

# QUALITIES I WANT MY CHILDREN TO HAVE

## 3. PHYSICAL QUALITIES AND VALUES

(By Ben Wong)

### PHYSICAL QUALITIES

#### 1. To have wide range of physical skills

This will increase their confidence in doing various physical activities. Therefore, they must be exposed to a variety of skill-producing activities: puzzles, acrobatic play, playing with various equipment in the children park, climbing trees, throwing rocks, swinging on ropes, catching, kicking, etc...

They have also learned skills to function in this society, e.g. to buy things wisely, to repair things, to make new things, to clean up their room, to wash their own clothes, to do house chores, to cook, to sew, etc...

#### 2. To be able to enjoy music and play musical instruments

They should love music - both enjoying listening and singing, as well as creating their own music.

They should be able to play at least one musical instrument well, with a feel for a few other instruments.

#### 3. To enjoy sports and be able to play sports

They need to be stimulated and exposed to all sorts of sports - not just on the T.V. but live. They should be able to appreciate sports and enjoy them.

They should be able to play at least one sport well and to be able to play others sports with some confidence.

### VALUES

#### 1. There are only two things on earth that lasts for eternity - the Word of God and People. Therefore, we ought to invest our lives in these things.

*"Do not store up for yourselves treasures on earth, where moth and rust destroy, and where thieves break in and steal. But store up for yourselves treasures in heaven, where moth and rust do not destroy, and where thieves do not break in and steal."  
(Matthew 6:19,20)*

#### 2. Every individual is created by God and Jesus died for each one of them. Hence they are of great worth. We ought to honour each human being.

#### 3. Life does not consist of what you get, but of what you give. For it is in giving that we get real life. It is in giving that we become like Jesus, the Eternal Giver.

*"For whoever wants to save his life will lose it, but whoever loses his life for Me and for the Gospel will save it." (Mark 8:35)*

- 4. The real person is the person on the inside not the outside. Life is lived from the inside out. Therefore, it is important that we are growing in our inner beauty rather than the outward.**

*"Your beauty should not come from outward adornment, such as braided hair and the wearing of gold jewellery and fine clothes. Instead, it should be that of your inner self, the unfading beauty of a gentle and quiet spirit, which is of great worth in God's sight." (1 Peter 3:3,4)*

- 5. Sex is given by God for us to enjoy within the confines of the marriage. When we violate this intention of God we destroy both our lives and the life of the other. It will even affect our marriage and our offspring's.**

- 6. The tongue is a powerful tool both for destruction and building up of others. Learning how to use it well is key to success in life.**

*"The tongue has the power of life and death, and those who love it will eat its fruit." (Proverbs 18:21)*

- 7. Good friends are a gift from God. Learn to be a good friend and cultivate good friends. Each person should have a few really good friends and many friends. Cultivate your best friends in your family. It is crucial that we have friends of the same sex.**