Everything goes wrong for me
- I bumped my foot with the furniture leg
- I lost my spending money for the week
- My mom wants me to go shopping again
- Instructor: Add all the sentences that are necessary to fulfill the objective, and at the end, ask the participants:
- At what moment I felt like the balloon?
- What emotions fill my balloon?
- How can we prevent the balloon from bursting?



.....

We could often feel like the apostle Paul when he said: *"For I do not do the good I want to do, but the evil I do not want to do—this I keep on doing."*

**(Romans 7: 19, NIV.)**

Uncontrolled negative emotions occur in the absence of God, who is the source of love, peace, calm, contentment, joy, and hope. So, each morning asks God to clearly warn you before you lose control and to stop your adverse emotional reactions on every occasion during the day when you would usually say or do something that would hurt yourself or others. The truth is that you cannot control your emotions on your own.



It is an effort united to that of God. Ask the Holy Spirit to allow you to manage your emotions; spiritual maturity is a slow process. It doesn't happen overnight, so don't be discouraged. Instead, enjoy what God is trying to teach you each day through the situations He allows to happen to you. Then give him glory when you can feel a positive emotion in an adverse circumstance.

**¡THAT IS HIS GRACE AT WORK!**

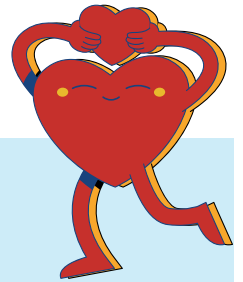
## **ADVANTAGES OF HAVING EMOTIONAL INTELLIGENCE**

By the grace of God, I am sure that you will soon develop vital emotional intelligence, and you will have many advantages in dealing with unusual situations. People who control the reactions of their emotions remain calm and think more clearly, enjoy a more developed emotional life, have emotional clarity that permeates all facets of their personality, and are autonomous and sure of their own borders. They are psychologically healthy people who tend to have a positive outlook on life, and when they fall into a negative state of mind, they do not dwell on it obsessively but quickly look for a way out of that state.

They also have many advantages in their social and affective sphere since they enjoy healthier interpersonal relationships. They have assertive communication in the family, social, and work spheres and achieve their goals more efficiently.

Their self-esteem tends to rise. They adapt quickly to new environments and situations. They present more awesome group and interpersonal efficacy, which leads them to have a high capacity for cooperation and collaboration. Maintain concentration and make good decisions under pressure or stress, which ultimately helps them achieve their goals more efficiently and succeed in what they undertake.

Just as there are advantages, there are many disadvantages, practically the same list above, but in the opposite direction. Without a doubt, the important thing is to control our emotions. So how do I control my emotions? The amygdala is the part of your brain in charge of triggering emotions automatically, and it is essential to recognize that we cannot control our emotions alone, so I recommend:



- Start your day with God.
- Claim the promise: "For with God nothing shall be impossible."  
Luke 1: 37 KJV
- Identify the emotion that is driving you crazy.
- You must be aware of how you feel.
- Find the reason for your emotions and work on them.
- Try to figure out why you feel that way.
- Don't look for a culprit when you don't control yourself.
- Think about the best way to express your emotions.
- Increase and encourage your positive emotions.
- Mention expressions of love to your family.
- Do exercise.



- Distract your attention to block negative emotions before it's too late.
- Ask God to curb your tongue and give you peace. (James 3: 3)
- Begin to write down the times the Holy Spirit keeps you out of trouble or calms a raging storm and praises God for his help.

## CONCLUSION

### SURRENDER YOUR EMOTIONS TO GOD

If you are having trouble controlling your emotions, try giving those same emotions to God. With God, nothing is impossible. Let's read Mark 10: 27 together every day. Let his word speak to you. Some powerful words of wisdom in the Bible will come in handy when experiencing a negative emotion.

#### ANNOYED:

- **Psalm 37: 8 KJV** Cease from anger, and forsake wrath: fret not thyself in any wise to do evil.
- **James 1: 19 KJV** Wherefore, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath.

#### IMPATIENT:

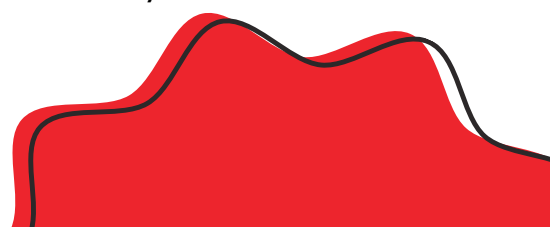
- **Proverbs 16: 32 KJV** He that is slow to anger is better than the mighty; and he that ruleth his spirit than he that taketh a city.

#### ANGRY:

- **Ephesians 4: 26, 31 KJV** Be ye angry, and sin not: let not the sun go down upon your wrath. Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice.

#### JEALOUSY OR ENVY:

- **Proverbs 14: 30 KJV** A sound heart is the life of the flesh: but envy the rottenness of the bones.





## FEAR:

• **Isaiah 43: 5 KJV** Fear not: for I am with thee: I will bring thy seed from the east, and gather thee from the west.

• **Psalms 23: 4 KJV** Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me.

## ACTIVITY NO. 3: MY EMOTIONS AND GOD

For the  
Instructor

Distribute blank slips of paper to all the teenagers. It's a good idea to have extra pencils or pens available. End with all holding hands, and pray.

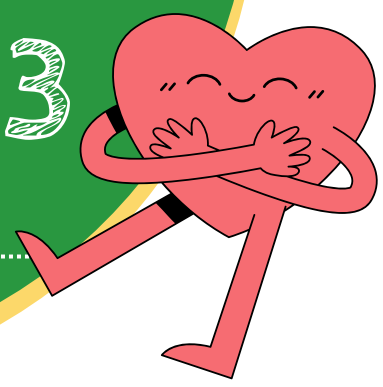
Anyone who wants to bring their emotions to God because they feel like they can't on their own and feel like they're getting caught up in anger, fear, etc. Write all those emotions that are causing you problems on paper, throw it in this trash can, and tell God:



*"I have thrown my anger in this trash can, and I want you to change it for humility. I have thrown my fears in the trash, and I want you to change them for courage and tranquility and that you put in me the fruits of The Holy Spirit."*

# MODULE 3

## Social Area



**THEME No. 6-** (The Power of Reading ( positive and negative)

**By:** : Luis Iván Martínez Toledo, PhD

### 1 Objective:

- Help the teenager select reading materials that provide an appropriate source for their development and refrain from the one that harms them.

