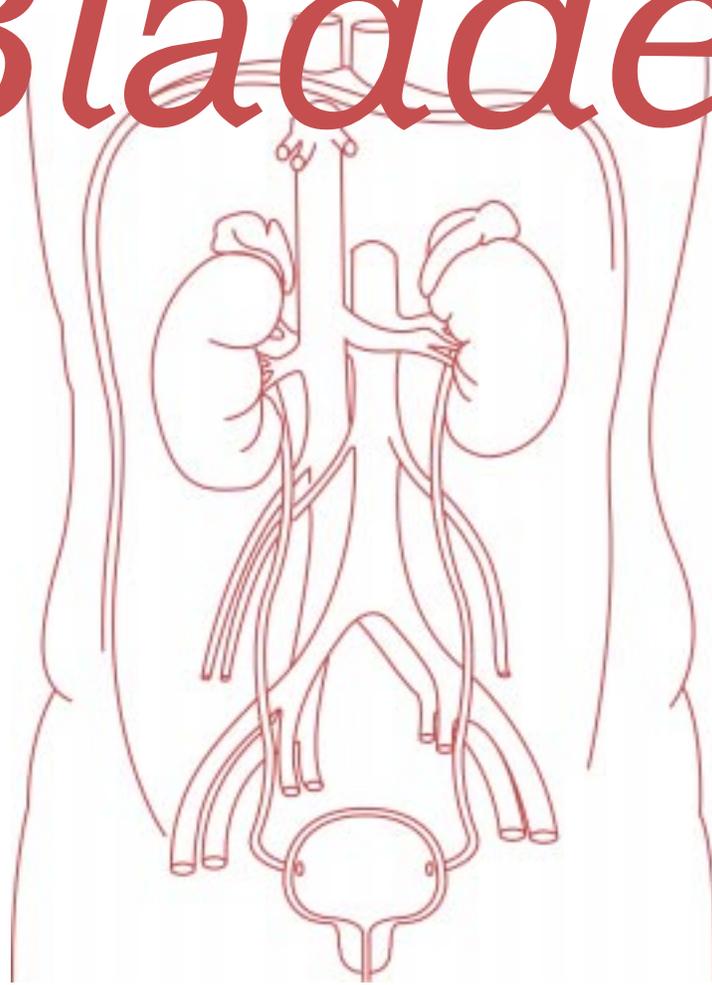


*Designing Your
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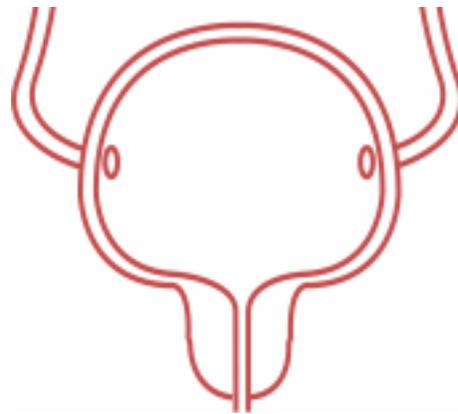
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The Bladder



A "True Education" Health Series

*“The higher a man is in grace,
the lower he will be
in his own esteem.”*
– Charles H. Spurgeon



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Teacher Section



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Humility

O! Learn that it is only by the lowly
The paths of peace are trod;
If thou would'st keep thy garments white and holy,
Walk **humbly** with thy God.

The man with earthly wisdom high uplifted
Is in God's sight a fool;
But he in heavenly truth most deeply gifted
Sits lowest in Christ's school.

The lowly spirit God hath consecrated
As his abiding rest;
And angels by some patriarch's tent have waited,
When kings had no such guest.

The dew that never wets the flinty mountain,
Falls in the valley free;
Bright verdure fringes the small desert-fountain,
But barren sand the sea.

Not in the stately oak the fragrance dwelleth
Which charms the general wood,
But in the violet low, whose sweetness telleth
Its unseen neighborhood.

The white-robed saints, the throne-steps singing kunder,
Their state all meekly wear;
Their praise wells up from hidden springs of wonder
That grace has brought them there.

—*J. D. Burns*





INSTRUCTIONS

For the Teacher

Step 1

Study the Bible lesson and begin to memorize the memory verses. Familiarize yourself with the character quality.

The student can answer the Bible review questions. See page 6. Use the steps in Bible study on page 5.

Bible Lesson

“Unto You a Saviour” – Luke 2:1-20

Memory Verses

Psalm 112:4; Isaiah 44:3;
Luke 2:10-14; Romans 11:33

Character Quality

Humbleness – freedom from pride and arrogance; humility of mind; a modest estimate of one’s own worth; lowliness of mind; a deep sense of one’s own unworthiness in the sight of God; self-abasement; penitence

for sin, and submission to divine will.

antonyms – pride; arrogance; insolence; haughtiness; disdain; vainness; vainglory; ostentation; pretension; showiness; exaltation; aggradizement

Character Quality Verse

James 4:6 – “*But he giveth more grace. Wherefore he saith, God resisteth the proud, but giveth grace unto the humble.*”

