

"Virtues to Live by"

Before You Begin – An overview for teachers

Respect and Courtesy Definitions and Biblical Sources

Respect

"So in everything, do to others what you would have them do to you."

Matthew 7:12

Definition

You treat others people as you would like to be treated.

You treat people with courtesy and kindness not because of who they are or what they have done, but because, like you, they have a God-given dignity. You respect yourself so that you have the confidence to be yourself and not give in to things you know are wrong or not to give in to those who want you to do things you don't want to do. You show respect for creation through your care for nature.

Biblical sources

"Show proper respect to everyone." (1 Peter 2:17)

"Don't do anything from selfish ambition or from a cheap desire to boast, but be humble toward one another, always considering others better than yourselves." (Philippians 2:3)

"Respect your father and mother" is the first commandment that has a promise added: "so that all may go well with you, and you may live a long time in the land." (Ephesians 6:2-3)

"In all things you yourself must be an example of good behaviour." (Titus 2:7)

"Love one another warmly as Christians, and be eager to show respect for one another." (Romans 12:10)

"Be kind and honest and you will live a long life; others will respect you and treat you fairly." (Proverbs 21:21)

Courtesy

*"Do not speak evil of anyone, but be peaceful and friendly,
and always show a gentle attitude towards everyone."*

(Titus 3:2)

Definition

You are pleasant and polite and have good manners. When you are pleasant and polite it makes people feel valued and respected. You say 'Please', 'Thank you', 'Your welcome', 'Sorry'. You know they are ways that let people know you appreciate them and care about them – courtesy is a way of showing your love.

Biblical sources

"Do not use harmful words, but only helpful words, the kind that build up and provide what is needed, so that what you say will do good to those who hear you." (Ephesians 4:29)

"Your speech should always be pleasant." (Colossians 4:6)

"A gentle answer quietens anger, but a harsh one stirs it up." (Proverbs 15:1)

Catholic sources

"Pope Francis has often suggested three little words to families, to make daily life more beautiful. The first word: "please" is not just a matter of good education— says the Pope—but a sign of concern for others, a way that we can express our care and our love for our parents and siblings. Even Jesus knocks at our door, asking permission and patiently waiting for us to open. The second word is "thank you," God help us if we do not learn to be grateful, to say thank you, to recognize the good that we do for each other in the family. How many times do you say "thank you" to Mum and Dad for all that they give you? Finally, the third word is "sorry." The Pope knows that this word is hard to say; but he reminds us that it is necessary, if we want to stop evil with good. Maybe that's why Jesus wanted to recall forgiving in the Our Father. Remember? "Forgive us our trespasses as we forgive those who trespass against us." (Pope Francis Family Catechism 10)

Why Practice Respect and Courtesy?

Being respectful and courteous helps people feel valued and appreciated. All people of every culture and race, age and sex should be respected. Rules in our schools and faith help to guide us to respect each other in what we do and say. When we respect ourselves and our world we are fulfilling our role of stewardship in God's world.

How do we Practice Respect and Courtesy?

A good way to practice respect and courtesy is to think about how you would like to be treated and then treat others that way. You treat others' space and their belongings with respect. You listen to what they are saying without interrupting. You speak with kind, quiet, polite words to others. Your behaviour shows that you are considerate of others feelings. It is expressing your opinion as an opinion, respectful of the fact that there is more than one point of view.

Key Words:

Polite, manners, gracious, self-control, dignity

Ephesians 6:1-4

Children, it is your Christian duty to obey your parents, for this is the right thing to do. ¹

"Respect your father and mother" is the first commandment that has a promise added: ²

"so that all may go well with you, and you may live a long time in the land."

Parents, do not treat your children in such a way as to make them angry. Instead, raise them with Christian discipline and instruction.

Nehemiah 2:1-8

1 One day four months later, when Emperor Artaxerxes was dining, I took the wine to him. He had never seen me look sad before, ² so he asked, "Why are you looking so sad? You aren't sick, so it must be that you're unhappy." I was startled ³ and answered, "May Your Majesty live forever! How can I keep from

looking sad when the city where my ancestors are buried is in ruins and its gates have been destroyed by fire?" 4 The emperor asked, "What is it that you want?" I prayed to the God of Heaven, 5 and then I said to the emperor, "If Your Majesty is pleased with me and is willing to grant my request, let me go to the land of Judah, to the city where my ancestors are buried, so that I can rebuild the city." 6 The emperor, with the empress sitting at his side, approved my request. He asked me how long I would be gone and when I would return, and I told him. 7 Then I asked him to grant me the favor of giving me letters to the governors of West-of-Euphrates Province, instructing them to let me travel to Judah. 8 I asked also for a letter to Asaph, keeper of the royal forests, instructing him to supply me with timber for the gates of the fort that guards the Temple, for the city walls, and for the house I was to live in. The emperor gave me all I asked for, because God was with me.

Romans 13:1-7

1 Everyone must obey state authorities, because no authority exists without God's permission, and the existing authorities have been put there by God. 2 Whoever opposes the existing authority opposes what God has ordered; and anyone who does so will bring judgment on himself. 3 For rulers are not to be feared by those who do good, but by those who do evil. Would you like to be unafraid of those in authority? Then do what is good, and they will praise you, 4 because they are God's servants working for your own good. But if you do evil, then be afraid of them, because their power to punish is real. They are God's servants and carry out God's punishment on those who do evil. 5 For this reason you must obey the authorities - not just because of God's punishment, but also as a matter of conscience. 6 That is also why you pay taxes, because the authorities are working for God when they fulfill their duties. 7 Pay, then, what you owe them; pay them your personal and property taxes, and show respect and honor for them all.

Signs you are Respectful and Courteous:

I respect myself and know I deserve respect from others

I treat everyone how I would like to be treated

I use good manners

I respect and follow school and classroom rules

I speak politely to everyone

I listen to others

I praise others for their good conduct

I respect and look after my own and other people's belongings

Other ideas:

Posters

Remember your manners

How to be respectful to others

Role Play:

Situations where you need to be courteous eg on the phone, eating a meal, opening a door, giving up your seat for someone etc.

Reflection Questions:

When do you and your friends show courtesy and respect for each other at home and in school?

How do you feel when someone is not courteous or respectful to you?

How do people react when you forget to be respectful?

Quotes:

'No one can make you feel inferior without your consent.' Eleanor Roosevelt

'Respect is treating your body with the same care you would give any other valuable and irreplaceable objects.' Cherie Carter Scott

'Most smiles are started with another smile.' Anonymous

'Of all the things you wear, your expression is the most important.' Janet Lane

'Politeness is to do and say the kindest things in the kindest way.' Anonymous