### 2 Biblical Basis:

- *And I went unto the angel, and said unto him, Give me the little book. And he said unto me, Take it, and eat it up; and it shall make thy belly bitter, but it shall be in thy mouth sweet as honey. (Revelation. 10: 9 KJV) Let no man despise thy youth; but be thou an example of the believers, in word, in conversation, in charity, in spirit, in faith, in purity. Till I come, give attendance to reading, to exhortation, to doctrine. (1 Timothy 4: 12 -13 KJV)*

### 3 Based upon the Spirit of Prophecy:

- *"Satan knows that to a great degree the mind is affected by that upon which it feeds. He is seeking to lead both the youth and those of mature age to read story-books, tales, and other literature. The readers of such literature become unfitted for the duties lying before them. They live an unreal life, and have no desire to search the Scriptures, to feed upon the heavenly manna. The mind that needs strengthening is enfeebled, and loses its power to study the great truths that relate to the mission and work of Christ—truths that would fortify the mind, awaken the imagination, and kindle a strong, earnest desire to overcome as Christ overcame. (Counsels for the Church, 168. 3)*



	Content	Activity	Time
Introduction	Initial Activity	Fruit Sample Tasting	5'
	Illustration	Sweet but bitter	8'
Developing	The influence	Learning poetry	10'
	The Danger	Quotes Analysis Activity	8'
	What to read	Synonyms Activity	7'
	The good source	Exhibition and reflection	10'
Closing	Conclusion	Exhibition and application reading	7'
	Activity and Prayer	Buttons / Pins	5'

## INTRODUCTION

### INITIAL ACTIVITY

After praying for God's blessing on the program, invite the children to taste a small piece of fruit or sweet food. Then, ask them to describe its taste.

For the  
Instructor

### ILLUSTRATION: "EMBITTERING THE BELLY"

There is a fruit of Chinese origin that many people like; it is soft, juicy, and delightful. It's called Lychee (or Litchi). Although it is not well known in Inter-America, it tends to be found more and more in our countries. However, many people do not know that if the fruit is eaten before it ripens, in that case, it has a toxin that, together with malnutrition or low blood glucose levels, can cause severe illness and even death, especially in children. **¿Can you imagine! ¿There's a sweetness that produces bitterness!** But Lychee is not the only thing that has a pleasant taste, but that damages our stomachs and health.

**¿CAN YOU GIVE SOME EXAMPLES?**

## For the Instructor

Let there be about three or four ideas and affirm or guide the children's opinions. They can refer to alcohol, excess sugar, laxative foods such as prunes or papaya, soft drinks, canned foods, and commercial cookies that have excess fat, sugar, or salt.

The Bible tells of a case of someone who ate a sweet book! But it was bitter in his stomach. Do you know who he was? Yes, John, the disciple of Jesus, let's read **Revelation 10: 9 KJV**.

**¿In this biblical example, what do you think the Bible means by "eating a book"? ¿Are you speaking literally? ¡Certainly not!** A person can't eat a book! And as far as I know, it does not taste sweet. He is talking about reading a book that seems attractive and that the reader likes as he reads, but then, over a while, it hurts or causes sadness. It's like eating green Lychee and not eating anything else; that person can die. That is the effect of a bad book on your character and life. Therefore, today we will talk about the importance of choosing well what we read.

### DEVELOPING

#### THE INFLUENCE:

The story tells of a boy named Voltaire. When he was only five years old, he learned by heart a poem explaining disbelief: In other words, God does not exist. That childhood reading affected his mind, and as an adult, he became one of those who most attacked the Bible and turned many people away from God. **¿What could have been the outcome, learning one about the love of God instead of a poem of incredulity?** We will learn a verse of poetry contrary to what Voltaire learned. Choose the one you like best, and then you can learn the rest at home.





Distribute among those who present a copy of the poem in the annexes and have prepared an incentive for the first participant that learn a verse you have chosen.

For the  
Instructor

His real name was, François Marie Arouet. Elena G. de White, Child Guidance, 181 in Spanish

### THE RISK

A healthy reading has many advantages. In addition to helping us understand other texts in terms of spelling, grammar, writing skills, or increasing vocabulary, choosing beneficial texts will allow us to improve our quality of life and be model citizens. It ennobles the character and encourages reflection and the mental and spiritual capacity to contemplate what is divine. However, reading non-productive, speculative, trivial, sensationalist texts or texts loaded with ideas contrary to good living or that promote sexuality, evil, or spiritualism also have hazardous effects. According to the paragraph that follows, what are the dangers of bad reading? List at least three hazards.



For the  
Instructor

Prepare this and the other quotes to be discussed on a projection or on a poster large enough for all to see. If it is not possible, distribute copies of the passage ( see attached material ) so that in groups of three participants they can answer the question. Give some groups who have not participated before time to comment on their answers. Some answers are added, but you can find more.

*"Satan knows that to a great degree the mind is affected by that upon which it feeds. He is seeking to lead both the youth and those of mature age to read story-books, tales, and other literature. The readers of such literature become unfitted for the duties lying before them. They live an unreal life, and have no desire to search the Scriptures, to feed upon the heavenly manna. The mind that needs strengthening is enfeebled, and loses its power to study the great truths that relate to the mission and work of Christ—truths that would fortify the mind, awaken the imagination, and kindle a strong, earnest desire to overcome as Christ overcame."* (**Counsels for the Church, 168. 3**)