Step 2

Understand How To/And

A. Do the spelling cards so the student can begin to build his own spiritual dictionary.

B. Mark the Bible.

C. Evaluate your student’s character in relation to the character quality of **humbleness**.

D. Familiarize yourself with the bladder. Notice the projects.

E. Review the Scripture references for “The Bladder.”

F. Notice the Answer Key.

A. Spelling Cards

Spelling Lists

Health Words

Place I - II - III

bladder

humbleness

Place II - III

bladder

humbleness

sphincter

ureters

urethra

Place III

bladder

detrusor

humbleness

muscle

external sphincter

internal sphincter

rugae of mucosa

serosa

ureters

urethra

Bible Words

angels

babe

Bethlehem

born

Bible Words

clothes

circumcising

decree

eight

flock

firstborn

Galilee

glory

haste

heaven

Joseph

joy

lineage

Lord

manger

Mary

multitude

Nazareth

night

peace

praising

Saviour

shepherds

shone

swaddling

taxed

tidings

will

wrapped

B. How to Mark the Bible

1. Copy the list of Bible texts in the back of the Bible on an empty page as a guide.

2. Go to the first text in the Bible and copy the next text beside it. Go to the next one and repeat the process until they are all chain-referenced.

3. Have the student present the study to family and/or friends.

4. Each student lesson contains one or more sections that have a Bible marking study on the subject studied. (See the student’s section, page 16.)

C. Evaluate Your Student’s Character

This section is for the purpose of helping the teacher know how to encourage the students to become more **humble**.

See page 7.

See the booklet
Spelling from the Scriptures
for instructions about how to make
the Spelling Cards.

Placement of Student
Place I = Grades 2-3-4
Place II = Grades 4-5-6
Place III = Grades 6-7-8

D. Familiarize Yourself With the Bladder – Notice the Projects

Projects

1. Make sure every child has a turn to empty the trash this week. Remind him that the bladder is like a trash can that needs to be emptied. Remind him that pride can be compared to waste matter that needs to be emptied out of the life that he might be **humble**.

2. Find lessons in nature of **humbleness**. (Example: grass– we walk on it and it continues to serve its lowly purpose.)

3. The student can find a Bible verse about **humility**. He can print the verse out on a piece of paper and hang it on the wall for all to see.

4. Fill a pink balloon with water to visualize what the bladder looks like.

8. Run water out of the faucet and see how the bladder empties itself.

9. Clean the toilets this week to be reminded of **humility**.



E. Review the Scripture References for “Humility”

Teacher, read through this section before working on the lesson with the student.

See page 16 in the student section.

F. Notice the Answer Key

The answer key for the student book is found on page 8.

Step 3

Read the Lesson Aim.

Lesson Aim

In this lesson the child will learn about his bladder and its purpose. This lesson will help him understand that all the blood goes through the kidneys to filter out wastes. This waste material is combined with water to form urine, which passes through tiny tubes

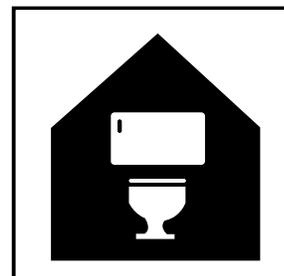
(ureters) to the bladder. The bladder is located in the lower part of the abdomen. Teach the child how the bladder reminds us of **humility** and how Jesus’ came to this earth.

Water always rushes to the lowest point and likewise **humble** people take the lowest position.

The urine empties down from the kidneys carrying waste matter away. Those who are truly **humble** will want to take the lowest position when all pride (waste matter) is emptied out of the heart.

Jesus came from Heaven and took the lowest position. He gave us an example of how we can be **humble**. When the life is emptied of self we will not be filled with the impurities of pride. The bladder reminds us of this lesson.

When our bladder needs to be emptied it consumes all of our attention. It is hard to think about anything else. Self also consumes all of our attention and needs to be emptied out of our lives.



Step 4

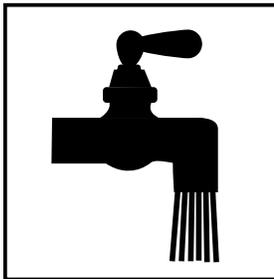
Prepare to begin the Bladder Lesson.

To Begin the Bladder Lesson

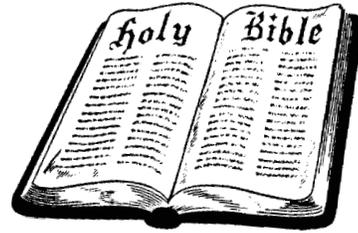
As an introduction to the lesson, the teacher might have the student use the restroom and then drink a nice large glass of water.

Step 5

Begin the bladder lesson. Cover only what can be understood by your student. Make the lessons a family project by all being involved in part or all of the lesson. These lessons are designed for the whole family.



Steps in Bible Study



1. Prayer
2. Read the verses/meditate/memorize.
3. Look up key words in *Strong's Concordance* and find their meanings in the Hebrew or Greek dictionary in the back of that book.
4. Cross reference (marginal reference) with other Bible texts. An excellent study tool is *The Treasury of Scripture Knowledge*.
5. Use Bible custom books for more information on the times.
6. Write a summary of what you have learned from those verses.
7. Mark key thoughts in the margin of your Bible.
8. Share your study with others to reinforce the lessons you have learned.

