

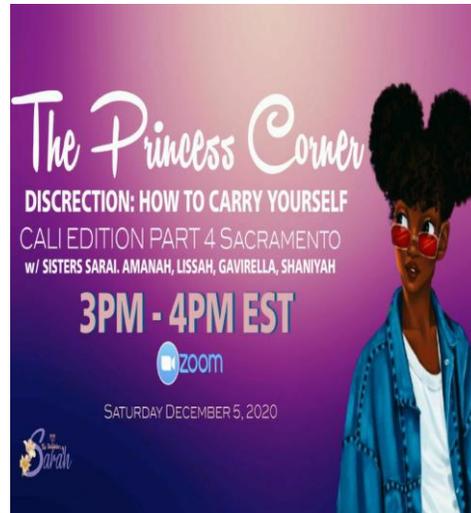


Topic: Discretion/How to carry yourself

Hosts: Sisters Sarai, Amanah, Lissah, Gavriella, Shaniyah, Natania

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Sarai: Shalom everyone, happy sabbath! Thank you all for allowing us to come chat with you again. Today we are going to be talking about discretion and how to carry yourself. Sometimes you are put into a situation where you are not sure about what to do, so hopefully we can help you today.

What is Discretion?

Sister skit: How to use discretion example

Shaniyah: Shalom sis MHNCB, how are you doing?

Natania: Shalom sis MHNCB, I am good, how are you?

Shaniyah: It has been one of them weeks, but I am good, how was your week?

Natania: My week has been good, just enduring as always.

Shaniyah: Anything interesting been going on?

Natania: Nothing much, just dealing with the kids and keeping my house in order. What about you?

Shaniyah: Same, nothing too much.

Natania: I had an interesting conversation with a sister. She was telling me that her lord does not work and all he wants to do is sit at home and play video games. Can you believe that!?

Shaniyah: Why are you talking about that? We do not need to be talking about that.

Natania: You are right sis; I appreciate you correcting me. All praises to TMH.

Shaniyah: All Praises.

End Skit

Sarai: That is an example of how to use discretion, if someone comes up to you to gossip or what not, you need to shut it down right away.

Discretion:

The quality of behaving or speaking in such a way as to avoid causing offense or revealing private information. (*Circumspection, caution, consideration, sense*)



- **Ephesians 5:15 (KJV)**

15 See then that you walk circumspectly, not as fools, but as wise

Sarai: The Most High says that using discretion is being wise.

- **Proverbs 2:11 (KJV)**

11 Discretion shall preserve thee, understanding shall keep thee:

- When you are faced with difficult decisions and there is no one around to help you with the issue, remember the scriptures! Use wisdom.

Sarai: Preserve means to protect, save, and keep. If you use discretion, you will keep yourself protected. The opposite of preserve is damage. If you do not use discretion, you are damaging yourself.

Sister skit: How not to use discretion example

Shaniyah: Shalom sis MHNCB, how are you doing?

Natania: Shalom sis MHNCB, I am good, how are you?

Shaniyah: I was talking to this one sister and she was telling me about her lord and how they are going through it. OMG, I think he even put her out the house, it was a lot.

Natania: What? It does not even seem like it, they look like such a nice couple. I should have known something was not right with them. Let us finish talking about this later.

Shaniyah: Yes, let us talk about this later, I will “share the tea” with you.

End Skit

Sarai: So, in this example a sister came over to talk about a bunch of nonsense, other people’s business. Rather than shutting her down, the sister just joined in. That is an example of not using discretion. That is not protecting yourself, you are damaging yourself.

Discretion- Metro Family Magazine Article

“In today's world of tabloids, scandals, and shocking news, discretion is a trait we seldom hear about. Discretion comes from the Latin word discretion which means "a separating." Applying discretion calls for separating out the words, actions, and attitudes that would result in undesirable consequences. It is a bundle of character traits, for this reason, discretion can be considered an advanced character trait. Exercising discretion means calling upon many other character traits like self-control to avoid saying the first thing that pops into our heads, creativity in considering alternatives, and responsibility in making the right choice for everyone involved. Respect for we and others is at the core of all these elements. While encouraging discretion, you may want to take some time to review the other traits that contribute to this complex character trait.”

Natania: I like that this article mentioned self-control. The scriptures tell us to be temperate which means to have self-control. It is important that when we are speaking, we make sure that we are setting the example of how we should deal with each other thus saith the Lord.

Peer Pressure



- **Proverbs 1:10 (KJV)**

10 My son, if sinners entice thee, consent thou not.

- Do not be fooled by people in the world, they are not happy living in their wickedness. These women do not use discretion, and they do not represent what a godly woman should be. These are not role models.

- **Romans 12:2 (KJV)**

2 And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.

Natania: We see all these women who are out flaunting themselves, showing their behinds and “setting the trend” in a worldly way. We always must be mindful of how we are the natural trendsetters in righteousness. We have role models in the bible, our foremothers are the true role models.