**Danger 1.** \_The ability to fulfill assigned tasks is lost

**Danger 2.** \_You live in a world of fantasies

**Danger 3.** \_You lose the desire to study the Bible

**Danger 4.** \_The mind is weakened and does not understand the work of Jesus

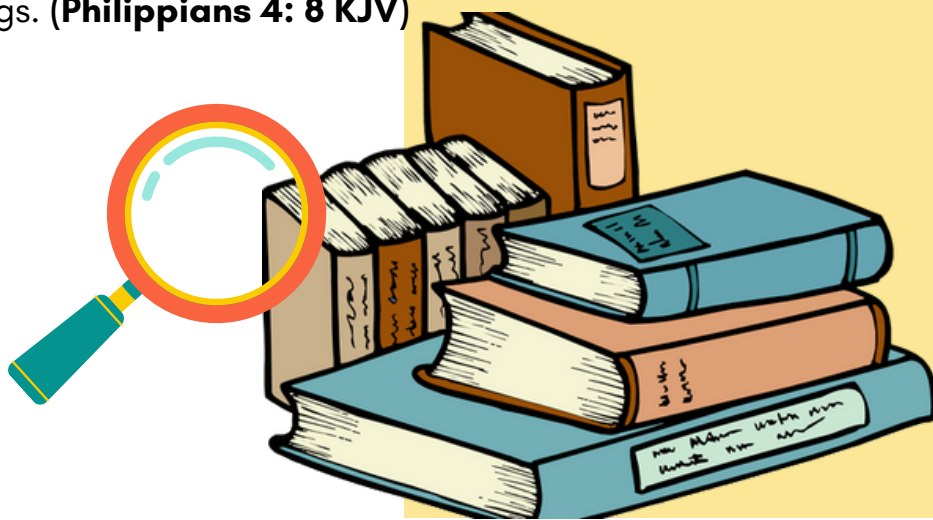
**Danger 5.** \_You do not get the desire to overcome as Christ overcame

## WHAT TO READ

Contrary to the reading of fantasies and worthless, there is reading that strengthens the mind and prepares you for life and eternity. The apostle Paul advises young Timothy: Till I come, give attendance to reading, to exhortation, to doctrine. (**1 Timothy 4: 13**) KJV

It shows that reading is not bad if you know how to choose what you will read. The following verse shows the criteria we should follow in deciding what to read and anything else that will enter our minds through any of the senses, especially sight. Look for a similar word, a synonym, or an explanatory phrase for each idea to be presented to make your message more understandable for young teenagers like you.

Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things. (**Philippians 4: 8**) KJV



## ¿Did you know?

### The most-read books in history:

**5th place: The Little Prince**

**4th place: Tale of Two Cities.**

**3rd place: Don Quixote de la Mancha**

**2nd place: Homer's Odyssey**

**1st Place: ¡THE BIBLE!**

**The Word of God is the most widely read, printed, best-selling, and published book in most languages in history.**

## THE GOOD SOURCE

**¿What do you think is a source of reading that never fails, that produces the development of intelligence and growth before God?** Very well, you know it well, the Bible. The apostle Paul says: And that from a child thou hast known the holy scriptures, which are able to make thee wise unto salvation through faith which is in Christ Jesus. All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness: That the man of God may be perfect, thoroughly furnished unto all good works. **(2 Timothy 3: 15 -17 KJV)**

One of America's most prolific writers, Ellen White, wrote extensively on reading and its effects on the character. She also wrote about the best book ever written. I invite you to read two of her quotes and, in a single sentence and your own words, answer the question:

**¿Why is it good to read the Bible?**

The Bible is the best book in the world for giving intellectual culture. Its study taxes the mind, strengthens the memory, and sharpens the intellect more than the study of all the subjects that human philosophy embraces. **GW 99. 3**



## CONCLUSION

There is no book the perusal of which will so elevate and strengthen the mind as the study of the Bible. Here the intellect will find themes of the most elevated character to call out its powers. **OHC 31. 2**



Let us not forget that God asks us to care for our minds. Solomon says, Keep thy heart with all diligence; for out of it are the issues of life. (**Proverbs 4: 23**)

What can we do to take care of our minds and stay away from fanciful reading that does not bring benefits? Can we do it little by little, substituting the bad reading for one that is just a little bad while we get used to the good one? Look at what this quote says and answer the questions above

It is often urged that in order to win the youth from sensational or worthless literature, we should supply them with a better class of fiction. This is like trying to cure a drunkard by giving him, in the place of whisky or brandy, the milder intoxicants, such as wine, beer, or cider. The use of these would continually foster the appetite for stronger stimulants. The only safety for the inebriate, and the only safeguard for the temperate man, is total abstinence. For the lover of fiction the same rule holds true. Total abstinence is his only safety. **Counsels to Parents, Teachers and Students 383. 4**

So, we cannot gradually diminish the influence of the bad. You have to get away immediately.

A man entered a room smoking, and soon the whole place was filled with smoke; people began to cough and feel very bad. Embarrassed, the man offered to remove the smoke that had entered the area. He began to fill his lungs inside the room and then went out to expel the air. **¿Do you think he managed to extract the smoke from the area?** No, of course not, so a lady offered to bring a fan and place it at the door facing out to get the polluted air out. **¿Do you think she could?** No, it didn't work either. Finally, someone suggested not to worry about the polluted air that had already gotten in; instead, they just put the same fan at the window to blow fresh air. When the fan started blowing, the polluted air no longer fitted inside, and it had to go out the door.

If we dedicate all our effort now to reading, watching, and listening to everything good, the bad in our mind will come out, and soon we will have a clean heart.

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## CLOSING ACTIVITY AND PRAYER

All those who want to start reading the Bible so their minds can be purified by God of the evil that has entered come to the front, and I will place the covenant badge with God on you. Then I will pray for you and me so that God helps us to choose good food for our minds.

Prepare some **"buttons"** such as paper clips, pins (cardboard), or badges to be placed on the chest of each participant with the phrase: **"MY MIND BELONGS TO JESUS."**

Pray to dedicate the teenagers who make this decision to God and ask that the Holy Spirit come to their minds when they are in temptation.

For the  
Instructor

## ANEXES

### *The Influence of a Poem, Have Never Seen God. Unknown author*

*I have never seen God, but I sense  
His benevolent hand in my existence  
When in the night of my life, I feel  
His clear light is shining in my conscience*

*I have never seen God but in the stars  
That shines in the darkness of the night,  
I contemplate absorbing its divine traces  
And the ineffable trail of Him that shines  
¿Who is he that says He does not exist?  
¿Who is he that denies His evidence?  
¿Do you doubt it because you didn't see Him?  
Or ¿because the fool denies its existence?.*

The morning breeze speaks to me of God;  
The sun speaks of Him with its brilliance;  
The sweet spring speaks to me of God;  
The valley with its flowers speaks of Him.

