

Topic: Etiquette

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Yocheved: We are going to be discussing *etiquette* today.

What is *Etiquette*?

Etiquette is a code of polite conduct. If you practice proper *etiquette* you are less likely to offend people.

Synonyms:

- Good Manners
- Decorum
- Good form
- Politeness

Many people think *etiquette* is about table manners in a fancy restaurant but quite simply, it is expected behavior that shows respect, meant to make everyone feel comfortable.

Benefits of *Etiquette*?

- You will feel good about yourself
- You will have inner peace and contentment
- You will feel confident in any situation
- You will find it easier to make friends
- You will be refined, stylish and classy

How can we define someone with *etiquette*?

- She has integrity and self-respect
- She values herself and looks after herself
- She is confident and knows herself
- She is wise and has inner strength
- She is a feminine woman, who acts with grace, dignity, and poise

Characteristics for lack of *etiquette*:

- Rude and abusive to others
- Swears continuously
- Wears revealing clothes
- Talks loudly when with others

An example of Etiquette is... bring a little gift when you are a dinner guest in someone's home, especially if it is your first visit. This shows respect and gratitude, or if you cannot bring a gift, offer to help clean.

"Politeness and consideration for others is like investing pennies and getting dollars back."
-Thomas Sowell

Yocheved: When Samuel died, David went into the wilderness to escape King Saul. While there he learned of a man named Nabal and sent ten men to ask him for contribution to their support, and they were rudely turned away. After this was told to Nabal's wife Abigail, who was both beautiful and wise, she realized at once that this insult would mean an attack on her husband's life.

- **1 Samuel 25:14, 18, 23 (KJV)**
Vs 14 But one of the young men told Abigail, Nabal's wife, saying, Behold, David sent messengers out of the wilderness to salute our master; and he railed on them.
Vs 18 Then Abigail made haste, and took two hundred loaves, and two bottles of wine, and five sheep ready dressed, and five measures of parched corn, and an hundred clusters of raisins, and two hundred cakes of figs, and laid them on asses.
Vs 23 And when Abigail saw David, she hastened, and lighted off the ass, and fell before David on her face, and bowed herself to the ground,

Yocheved: So, she loaded up asses with food intercepted David and his men and pleaded with them to accept the gift. David agreed.

- **1 Samuel 25:39 (KJV)**
Vs 39 And when David heard that Nabal was dead, he said, Blessed be the LORD, that hath pleaded the cause of my reproach from the hand of Nabal, and hath kept his servant from evil: for the LORD hath returned the wickedness of Nabal upon his own head. And David sent and communed with Abigail, to take her to him to wife.

Yocheved: After Nabal died, Abigail married a king!! This goes back to the quote I posted. Abigail invested pennies and got dollars back!!!!

Yocheved: Sometimes you will meet people who walk the correct way, sit the correct way, but as soon as they open their mouth, it is ugly. Everything you saw them doing beforehand goes straight out the window because all you can remember them doing was being rude. For this reason, we are going to be talking a little bit about social etiquette. During a conversation, you should never intend to say the wrong thing. Never aim to upset or insult someone. Also, be careful about the subjects you discuss with others, avoid gossip. Avoid topics that are too personal like financial or if someone is pregnant. Do not be rude! Do not ask someone how

much something they bought cost, if you were interested in the item instead ask where they bought it from. Why you ask?



- Do not be rude

- **Colossians 4:6 (KJV)**

Vs 6 Let your speech be always with grace, seasoned with salt, that ye may know how ye ought to answer every man.

- Do not be long-winded

- **Ecclesiasticus 32:8 (KJV)**

Vs 8 Let thy speech be short, comprehending much in few words; be as one that knoweth and yet holdeth his tongue.

- Do not gossip

- **1 Timothy 5:13 (KJV)**

Vs 13 And withal they learn to be idle, wandering about from house to house; and not only idle, but tattlers also and busybodies, speaking things which they ought not.

