



LIFE·PAC®

Family and Consumer Science

Student Book

Unit 1



Alpha Omega Publications®

FAMILY AND CONSUMER SCIENCE LIFE PAC 1

CHRISTIAN CHARACTER AND APPEARANCE

CONTENTS

I. INNER BEAUTY	2
Character Qualities	2
Biblical Principles vs. Personal Preferences	3
Personality Strengths and Weaknesses	6
II. PHYSICAL BEAUTY	13
Health	14
Nutrition and Exercise	16
Hygiene	20
Grooming	22
Posture	27
III. BEHAVIORAL BEAUTY	37
Actions	37
Communication	40
Glossary	44
Bibliography	46

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CHRISTIAN CHARACTER AND APPEARANCE

God has made us three-fold beings with a body, a soul, and a spirit. The spirit is the most important part; it comes to life at salvation. It guards us against a callused spiritual **conscience**; it keeps us on the right track, and living in God's will. Defining our **character** qualities, discerning our weaknesses and strengths, and establishing Biblical principles to live by are important in the development of our spirit. "Inner Beauty" will focus on these areas of our spiritual being.

The second part of our three-fold being is the body. God created human life; therefore, He is the source of our physical being. Each person is responsible for the care of his own body. "Physical Beauty" will discuss your health, hygiene, and appearance.

The third part of our three-fold being is the soul. This is often referred to as our will. *Will* is defined as *that faculty of the mind by which we determine either to do or forbear an action*. "Behavioral Beauty" will discuss Christian principles that govern your conversation and actions in both private and public circumstances.

It is the combination of all three parts of our being that makes it possible to be the person God wants us to be. This LIFEPAK® will help you strive to become that person.

OBJECTIVES

Read these objectives. The objectives tell you what you will be able to do when you have successfully completed this LIFEPAK.

When you have finished this LIFEPAK, you should be able to:

1. Identify and define the character qualities that make up our spiritual beings.
2. Compare and discern between Biblical principles and personal preferences.
3. Examine specific principles that will help you develop as a Christian young person.
4. Identify your personality strengths and weaknesses.
5. Gain an understanding of how your appearance affects how you act and feel.
6. Understand the meaning and relationship between health and hygiene.
7. Identify beauty practices contributing to good grooming.
8. Demonstrate some skill in grooming practices.
9. Identify the relationship between good posture and your appearance.
10. Demonstrate some skill in practicing good posture.
11. Study behavioral beauty which demonstrates the inner beauty through actions and speech.
12. Demonstrate skill in conversation and social graces.

I. INNER BEAUTY

For ye are all the children of God by faith in Christ Jesus. (Galatians 3:26)

Inner beauty is the development of strong Christian character qualities. Developing these qualities within comes from our relationship with God and is strengthened by our knowledge of His Word. As a Christian is seeking God's Word in the development of character, it is important to clarify the difference between Biblical principles and personal preferences.

Developing inner beauty is a growing process. You can identify your **personality** strengths and weaknesses with the use of God's measuring stick, the Bible, to help you become a more effective Christian.

In this section you will identify the character qualities for inner beauty that God emphasizes in His Word. You will work on developing and improving your inner beauty through Biblical principles. You will examine the real you and perhaps discover who you really are.

SECTION OBJECTIVES

Review these objectives. When you have completed this section, should be able to:

1. Identify and define the character qualities that make up our spiritual beings.
2. Compare and discern between Biblical principles and personal preferences.
3. Examine specific principles that will help you develop as good Christians.
4. Identify your personality strengths and weaknesses.

VOCABULARY

Study these words to enhance your learning success in this section.

character	heredity	temperament
conscience	knowledge	temperance
environment	patience	status
genes	personality	value
godliness	role model	virtue

Note: All vocabulary words in this LIFEPAAC appear in **boldface** print the first time they are used. If you are unsure of the meaning when you are reading, study the definitions given.

CHARACTER QUALITIES

God's Word is our source for improving our quality of life and Christ-likeness. Read the following passage from 2 Peter 1:2–7.