The atom and the cell speak to me of God;  
The sea and the storm talk to me of God;  
The ant and the dragonfly speak to me  
about God, and the lily petal bursts.

The icy dews speak to me of God;  
The jungles, the volcanoes, the snow-  
capped mountains,  
The tormented cry of the rivers,

You cannot see God, but his light shines  
In the abysmal night of consciousness;  
And from there, he speaks to us sweetly,  
and all the rocks and hills.

The valleys, the deserts, and the sharks,  
The beasts of the mountains and the seas  
They tell me that God made the worlds  
And all the stellar regions.

When in the evenings of opal and topaz  
I contemplate the vast horizons,  
I find his name written in the space  
And on the rugged forehead of the  
mountains.

The lark, with its melodious song  
And the nightingale, with his ineffable trill,  
They speak to me of the Holy, Eternal,  
Powerful God  
From which the lightning traced a path.

His light shines on the suns of the void.  
The Pleiades clothe themselves with his  
glory, And in the precise current of the river  
Theymph sings of His immortal victory.

Everything is mute and silent in the  
presence of the One who made everything  
from nothing, which shows his great  
omnipotence in the thunder, the sea, and  
the waterfall.  
He gives us the love of him and the  
ineffable science of him.

## THE RISK

*"Satan knows that to a great degree the mind is affected by that upon which it feeds. He is seeking to lead both the youth and those of mature age to read story-books, tales, and other literature. The readers of such literature become unfit for the duties lying before them. They live an unreal life, and have no desire to search the Scriptures, to feed upon the heavenly manna. The mind that needs strengthening is enfeebled, and loses its power to study the great truths that relate to the mission and work of Christ—truths that would fortify the mind, awaken the imagination, and kindle a strong, earnest desire to overcome as Christ overcame."* (**Counsels for the Church, 168. 3**)

**Danger 1.** \_\_\_\_\_

**Danger 2.** \_\_\_\_\_

**Danger 3.** \_\_\_\_\_

## WHAT TO READ

Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things. **Philippians 4: 8 KJV**



## ORIGINAL SYNONYM

Real \_\_\_\_\_  
Worthy \_\_\_\_\_  
Just \_\_\_\_\_  
Pure \_\_\_\_\_  
Gentle \_\_\_\_\_  
Honorable \_\_\_\_\_  
Virtuous \_\_\_\_\_  
Commendable \_\_\_\_\_

On this, you meditate. On this, you read, watch or listen.

## THE GOOD SOURCE

### ¿Why is it good to read the Bible?

The Bible is the best book in the world for giving intellectual culture. Its study taxes the mind, strengthens the memory, and sharpens the intellect more than the study of all the subjects that human philosophy embraces. **GW 99. 3**

There is no book the perusal of which will so elevate and strengthen the mind as the study of the Bible. Here the intellect will find themes of the most elevated character to call out its powers. **OHC 31. 2**

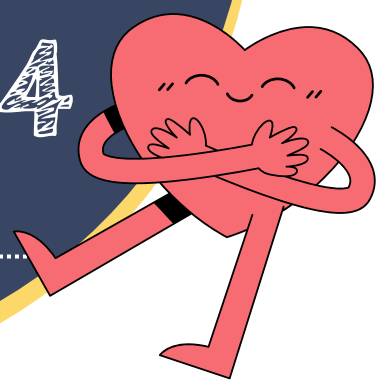
## ANSWER:

Reason 1 \_\_\_\_\_  
Reason 2 \_\_\_\_\_  
Reason 3 \_\_\_\_\_  
Reason 4 \_\_\_\_\_



# MODULE 4

## Spiritual Area



**THEME No. 7-** Sport, Entertainment, and Faith

**By:** Pr. Néstor Felipe Nárez Villegas

### 1 Objective:

- Demonstrate the preponderance of faith over all of the activities, the importance of correctly selecting the leisure activities and sports that the teenagers will be practicing, and focusing on the use of sports to testify of Christ.

### 2 Biblical Basis:

- *A merry heart doeth good like a medicine: but a broken spirit drieth the bones. (King James Version 1960 ).*

### 3 Based upon the Spirit of Prophecy:

- *It is the privilege and duty of Christians to seek to refresh their spirits and invigorate their bodies by innocent recreation, with the purpose of using their physical and mental powers to the glory of God. We can conduct them in such a manner as will benefit and elevate those with whom we associate, and better qualify us and them to more successfully attend to the duties devolving upon us as **Christians. CCh 160. 6***



	Content	Activity	Time
<b>Introduction</b>	• Introduction	• Games and Sports	5'
	• Initial Activity	• Open Discussion	8'
<b>Developing</b>	• Sports and morality	• Examples of current sports.	10'
	• The training	• Concept	5'
	• Christian player?	• Illustrations worthy of being admired	10'
	• The Spirit of Prophecy	• Quotes form Ellen G. White	10'
<b>Closing</b>	• Conclusion.	• Let us play?	5'
	• Closing Activities and Prayer	• My Commitment	5'

## INTRODUCTION

### GAMES AND SPORT

Sport and recreation are an essential part of the development of human beings, accompanying them from their beginnings. One of the biggest reasons for their value lies in the capacity for distraction and the recreation they provide; In this sense, they play a vital role as rest and personal repair; in essence, they are re-creation and formation. In addition, its essential role as a source of exercise or physical and intellectual conditioning cannot be separated, which is convenient for the integral well-being of people.

On the other hand, perhaps less recognized is its role as a source of personal satisfaction or its transcendent dimension. That is to say, an athlete and player always aspire to grow, reach his maximum potential and exceed his limits; this is good! But it should be noted. First, this dimension is closely related to the work of faith, growth, overcoming, and transcend; then, sports and recreation play a vital moral and spiritual role taken into consideration.

As we start, it is good to make it clear that sports and recreation meet a broad field of care for the comprehensive development of human beings, providing joy, entertainment, training, conditioning, and moral and spiritual strength.

.....

## INITIAL ACTIVITY

However, there are some reasons we must understand when selecting sports, recreation, and leisure time. In 2012, a commission of the General Conference of the Seventh-day Adventist Church voted and approved a document entitled "Christian Lifestyle and Conduct." In the section on recreation and communication media is the following statement:

It is highly recommended that the children have the statement at hand while they think about the questions. Therefore, a projection on the screen, copies of the information for each child, or a poster board are recommended.