- Do not interrupt
- Do not insult

Yocheved: What to do when someone is rude, insulting, or abusive?

You may occasionally come across someone who is rude or insulting towards you. The first time the person is rude to you, the most appropriate and ladylike way to react is to say nothing or by saying to that person that, that was rude, but avoid being rude or insulting in return, stop

yourself from stooping to their level and forgive them. You do not want to go back and forth and start arguing. Just explain what it was that you did not like and talk about it in a civil manner.

- **1 Peter 3:8 (KJV)**

Vs 8 Finally, be ye all of one mind, having compassion one of another, love as brethren, be pitiful, be courteous:

“Honesty in social life is often used as a cover for rudeness. But there is quite a difference between being candid in what you were talking about and people voicing their insulting opinions under the name of honesty.” - Judith Martin

- **Colossians 3:12 (KJV)**

Vs 12 Put on therefore, as the elect of God, holy and beloved, bowels of mercies, kindness, humbleness of mind, meekness, longsuffering;

- **1 Corinthians 15:33 (KJV)**

Vs 33 Be not deceived: evil communications corrupt good manners.

Yocheved: Pause and think before you speak: Is this edifying? Is this contributing to the conversation? Is this kind, etc.?

- **Ephesians 4:29 (KJV)**

Vs 29 Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers.

- Look a person in the eyes
- Listen to others
- Be tactful
- Be considerate
- Do not ask a woman if she is pregnant or say things like; you look tired or sick.

Yocheved: When at a restaurant and you order food and your food comes and you do not like it, maybe it is cold, or maybe it is not done, maybe it was bland. The rude thing to do is get the waiters attention and tell him this is disgusting, or this is hot garbage and you done ate the whole meal. The waiter is not going to want to please you and correct the matter. The correct way to express your distaste would be...my compliments to the chef but I did not enjoy this meal. And then the waiter is going to be more receptive to help you and fix the problem

"Rudeness is the weak man's imitation of strength." -Eric Hoffer



Yocheved: Let us talk about some restroom etiquette. Everybody goes number two, sometimes you have those days that your stomach is upset. The proper thing to do when that is happening, is to do some courtesy flushes. The noise from public toilet flushes tends to be very loud, that would be your opportunity to get your own noises out. For women who choose to hover over the toilet seat when using the restroom, it is possible that you might make a mess due to things splattering. Clean it up! Wipe off the seat with toilet paper, it is disgusting, and nobody wants to see that as they are walking into the stall to use the restroom. When you are on your cycle, you need to wrap up your sanitary napkins (pads) and dispose of them properly. Nobody wants to walk in and see that. If you ever happen to see your sister stand up and she had an accident on her clothing, do not make it obvious. Do not get all loud, tell her quietly that she had an accident. If you have something you can offer her to cover herself, do so. Help her out, do not embarrass her. Get to the bathroom and fix your problems. Make sure to always carry an extra pair of clean underwear and sanitary napkins with you, maybe even keep an extra pair of clean clothing with you if you are expecting your cycle to come soon.

Yocheved: I want to touch on time management as well because a lot of us are continuously late. Making sure that you are on time when meeting other people shows that you have respect for them and their time. To avoid being late, give yourself plenty of time to get there. Ideally, with a bit of extra time planned so that on your arrival you can freshen up or even relax and compose yourself. Sometimes we all run a little late due to circumstances outside of our control like, traffic jams. In such an event, it is polite to call that person as soon as possible to let that person know. If someone else is running late, be understanding. Try your best to always arrive on time or even early.

Yocheved: Now I did a Titus 2 with the sisters called, “So you think you want to be the head?” I compared men and women to vehicles. The men are a hummer truck, they are built tough and can withstand a beating, they use hummers in the military they can take bullets, etc... Women are like a minivan. It houses the children, can fit groceries in it but it is not built like a hummer it cannot take a beating like a hummer, a van would get crushed because it is weaker. So, there is nothing wrong with being feminine and soft that is the distinct difference between men and women. Do not get offended to the point where you cannot take correction.