- 2 Grace and peace be multiplied unto you through the knowledge of God and of Jesus our Lord.
- 3 According as his divine power hath given unto us all things that pertain unto life and godliness through the knowledge of Him that hath called us to glory and virtue:
- 4 Whereby are given unto us exceeding great and precious promises: that by these ye might be partakers of the divine nature, having escaped the corruption that is in the world through lust.
- 5 And beside this, giving all diligence, add to your faith **virtue**; and to virtue **knowledge**;

6 And to knowledge **temperance**; and to temperance **patience**; and to patience **godliness**;

7 And to godliness **brotherly kindness** and to brotherly kindness **charity**.

Note the words from 2 Peter 1:2–7 written in bold print. It is the believer’s responsibility to add these qualities to the beginning point: salvation. Qualities that are built within are virtue, knowledge, temperance, and patience. *Virtue* is the resolve within to stay pure. You have to say to yourself, “I will live clean; I will do right.” *Knowledge* involves the intellectual aspect. You must say, “I will feed my thought life to do right.” *Temperance* entails the “don’ts” of life; self-control towards yourself. You tell yourself, “I will develop the ability to say, ‘no.’” *Patience* is self-control toward others. You challenge yourself, “I will cultivate forbearance in my relationships with others.”

Developing these qualities within comes from our relationship with God, which enables us to develop meaningful relationships with other Christians and correct relationships with all men. In 2 Peter 1:6–7, we are instructed to strive for godliness, to be more like Christ. Brotherly kindness infers right actions and attitudes toward other Christians, while charity denotes right actions and attitudes toward all men. These aspects of our behavioral beauty will be discussed later in this LIFEPAC.



Complete the following activities.

1.1 Give a brief description based on 2 Peter 1:2–7 of the qualities that are built within.

Virtue _____

Knowledge _____

Temperance _____

Patience _____

1.2 What is the beginning point upon which these qualities are built? _____

BIBLICAL PRINCIPLES VS. PERSONAL PREFERENCES

As a Christian is seeking God’s Word in the development of character, it is important to clarify the difference between Biblical principles and personal preferences. Biblical principles are those topics that are found specifically in the Word of God. They are unchanging; they pass the test of time. They are passed from one generation to another and apply to all cultures. Biblical principles are always worth defending.

On the other hand, personal preferences change from country to country, generation to generation, culture to culture, and church to church. The Bible does not address the issue in a definite, clear-cut manner. The question is, “Is it worth taking a stand on?” It is usually your own decision. Unfortunately, man usually bases his decisions on peer pressure or self-induced pressure to be like others. It is only natural to want to be accepted and to fit in, but God clearly states in His Word that we need to be content with how He made us. We are unique and special in our own way.

For we dare not make ourselves of the number or compare ourselves with some that commend themselves: but they measuring themselves and comparing themselves among themselves are not wise. (2 Corinthians 10:12)

Our unchanging measuring stick for deciding whether something is a personal preference is God's Holy Scripture. Oswald Chambers states, "It is vastly important to remember that our duty is to fit our doctrines to our Lord Jesus Christ and not to fit our Lord into our doctrines." It is our responsibility to search God's Word for insight and direction to do His will. (Heavilin, 14, 17)

Now that we have established a difference between God's principles and man's preferences, let's examine some specific principles that will help us develop as good Christians.¹

The principle of individuality teaches that everyone is complex and unique. God created all mankind in His image, yet there are different races, looks, heights, and personalities. We need to understand the strengths and weaknesses of our individual **temperament**, then we need to ask God to help us develop our strengths and diminish our weaknesses. We are all human but we are created differently—not only physically, but each of us is created for a different and unique purpose.

The principle of self-government teaches us to control ourselves concerning behavior and discipline. There will always be rules and regulations to be followed in life. Enforced self-government (rules, discipline) leads to outward obedience. Each of us needs to self-govern our individual lives in order to make right decisions and to develop right relationships. It is up to each of us to say "no" to drugs and alcohol. It is our responsibility to make friends that will encourage us to do right. Obedience to God's Word is the reflection of our self-government.