**For the  
Instructor**

Following the principle of moral purity, the Christian should avoid books and magazines, radio programs, television, the Internet, or any other type of media, games, or modern equipment whose content can contaminate his mind and heart. Furthermore, we must avoid everything that leads to evil and promotes violence, dishonesty, disrespect, adultery, pornography, vices of all kinds, disbelief, and profanity or obscene language, among other things.

In light of this statement, I would like at least two or three people to comment on their views on the following questions:

- ¿How would you determine which games or entertainment are suitable for use?
- ¿How would a game or entertainment offend God?
- ¿Do you consider that entertainment can help you grow in grace?



## DEVELOPING

### THERE ARE NO SPORTS WITHOUT A MORAL MESSAGE

As part of human life, sports occur within their historical and cultural context; they do not develop into anything. As such, a sport or entertainment is not without an implicit message from its participants. These messages have been shared as a show, large or small, where the different political, social, and economic movements contribute to their particular interests, be it in the form of advertising, sponsorship, or the philosophy of the game or product. Given this perspective, there is no innocence or amorality in them, and there is always an implied moral or ideal load of which it is necessary to be aware of adopting them if they are following biblical principles or otherwise reject them.

**¿Think about the last game you played. Do you think someone placed a political or social meaning on it?**

**¿How about a religious one?**

The NFL's halftime show at the Super Bowl is an event highly anticipated year after year. One of the most watched in the history of the United States was Lady Gaga's presentation in 2017. She presented several of her hit songs, including Born This Way. One of the chanted phrases was, "In the religion of the insecure, I must be myself, respect my youth. A different lover is not a sin, believe capital H-I-M." (hey, hey, hey)

**¿Do you know of any other event where a songwriter wrote in favor of or against religion?**

In June 2021, Cristiano Ronaldo, a Portuguese player considered the best soccer player, rejected a bottle of soft drink at a press conference, "WATER, not Coca-Cola," said the player.

Immediately, the stocks of the soft drink company lost four billion dollars.

**¿What brands or products, or companies have you seen advertised in games or sports on television?**

**¿Does the same thing happen with sponsors in local leagues or tournaments?**

**¿Do you think wearing a T-shirt with a beer brand or unhealthy food is innocent and does not cause problems?**



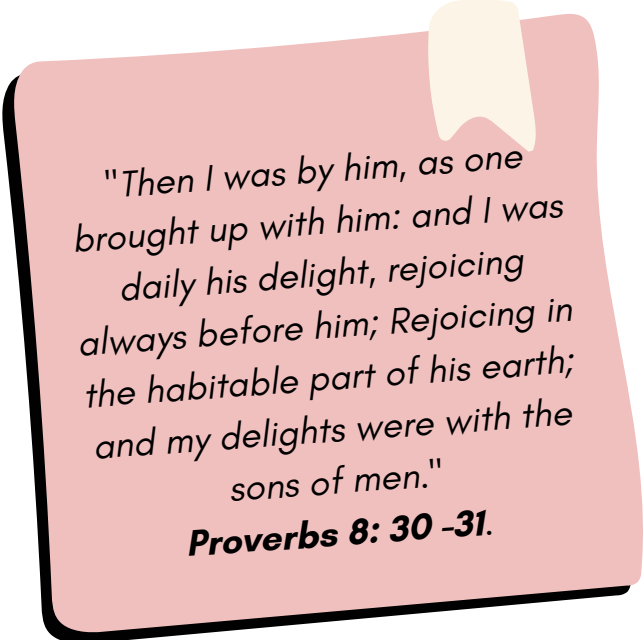
## PARTICIPATE IN ENTERTAINMENT

Given the integration that sports can make of the physical, social, mental, and spiritual aspects of the human being, these cannot be separated. The impact they have on the type of participation in them must be considered.

Due to their moral character, games impact the individual's morality, whether they are an active participant (players) or passive (spectators). This is due to its human capacity for integration and co-creation in its relationship with others. Thus, the spectator can have an apparent passive character but fully integrated with the moment's atmosphere.

That is why a player who scores a point scream with emotion and feels full at that moment, the same as the spectators in the stadium or the teenager with his distinctive shirt behind the screen.

Surprisingly we have these same emotions in God extended to wisdom. In **Proverbs 8: 30 -31**, divine wisdom is portrayed as playing and delighting in the creation of the earth and human beings. As a personification of the same God and as a spectator in the act, he shares the same feelings with him regarding creation: joy and happiness, expressed in the game.



*"Then I was by him, as one brought up with him: and I was daily his delight, rejoicing always before him; Rejoicing in the habitable part of his earth; and my delights were with the sons of men."*

**Proverbs 8: 30 -31.**

¿Is it possible to be a Professional Christian Player?

¡IT IS POSSIBLE!

¡It is possible to give glory to God in games and training sessions!

.....



Although in the professional world, they would like to provide "lay sense" and non-discriminatory meaning, at the same time, they discriminate. And it is seen against those who put their faith first, losing their Christianity, which is a religion in itself ( look at the fans' devotion and willingness to become martyrs ). The Christian must be aware of the extremes to which he can fall for them ( personal glorification or the desire for his pleasure, for example ) and, by the grace of God, reach a balance between the desire for natural victory and respect for the spirit of the game. The game must be a sanctified means and not a perverted outcome.

### ¿Can you name any Christian player that is at a world-class level?

- 30-year-old Kenyan Abel Kirui (Adventist), after he won the silver medal in the marathon at the London Olympics, dropped to his knees and prayed to God in gratitude.
- Thou art worthy, O Lord, to receive glory and honour and power: for thou hast created all things, and for thy pleasure they are and were created. Revelation 4: 11 KJV
- Panamanian Natalie Aranda (Adventist) placed 4th in the long jump during the 2019 Pan American Games. Traveling to Tokyo in 2020, she declared: ***"Each of my competitions and entertainment has always been in God's hands. I trust Him. My confidence is in Him because I can do all things with God."***
- Carlos Roa, an Adventist, was "the best goalkeeper in the world at the end of the last century." He left the Argentine team at the best moment of his sports career, avoiding transgression on the Sabbath, even thinking of becoming a Pastor of the Seventh Day Adventist Church.