- **Ecclesiasticus 26:25 (KJV)**

25 A shameless woman shall be counted as a dog; but she that is shamefaced will fear the Lord.

Shameless:

(of a person or their conduct) characterized by or showing a lack of shame.

In Nature

“A red fox is a good example of discretion. Foxes can cover 20 feet in a single stride. Although faster than hounds, which are often used to hunt them, foxes tire easily and must rely on cunning rather than stamina to outwit their pursuers. The red fox provides many analogies useful in illustrating discretion. Foxes choose their steps carefully, just as a person of discretion chooses his or her words wisely. They use their feet to flee from danger, just as a person of discretion walks away from invitations to do wrong. Foxes keep their fur neat and tidy, just as a person of discretion practices manners. Foxes use their ears to listen to warnings just as those with discretion listen to criticism.

I Will Statements:

- I will choose my words carefully.
- I will practice good manners.
- I will listen to criticism.
- I will not make fun of others.
- I will turn down any invitation to do wrong.

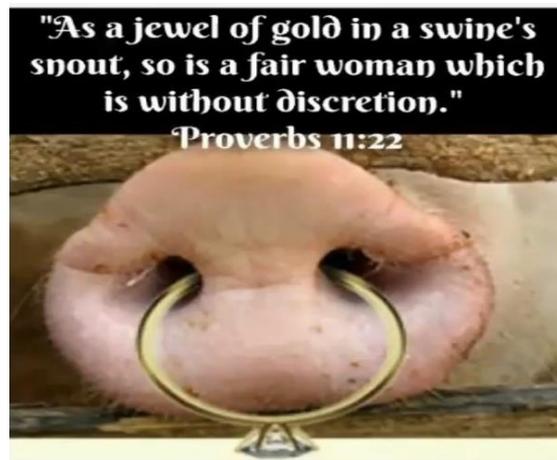
If one of the "I will" statements stands out more for your family than the others, focus on that and make it a goal for everyone to work on together. Discuss how each of the "I will" statements underscores having respect for self and others. Have a daily check-in (at dinner, perhaps) that gives each family member a chance to share examples of how they put the "I will" into action."

Natania: I like this a lot because it includes many tips that show you how to put discretion into action. We must remember that other people are watching us as well.

Sarai: I love that example of the fox choosing its steps carefully because by using discretion, he is keeping himself out of all danger. That is what we should do as well by choosing our words, choosing what we wear, knowing what kinds of conversations to have and when to have them. It is our responsibility to keep up with that.

- **Proverbs 11:22 (KJV)**

22 As a jewel of gold in a swine's snout, so is a fair woman which is without discretion.



- If you do not have discretion, TMH is comparing you to a gold jewel of a swine's snout!

Natania: Just remember to carry yourself in a discreet way and be mindful of every situation. These are traits of the fruits of the spirit when you are discreet. You are also being a good example for our younger sisters and new sisters.



- **James 1:19 (KJV)**

19 Wherefore, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath:

- The red fox listens to warnings. You can respond to correction by listening first and staying silent. Meditate on the correction. TMH tells us to be slow to speak. Watch what you say!

“The familiar tale of the boy who cried wolf reminds us that discretion is always the best choice. To amuse himself, the young shepherd sounds the alarm that a wolf is threatening the flock of sheep. Twice the villagers rush to his aid, only to find that the boy had fibbed. When an actual wolf appears, the people ignore his pleas, and the sheep are scattered. We are told the moral of this story is that nobody believes a liar, even when he is telling the truth.

Books to Consider

Armadillo Tattletale by **Helen Ketteman** explores the plight of an armadillo who occupies himself by eavesdropping and spreading rumors. This children's book humorously illustrates the consequences of failing to exercise discretion in both actions and words.

365 Manners Kids Should Know: Games, Activities and Other Fun Ways to Help Children Learn Etiquette by Sheryl Eberly offers a one-a-day approach to manners that make politeness a priority.”

365 Manners Kids Should Know by Sheryl Eberly

Examples:

- When your mom or dad gets home, greet them. They want a cheerful greeting, not a nag about what you need!
- The rules your parents give at home apply when you are at school, at Auntie's house or when someone comes to your home.
- When you are playing a game with others, find out if others know the same rules you play by. This communicates how to play.
- Help around the house: hang up towels, put dirty clothes in the hamper, make your bed, throw away empty containers of food.

Lissah: You can do your part; this is how you can start your good works. It will train you for when you have your own home with your own responsibilities. Do not wait for your parents to tell you to do your chores. Every day you should be practicing these things.