The principle of Christian character instructs us to do everything to the best of our ability in order to honor Christ. The perfect example of Christian character is Christ. He is omnipresent, omnipotent, and omniscient. The Bible tells us in 2 Peter 1:4 that we, as believers created in the image of God, may too "become partakers of His Divine nature." Christian character can be very helpful in times of making difficult decisions; e.g., whether or not to have an abortion. Good character helps us to make right decisions. It takes character to seriously study out an area of **knowledge**. A regular quiet time is very important. It is necessary to have devotions to keep a personal relationship with our Savior. Thinking God's thought helps us to resist Satan and, in turn, builds character. We need to make sure we are pure and have pure thoughts. We need to have personal devotions and to take time for prayer every day.

Because our **conscience is the most sacred of all property**, it is extremely important to please God with our minds. We are not like the animals. We are made in the image of God, having body, soul, and spirit. We are made with a governing faculty of conscience rather than animal instinct. Since it may be dam-



aged, the conscience must be trained; it must be guarded. In order to maintain a good conscience that will help us, we need to fill our minds with Godly things; we need to keep our minds clean and clear. Because we have been made servants of God's creation, conscience must be held in high esteem. Our conscience is our guide and reminds us to do right. Our conscience is a safe guide, but only when guided by God.

As family and friends watch you using Christian principles to govern your behavior, they will begin to understand what's involved in letting God control their lives, too. We are constantly "on stage" to those around us. As Christians we are not to do anything that would cause another to stumble. How comfortable are you with saying along with the apostle Paul, "Be ye followers of me, even as I also am of Christ" (1 Corinthians 11:1)? It's our choice whether our example is positive or negative. (Heavilin, 24)



Complete the following activities.

1.3 In your own words compare Biblical principles to personal preferences. _____

- 1.4 Determine if the following issues are either *B* (Biblical principles) or *P* (personal preferences).
- | | |
|-------------------------------|---|
| a. _____ homosexuality | d. _____ what hair length is too long for a man |
| b. _____ women wearing slacks | e. _____ abortion |
| c. _____ premarital sex | f. _____ dancing |

- 1.5 In your own words, explain each of the following Biblical principles.
- a. Individuality _____

- b. Self-government _____

- c. Christian character _____

- d. Conscience is the most sacred property _____

¹ Principle titles were taken from *Teaching and Learning America's Christian History*, by Rosalie J. Slater, Foundation for American Christian Education, CA, 1975.



PERSONALITY STRENGTHS AND WEAKNESSES

Do you ever wonder who you are? Your first thought, of course, is “I am a teenage [boy or girl].” Then you think of your physical features such as color of hair or whether you are tall or short, thin or fat. But who are you really? What makes you pretend to be someone you are not to impress friends? What are your emotions like? Do you cry easily when you are unhappy or sad? Do you get mad when people tell you what to do? Are you happiest when you are playing your favorite game? There are many parts that make you the unique individual that you are.

The dictionary defines personality as “the sum total of the mental, emotional, social, and physical characteristics of an individual.” It is personality that determines the way you react to others, the way you communicate, the way you think and express emotions. Temperament and character are intertwined to form your personality. The wonderful thing about character is its ability to modify temperament, to allow you to take advantage of the strengths, and to downplay the weaknesses.

Your thoughts, fears, hopes, reactions, behaviors, and dreams all come from this core personality. Personality determines not just your being but your behavior. It influences how much you eat, drink, and sleep. Personality determines whether you are aggressive or shy, active or passive, and who you are attracted to. In essence, your personality helps you determine your **values**. But where does your unique personality come from?

Many believe that personality is inherited, that your parents have passed on to you through **genes** much of how you look and act. Although **heredity** plays a big part in your personality, there are other influences in your life that affect your personality. **Environment**, religion, where you live, family size, **status**, and **role models** all affect who you are—that which makes up your inner beauty.



Complete the following activities.

1.6 List four of the influences that affect personality.

- a. _____
- b. _____
- c. _____
- d. _____

1.7 From the list of words and phrases below, choose words that best describe your personality. Place these personality traits in the appropriate column in the chart on the following page, identifying each one as either a strength or a weakness.