● Yoy

Print photographs of the athletes listed here or project their images on the screen. You can also add some short videos of their best performances or awards. If possible, take a photograph of the participants at the beginning of the workshop, they can be panoramic photos, and that photograph will be presented on the screen. If this is impossible, carry a mirror with the legend "Champion of Christ" and let them see each other.

**For the  
Instructor**



## ¿What did Ellen G. White say about sports?

¿Ellen White wrote about many things in the Christian life. But could she have written about sports and entertainment?

### **The dangers of sports and entertainment:**

Sister White's advice on the harmful effects of entertainment and sports is well known. However, let us remember why. Her emphasis was not on the sport or recreation in itself but on its misuse of them.

According to Ellen White, in her book **“Daughters of God”** on page 39 in Spanish, placing them at the center of life, usurping the place that only belongs to God, inevitably weakens the other faculties of the human being, hindering their development. Furthermore, in her book, **“Last Days Events,”** she points out that participating in them for not having a better thing to do or without a definite beneficial purpose is an invitation to sensuality and depravity. In addition, the risk of sports, especially those of competition, promotes the love of recognition and emotions by themselves, becoming a selfish practice, even pride, according to what she mentions in the book **“The Adventist Home” in Spanish, page 454.**

All this can be summed up in not needing God and gradually rejecting faith as it is displaced by joy and purely selfish pleasures.

It is related to the fact that Ellen White was visiting Avondale College on their anniversary. The reason she's there was to give the opening reflection. Everything was going fine with the program; however, during the rest of the day, students and teachers dedicated time and effort to entertainment that met the wrong expectations mentioned above. It even went further by focusing so much on people that God spoke to Ellen White through night visions and pointed out to her concerning the effects of those amusements. ***“They were presented to me as a species of idolatry, like the idols of the nations. CT 350. 1.”***

.....

## THE BENEFITS OF SPORT

She recognizes them as a source of blessing for the practitioners since she places them at the level and usefulness of the work promoting integral health through the harmonious development of the physical, mental and spiritual faculties;

She points them out as an educational-missionary work, a means to assume Christian responsibilities, since she encourages Christians to participate in them and create them; she even encourages setting aside days of God-centered entertainment and joy to ease the pains and needs of the world.

Sports and entertainment are an opportunity to magnify God. However, the athletes involved in sports and entertainment must know that they should do it based on an environment that, as noted above, is not against their faith:

If, in order to do good and glorify His name, the Lord requires us to go among infernal spirits, where is the blackest darkness, He will encircle us with His angels and keep us unsullied. But if we seek the company of sinners, and are pleased with their coarse jests, and entertained and amused with their stories, sports, and ribaldry, the pure and holy angels remove their protection and leave us to the darkness we have chosen.

### **2T 222. 2**

So, everything the children of God do will always be focused on determined and intentional ennoblement! They must play or exercise consciously, not being carried away by their emotions to glorify God. Therefore it does not mean that a Christian cannot aspire to be the best player in his category or participate in the best world events, even among recognized teams. If that is his call to the service and glory of God, the Angels will be with him as long as he considers the indicated advice.



I would like to imagine that we are very outstanding players, we are in the qualifying rounds for the World Cup, and we are all going to play. With what we learned today, how could we celebrate each goal? Now let's play basketball! With the slight modification that we will have to use a small ball and shoot into a laundry basket, we will all line up, and everyone will give their best effort. Remember to celebrate as we proposed, giving glory to God.

## For the Instructor

You are free to adapt the game to your context or environment. If you enjoy soccer or baseball more, it is to find a simple way for everyone to make a goal or a home run. Constantly remind them that they will celebrate to thank God for giving them the necessary skills. Motivate everyone to make sure and to score and celebrate.

### COMMINMENT

In closing, I want you to respond to an invitation: Those who wish to dedicate their talents and physical abilities to God's work can come forward to pray for you.

## For the Instructor

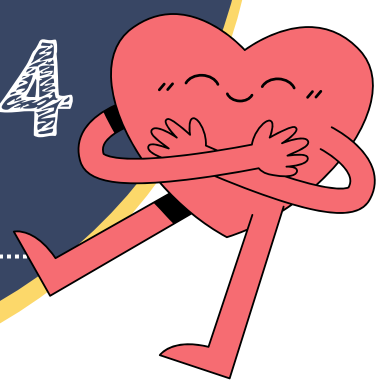
Invite everyone possible, when coming forward, to please fill out the following statement, to write their name and keep it as a commitment to God. When no one is missing to come forward, invite them to repeat the declaration at the same time, all of them or after you.

***"God, today I promise before you to be a living witness of your love, to preach to others with each goal, each touchdown, each basket, each point, each achievement, each jump, each medal, each race won. The pride that I will declare to the world is the pride that I feel to be called your son. The only rivalry I will seek to promote is the rivalry against sin and all its manifestations. I will give you the glory if I win or if I lose. I am an athlete with his eyes fixed on the crown of life that you will give to all of us who love you. Be my strength and example; I give you my life."***



# MODULE 4

## Spiritual Area



**THEME No. 8-** Values and Principles of Life

**By:** Teacher Laura Minelly Ruiz González

### 1 Objective:

- Motivate adolescents to live based on principles and values essential to carry in the personal baggage of the extraordinary journey of life.

### 2 Biblical Basis:

- *Happy is the man that findeth wisdom, and the man that getteth understanding. For the merchandise of it is better than the Merchandise of silver, and the gain thereof than fine gold. She is more precious than rubies: and all the things thou canst desire are not to be compared unto her. (Proverbs 3: 13 -15)*

### 3 Based upon the Spirit of Prophecy:

- *The greatest want of the world is the want of men—men who will not be bought or sold, men who in their inmost souls are true and honest, men who do not fear to call sin by its right name, men whose conscience is as true to duty as the needle to the pole, men who will stand for the right though the heavens fall. **Ed 57. 3***

	Content	Activity	Time
Introduction	The story of Neil Armstrong Analysis of the case	Discuss in pairs	5'
			10'
Developing	Assessing knowledge	List of Values	5'
	Illustration	Abel Mutl and Iván Fernández	10'
	What are values?		5'
	Biblical Examples		10'
Closing	Conclusion	Poem	5'
		Different people's positions about values	5'
		Challenge	5'

## Certification for Teens 2023

### INTRODUCTION

Today we are going to talk about values.