- **1 Peter 3:7 (KJV)**

Vs 7 Likewise, ye husbands, dwell with them according to knowledge, giving honour unto the wife, as unto the weaker vessel, and as being heirs together of the grace of life; that your prayers be not hindered.

Yocheved: ...See some look at this scripture as a bad thing I look at this scripture as the truth we are the weaker vessel and I embrace that; it is the femininity in me.

Etiquette when you Walk, Sit, Bend, Posture:

-Link to video discussed: <https://www.youtube.com/watch?v=bufeL6jTsEI>

- Good Posture
- Do not look down
- Look people in the eye
- Move your arms naturally
- One foot in front of the other
- (Your hips should move naturally do not exaggerate)
- Walk like your floating, not too harsh, do not stomp
- Nothing should be jiggling and bouncing when you are walking

-Link to video discussed: <https://vm.tiktok.com/ZMJ5CUFTS/>

Demo with the younger girls on how to walk while balancing a book on the head. To properly sit down, you should cross your ankles and keep your knees close together. When bending over to pick something up you should never bend at the waist with your bottom in the air. Instead, you should politely bend at the knee and go on with your business.

Yocheved: Remember that etiquette is something you put on with the occasion. When you are with your close friends let loose have fun, you do not have to be a stick in the mud.

"Etiquette is all human social behavior. If you're a hermit on a mountain, you do not have to worry about etiquette; if somebody comes up the mountain, then you've got a problem. It matters because we want to live in a reasonably harmonious community."

-Judith Martin

- **Matthew 15:1-4 (KJV)**

Vs 1 Then came to Jesus scribes and Pharisees, which were of Jerusalem, saying,

Vs 2 Why do thy disciples transgress the tradition of the elders? for they wash not their hands when they eat bread.

Vs 3 But he answered and said unto them, why do ye also transgress the commandment of God by your tradition?

Vs 4 For God commanded, saying, Honour thy father and mother: and He that curseth father or mother, let him die the death.

Yocheved: Etiquette is an Israelite tradition; etiquette is in the scriptures. The commandments are etiquette!!

~~Q&A~~

Q: How do you politely decline telling someone the price of your items?

A: You can kindly tell them no. Send them the link instead.

Q: What do I do if I must pass gas?

A: Please go to the restroom or outside. If you accidentally let it out, apologize.

Q: How do you politely reject a guy, like at work or in public?

A: Tell him no thank you, I am not interested. Be stern if you must.

Q: Due to a car accident I was in, bending over has become hard for me. I do not want to be “out of posture” so, how do I go about bending over to pick something up? How can I regain proper etiquette?

A: There are sisters who can help train others to build strength in their muscles as well as physical therapy. If you cannot bend over properly because it hurts you, I would suggest that you ask someone else for help.

Q: How do you properly admire yourself in the mirror? Is that considered idolatry?

A: Is it idolatry to you? Are you worshipping yourself? There is nothing wrong with looking in the mirror and getting familiar with your own face, but you should not be looking at yourself thinking, “Wow! Everyone should just want to look at me and worship me.”

Q: How do you tell a sister that she is too loud in a nice way?

A: It does not have to be mean but, just simply explain to her that her tone was just too loud for your liking. The conversation may be uncomfortable, but it does not have to be rude or nasty.

Q: Is it okay to have your own style of clothing that is more laid back and not so stylish and classy?

A: When it comes to clothing you should wear what you feel like wearing and not worry about what other people may think. If you feel like dressing up or dressing down, it is your own decision. The only time someone should have something to say about what you have on is if it is revealing or immodest.

Q: How do you politely tell someone that their breathe does not smell pleasant?

A: If that person is receptive, they will most likely appreciate that you told them. You can offer them a piece of gum or a mint.

~~Shalom Most High and Christ Blessed~~