Discretion in Your Speech

- **Proverbs 18:21 (KJV)**

21 Death and life are in the power of the tongue: and they that love it shall eat the fruit thereof.



Lissah: This scripture is heavy. My words, no matter how small they may seem, they have power. If you tell yourself “I don’t feel like doing this” or “I am not this”, you are feeding yourself negativity and you will eventually become that. Instead, you must speak life into yourself and say, “today is a good day” “I can do this”. It starts with something as simple as what is coming out of your mouth each day.

- **Ecclesiasticus 33:29 (KJV)**

29 But be not excessive toward any; and without discretion do nothing.

Excessive:

more than is necessary, normal, or desirable; immoderate.

Teachable Moments

Learning not to interrupt while others are talking is a challenging task for many children. It calls for them to exercise patience, self-control, and discretion. When encouraging children to wait their turn to talk, remember that children often mimic the behavior they observe around them. To make sure you are not interrupting others and listen carefully to what the other person is saying- good listeners rarely interrupt.

Learn to not interrupt

Have patience

Have self-control

Wait your turn

Listen carefully

Example: Your mom is on the phone talking to another sister. Wait until she is off the phone to ask.

- **Matthew 5:16 (KJV)**

16 Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven.

Be an Example!

When you ask for something:

"May I ...?"

"please"

"May I have your attention for a moment?"

Be thankful! Help another Sister when she is fixing her headwrap

Help with the younger children by reading or playing with them.

When Auntie or Uncle asks you to help, do so with kindness and cheer.

“Some experts recommend thanking a child in advance for not interrupting. For instance, if you are about to make a phone call, you might say, "Thank you for playing quietly while I'm on the phone."

Also, analyze whether your reaction to interruptions is effective or if you are actually unconsciously encouraging your child to interrupt by responding to them. Sometimes admitting that we need to change our own behavior is the hardest part of effective parenting. Competition can spark interest in things that children might otherwise find boring. If you would like to hear them say "please" and "thank you" more often, consider keeping track of how many times those words are said and at the end of the day offer a politeness prize. The reward does not have to cost anything - picking the evening's dinner entrée can be quite a privilege. If you approach the task with fun and excitement, your children will creatively find opportunities."

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

33 Be not deceived: evil communications corrupt good manners.

- Be mindful of the conversations you have. No gossiping, murmuring, backbiting. Instead talk about the commandments and things you overcame.



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

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

- Do not listen just to respond, truly listen to what someone is telling you. Think before you speak.

- **Ecclesiasticus 28:25-26 (KJV)**

25 And weigh thy words in a balance, and make a door and bar for thy mouth.

26 Beware thou slide not by it, lest thou fall before him that lieth in wait.

- Pay attention to the way you speak to your parents, siblings, and anyone else. Remember that what you say can cost you the kingdom.

- **Colossians 3:20 (KJV)**

20 Children obey your parents in all things: for this is well pleasing unto the Lord.



Modesty/Appearance

- **1 Timothy 2:9 (KJV)**

9 In like manner also, that women adorn themselves in modest apparel, with shamefacedness and sobriety, not with braided hair, or gold, or pearls, or costly array.

Lissah: There is discretion in what you wear, always be shamefaced. Be always mindful of your attitude and your demeanor. Think about your attitude and your speech.

- **Proverbs 2:11 (KJV)**

11 Discretion shall preserve thee, understanding shall keep thee:

- **Psalms 112:5 (KJV)**

5 A good man sheweth favour, and lendeth: he will guide his affairs with discretion.

- Think before you act and speak. Use discretion in all your actions.

- **Matthew 6:33 (KJV)**

33 But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.

Lissah: Using discretion is a part of your good works, we need to practice these things. Greet people with kindness and cheerfulness, thank the Most High for what you have.

Be confident in modest beauty.

- **Titus 2:7-8 (KJV)**

7 In all things shewing thyself a pattern of good works: in doctrine shewing uncorruptness, gravity, sincerity,

8 Sound speech, that cannot be condemned; that he that is of the contrary part may be ashamed, having no evil thing to say of you.

Summary

- Be discreet in all you do.
- Remember the example of the fox or the boy who cried wolf
- Use discretion in your speech
- Use discretion in your appearance
- When you are unsure, ask your parents!

- Be strong and endure, if you need help, ask! There is no such thing as a stupid question. All your actions are weighed. Represent yourself in a righteous manner.



Q&A

Q: How do you keep the commandments?

A: Studying is a key point; you must see what sin you struggle with. It takes self-examination.

Q: How do you correct a sister and how is she supposed to take it?

A: You should always correct somebody using scripture and be cautious with your words, so you do not offend. They should examine themselves according to the correction. Get guidance from your parents if able.

Q: Do you have advice for sisters who fear confrontation?

A: Do not be, you should be always your sister's keeper. Not all encounters have to be confrontational. Use discretion in your speech, if you use the words of the Most High, there is nothing to be afraid of.

Q: What are you supposed to say when someone asks what do you believe in?

A: The bible and the laws within it. Keep it short and simple.