**¿What is value? ¿Are they useful for something? ¿What if we play a little to warm up our ideas about values?**

The game is the scale of values; I will read a situation and give two options as a response to the problem, and depending on the answer, you will advance one step or remain right where you are. So, we're all going to go to the end of the aisle (church, hall, etc.)

**SITUATION NO. 1:** Today, I earned 20 pesos for cleaning my neighbor's lawn; I'm going to buy some cookies and juice at the store. On the way, I see a very old lady who for her walking is very difficult.

**a)** I happily greet her with a smile and wish her a happy day.

**b)** I give her my money and go home without my cookies.

- Advance if you chose the generosity value option B.
- Stay if you chose the respect value option A.
- It is better to be generous than just respectful.

**SITUATION NO 2:** I go to school late, but my bed is still full of sheets and blankets.

- a) I make the bed as quickly as possible, even if I earn tardiness.
- b) I apologize to my mother and assure her that I will wake up earlier the next day.
  - Advances if you choose honesty, option B. Stays in place if you choose punctuality, option A. Because it is better, to be honest than punctual.

**SITUATION NO 3:** Upon returning home, I saw an injured person on the sidewalk.

- a) I call the authorities, police, or emergency services and leave.
- b) I pray with the wounded while waiting for help.
  - Advance if you choose the courage to testify to my faith option B.
  - Stay in place if you choose good citizenship, option A.
  - It is better to share my faith than to be a respected citizen.

**SITUATION NO 4:** Today, we will do a project with my classmates at my best friend's home. A friend brings cigarettes and invites us all.

- a) I get up and confront him, clearly showing my annoyance at his behavior.
- b) I reject his offer, but I respect that someone wants to smoke.
  - You advance if you choose the value of honesty option A
  - You stay in your place if you select tolerance, option B
  - It is better to call sin by its name than to be tolerant.

**SITUATION NO 5:** Today there are swimming heats, and the best swimmer dropped and broke his swimming goggles.

- a) I lend him mine; he deserves to continue in the qualifying rounds.
- b) I encourage him to swim without glasses. Telling him you only have to give his best effort.
  - Advance if you choose to sacrifice option A.
  - Remain if you choose companionship, option B.
  - It is better to sacrifice yourself for your neighbor than to show yourself to be a good companion.

**SITUATION NO 6:** My mom has a lot of work at home, and today, I saw her very tired.

- a) I hug her and tell her I love her very much.
- b) I leave what I am doing and start to clean up and do the cleaning.
  - Advance if you choose industriousness, option B.
  - Stay if you choose affection, option A.
  - It is better to show affection by way of diligence.
  - Thank you for participating. You can return to your place



In his book **"El Hombre Light,"** Enrique Rojas mentions that the contemporary human being that emerged from postmodernism has been characterized as a man without substance, without content, given over to money, power, success, and unlimited and unrestricted joy. The light man lacks references, has a tremendous moral vacuum, and is unhappy, even though he has materially almost everything.

What this writer mentions is similar to the position that has permeated the minds of many adolescents: **"everything is relative."** Moral relativism is an ethical theory in which there is no universal way of knowing what is right and what is not. That means that if something seems good to you, do it, and if it doesn't seem reasonable to you, don't do it; you have a craving, try it; that is why today we see the increase in passions, tastes, and desires.



Enrique Rojas mentions that the human being lacks solid criteria; the light man is, therefore, an empty, indifferent, permissive being with practical and weak thinking, superficial convictions, unstable commitments, disoriented, vulnerable, and easy to manipulate. The light man is quite informed but lacks education. Moreover, he lacks the fundamental moral principles that make him capable of distinguishing between good and evil. In other words, he lacks a scale of values on which to base his behavior.

Today we are going to share some cases that show the importance of having established a correct scale of values representing our lives' base.





## ILLUSTRATION

In 1971, a boy named Lance Edward Armstrong was born in Austin, Texas. At the age of twelve, he began his sports activity representing the swimming team of Plano, located north of Dallas; by then, he was able to qualify in fourth place in the competition.

A few years later, Lance himself commented that he decided to change his discipline when he saw an advertisement to participate in a triathlon, and he chose to participate. From there, he took a liking to competitions.

Lance managed to win a triathlon competition for athletes under 19 years of age. Two years later, he declared himself a professional and participated in the most crucial triathlon competitions in the country. In 1991 he managed to obtain the national championship for amateurs and the test for professionals in the Lombarda week. Both achievements helped him to be selected to represent the USA in the 1992 Barcelona Olympics.



**¿Do you imagine?** He was selected to go to the Olympics! Although so far, it seems that everything was going well for him, in addition to having that privilege, he was one of the youngest riders to win the World Championship. He was the first American to win the Fleche Wallonne, and from 1999 to 2005, he won the Tour de France seven times in a row.

When he was 25 years old, he faced cancer and had to undergo various treatments and surgery to reduce and remove the tumor. Upon his recovery, he decided to compete again in different competitions. In 1998, Armstrong was again a dominant force in the cycling world. He qualified in various competitions and won the Cascade Classic, the Rheinland Pfalz Rundfahrt, the Spring 56K Criterium, and the Tour of Luxembourg. In the summer of 1999, Armstrong was again ready to take on the biggest of them all, the Tour de France. The fact that he could compete was unbelievable, but the world was stunned when it became clear from the first day of the race that Armstrong was a strong contender for victory. In what many considered an impressive finish, Armstrong crossed the finish line 7 minutes and 37 seconds before his closest competitor cementing his role as a national treasure.

But then, at the height of his achievements, a 1,000 plus pages report was submitted to the cycling commission that included testimony from more than 26 persons stating that Armstrong and his team ran the most sophisticated doping program in history. And because of that, Armstrong achieved so much.

The most incredible thing is that in 2015 he admitted to the BBC that he would do it again.

## ACTIVITY

Share your comments in pairs:

- ¿What led this cyclist to make those decisions?
- ¿Did he live on a scale of values?
- Make a list of the possible reasons that led him to make those decisions.