- | | | |
|----------------|---------------|--------------------|
| brave | mean-spirited | loyal |
| determined | good-humored | godly |
| considerate | lazy | deceitful |
| rude | ambitious | perfectionist |
| friendless | moody | responsible |
| friendly | confident | mature |
| talkative | religious | charitable |
| afraid | phony | curious |
| extrovert | narrow-minded | brotherly kindness |
| introvert | masculine | greedy |
| quick-tempered | feminine | dependent |
| cheerful | silly | virtuous |
| optimistic | even-tempered | self-controlled |
| loving | joyous | charming |
| stubborn | reliable | grouchy |
| gloomy | helpful | humble |
| opinionated | dependable | a gossip |
| dominant | energetic | envious |
| lovable | cute | patient |
| macho | mild-mannered | wise |
| sarcastic | quiet | discerning |
| possessive | maternal | content |
| contented | concerned | flexible |
| rebellious | apologetic | secure |
| laid-back | creative | compassionate |
| selfish | talented | hospitable |
| intelligent | strong-willed | criticizes others |
| depressed | appreciative | |
| jealous | guilty | |

1.8 Read the following verses and write a paragraph on how they can help you improve your inner beauty.

a. Ephesians 4:30–32 _____

b. 1 Peter 3:3–4 _____

c. Galatians 5:22–23 _____



Answer these questions.

1.9 What are the two parts that make up your personality?

a. _____

b. _____

1.10 Which of your personality traits do you think give you inner beauty? _____

1.11 Which of your weaknesses would you like to improve? _____

1.12 What is the opposite of the weaknesses you want to improve? _____

1.13 Which traits that you admire in others are missing in yourself? _____



Adult Check

_____ **Initial**

_____ **Date**

You have examined some of the Christian character qualities that make up inner beauty. You have identified the traits that make you a unique individual with your own unique personality. You have realized that you have specific strengths and weaknesses and that there is room for improvement. So, how can you become the best you can be? Study God's Word on a regular basis, seeking His wisdom and principles in every aspect of your life. Pray regularly, seeking His guidance for each step that you take. Find a friend or a role model to whom you are accountable; someone who can encourage you, pray for you, advise you and, yes, even correct you. If you apply what you have learned about yourself and determine to improve your strengths and overcome your weaknesses, you will be a better person who can be used of God more effectively.



Answer the following question.

1.14 How can you become a better you? _____



Adult Check

_____ **Initial**

_____ **Date**



Review the material in this section in preparation for the Self Test. The Self Test will check your mastery of this particular section. The items missed on this Self Test will indicate specific areas where restudy is needed for mastery.

SELF TEST 1

Match the quotation with the Christian quality that best fits it (each answer, 2 points).

- | | | | |
|------|-------|---|-----------------------|
| 1.01 | _____ | “I will do right.” | a. knowledge |
| 1.02 | _____ | “I will strive to be Christ-like.” | b. brotherly kindness |
| 1.03 | _____ | “I will study Scripture.” | c. patience |
| 1.04 | _____ | “I will cultivate forbearance in my relationships with others.” | d. temperance |
| 1.05 | _____ | “I will develop the ability to say ‘no.’” | e. godliness |
| 1.06 | _____ | “I will show love toward my Christian friends.” | f. charity |
| 1.07 | _____ | “I will show concern for my fellow man.” | g. virtue |

Answer the following questions (3 points each exercise).

- 1.08 What is the beginning point upon which the qualities of 2 Peter 1:2–7 are built?

- 1.09 What is an example of a Biblical principle, other than the specific ones mentioned in the text? Explain your answer. _____

- 1.010 What is an example of a personal preference, other than the specific ones mentioned in the text? Explain your answer. _____

- 1.011 What is our “unchanging measuring stick” for deciding whether something is a personal preference? _____
- 1.012 What are two influences that affect personality?
a. _____ b. _____

Define the following words (5 points each).

- 1.013 Values _____

- 1.014 Character _____

- 1.015 Personality _____

- 1.016 Role model _____

Write a short paragraph about one of the following Biblical principles and explain what it teaches (5 points).

1.017 Individuality Self-government Christian character Conscience

Answer this question (5 points).

1.018 What is meant by the phrase, “We are constantly ‘on stage’ to those around us”?

47
59



Score _____
Adult Check _____

Initial _____ Date _____