## DEVELOPING

### Ellen G. White says in the book **Education**:

The greatest want of the world is the want of men—men who will not be bought or sold, men who in their inmost souls are true and honest, men who do not fear to call sin by its right name, men whose conscience is as true to duty as the needle to the pole, men who will stand for the right though the heavens fall. **Ed 57. 3**

As you can see, integrity as a value is the quality of being honest and having strong moral principles. It is a personal choice to hold oneself to conscious standards. In ethics, integrity is considered the honesty and truthfulness or accuracy of one's actions. Be congruent between thinking, speaking, and acting.

When people cross border lines, the police at customs often ask about their identity, place of origin, place of destination, and if there is anything to declare. It is very applicable to the life of human beings since when we talk about identity, we must know who we are; when asked where we come from, we must know our origins and demonstrate our objectives, knowing what to answer when asked where we are going.

Every young person and teenager must be clear about their short- and long-term life project, but when we talk about the things we have to declare, it is that baggage of values and principles that will accompany us every day of our lives on this journey called life.

## ¿Did you know?

Some people mention that there are more than 100 values classified in the:

- **Personal values**
- **Human values**
- **Social values**
- **Professional values**
- **Moral values**
- **Religious values**
- **Intellectual values**
- **Economic values**
- **Affective values**

## ¿HOW MANY VALUES DO YOU KNOW?

Please list your values and compare them with your classmates to see who has written the most. Then, later, discuss in class why each of them is important.

Give the required time for the teenagers to list their values and compare them with their partners. Then, motivate them to do the activity. You can mention some: kindness, loyalty, tolerance, perseverance, courage, honesty, goodness, love, brotherhood, fellowship, respect, peace, etc. If there is time, you can ask them to put them in order of importance and tell their partner why they put them that way.

For the  
Instructor

## ¿BUT WHAT ARE VALUES?

According to Montse de Diego and Pablo Gandarillas, "People grow, mature, and build their character and our way of thinking, thanks to the experiences and circumstances that surround us. During this process, we select, shape, and strengthen a network of personal values, which will govern our attitudes, thoughts, and beliefs. Values are part of the most intimate part of our being."

They are the ultimate justification for our decisions and behaviors, so each option we make is made with reference, explicit or not, to our scale of values.

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## ACTIVITY - This Activity is an analysis of Biblical examples.

NAMES	VALUES'	BIBLE TEXTS	RESULTS
Moses	Humility and patience	Numbers 12: 3	Freed a nation
Joshua	Courage	Ecclesiastes 46: 1	Conquered Canaan
Abraham	Obedience	Genesis 12: 1 -3	He was the father of a great nation
Esther	Bravery	Esther 4: 16	He saved his people from extermination
Jesus	Sacrifice, love, and all existing values	St. John 3: 16 The Gospel's	He gave salvation to all humanity
NAMES	ANTI VALUES		RESULTS
Ananias and Sapphira	Dishonesty	Acts 5: 1 -11	They died
Gehazi	Greed	2 Kings 5: 20 -27	He had leprosy
Achan	Greed	Joshua 7: 21 -26	He died with his entire family and all his possessions.

**For the  
Instructor**

Divide the group into teams to analyze these cases. Let's look at some biblical examples and motivate the enagers to think about what values or anti-values are reflected in the lives of these characters and their consequences. Then, they can think of other biblical examples and discuss them.





## CONCLUTION

On the 13th of July 2009, the writer and poet María Clemencia Botero Yali wrote a poem that recites the following

## HUMAN VALUES

*If your life of moral values is full,  
you will know that, with them, you will grow  
in dignity,  
you will have good relations with humanity,  
and you will live your whole life forever.*

*Do not live in lies, nor do you use violence,  
because this degrades you personally,  
do not ponder that everything is insignificant  
and keep your conscience clean.*

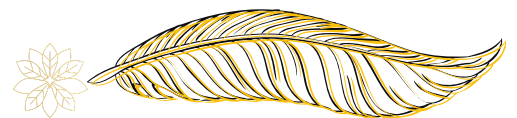
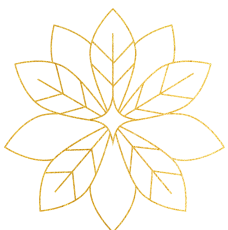
*If you are a just man, you will be a  
nobleman,  
of excellent human quality,  
for whom everyone brags,  
Well, you won't have a double personality.*

*That's why in this poem of reality  
I am going to list the 39 eternal values,  
so that they are present in your thinking,  
and your life be full of happiness*

*autonomy, forgiveness, friendship,  
charity, dignity, fellowship,  
compassion, understanding, civility,  
Solidarity, faith, and equity.*

*Gratitude, justice, fidelity,  
Sincerity, self-control,  
belonging, optimism,  
obedience and generosity.  
Emotional maturity, humility,  
Respect, patience, simplicity,  
Temperance, service, good sense,  
Life and honesty.*

*Perseverance and identity,  
Prudence, sociability, modesty,  
Tolerance, responsibility, and love*



## ¡HOW SUITABLE THIS WRITER IS!

**Values allow us to grow with dignity, have good relationships with other people, and live a whole life.**

I am going to share some statements that famous people made regarding values:

- ♥ "Try not to be a successful man, but a man of values" (Einstein)
- ♥ "Your core values are the deeply held beliefs that authentically describe your soul." (John C Maxwell)
- ♥ "Anything that changes your values will change your behavior." (George Shehan)
- ♥ "When your values are clear to you, making decisions becomes easier." (Roy E. Disney)
- ♥ "Efficacy without values is a tool without purpose." (Edward de Bono)
- ♥ "If you don't stick to your values, then when tested, they're not values, they're hobbies." (Jon Stewart)
- ♥ "To lead a meaningful life, it is necessary to appreciate others, pay attention to human values and try to cultivate inner peace." (14th Dalai Lama)
- ♥ "If you want joy and happiness in life, focus your energy on improving your human dignity, your human capacity, and your human values." (Amit Ray)
- ♥ "We must adapt to changing times and continue to uphold unchanging principles." (Jimmy Carter)

Values are like the GPS we use on trips and guide us when making decisions. They are present in every action that takes place here and now. Every time you have to make a decision, ask yourself:



**¿ I am I being consistent with my values?**

**¿To what extent could you experience them more intensely?**

**¿Will God be proud of my actions? Am I a good child of God?**