Review Questions

1. In what way did the emperor of Rome become an agent of God? (Luke 2:1, 4, 7)
2. Where did the people go to be taxed? (Luke 2:3)
3. To what city did Joseph and Mary go? Why? (Luke 2:4)
4. Why did they not go to an inn? (Luke 2:7)
5. Who was born that night? (Luke 2:7, 11)
6. In what did His mother wrap Him? ((Luke 2:7)
7. Where did she lay Him? (Luke 2:7)
8. Who were in a field near where Jesus was born, and the only group of people at Bethlehem ready for the great news? (Luke 2:8)
9. What were these shepherds doing? (Luke 2:8)
10. What special thing did the angels do on the night Jesus was born? (Luke 2:9-14)
11. What did the shepherds say to one another when the angels had gone away? (Luke 2:15)
12. Where did they find Jesus? (Luke 2:16)
13. To whom did they tell what they had seen and heard? (Luke 2:17-18)
14. How was their story received? (Luke 2:18)
15. For what did they praise and glorify God? (Luke 2:20)
16. What did Mary ponder in her heart? (Luke 2:19)
17. How many reasons can you think of why the angels should have been interested in the birth of Jesus?
18. Why is Bethlehem called “the city of David?” (Because David had been born there)
19. What lesson do you get from the attitude of the shepherds both before and after the angels’ announcement of the birth of Jesus? (They were **humble** and believed the good news, and were eager to share it with others.)
20. Read the genealogies of Christ in Matthew 1:1-17, and Luke 3:23-31. (Note: Luke gives the regal line of Christ through Mary who was descended from Nathan, the son of David, while Matthew gives the regal line through Joseph, who was descended from Solomon, the son of David and heir to the throne.)

Evaluating Your Child's Character

Check the appropriate box for your student's level of development, or your own, as the case may be.

Maturing Nicely (MN), Needs Improvement (NI), Poorly Developed (PD), Absent (A)

Humbleness

1. "Seest thou a young man wise in his own conceit? there is more hope of a fool than of him." Is the child teachable, readily and **humbly** submitting himself to the guidance of those more experienced than he?

MN NI PD A

2. Does the child show proper respect to those who are his superiors in knowledge, in station, and in years?

MN NI PD A

3. When praised for something he has done does the child deflect the praise to God or others who played some indirect part in his success?

MN NI PD A

4. Does the child think more highly of himself than he ought to think?

Yes No

5. When the child experiences a moral failure of some kind, does it **humble** him or does he seek to justify himself?

MN NI PD A

6. Does the child prefer showy or modest attire? _____

7. Does your child agree with you?

Yes No

8. Does the child find it difficult to admit when he is wrong?

Yes No

9. Does the child often ask for forgiveness on his own?

MN NI PD A

10. Does the child usually respond to conflict in the family with the attitude, "It wasn't my fault?"

Yes No

11. Does the child ever choose to "lose face" himself in order to shield another from embarrassment?

Answer Key

Page 7

Place I - III

1. all may be circled
2. urine
3. Teacher, check.
4. abdomen
5. Teacher, check.
6. Teacher, check. See pages 4-5.

Place II - III

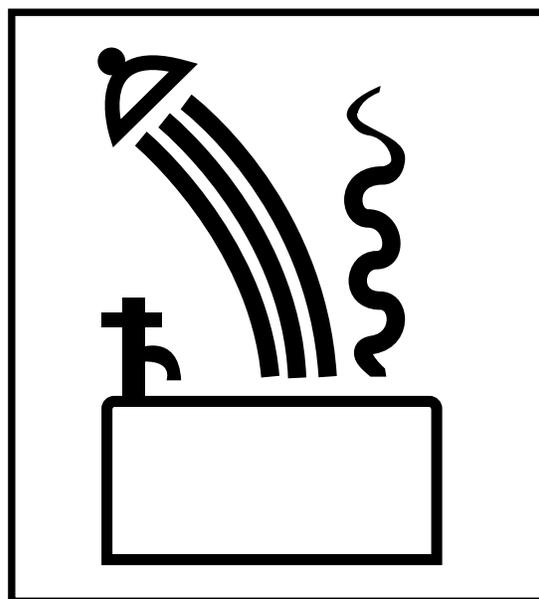
7. both take in waste products
8. ring-shaped
9. the stretching of the bladder as it fills up
10. self
11. Teacher, check.
12. b.
13. over a pint (0.5 liters)

Page 7 continued

14. drink plenty of water and eat a balanced diet (also practice personal cleanliness, and avoid waiting too long to empty the bladder, etc.)
15. Teacher, check. See page 5.

Place III

16. Teacher, check. See bladder diagram on page 15.
17. Teacher, listen to the explanation.



Gardening Sheet

Lesson Four Subject Health

Title "The Bladder"

In Season

Homemade compost is one of the most valuable and one of the least expensive soil builders that you can use.

What is compost? It is decomposed vegetation that alone, or combined with manure, soil, lime, etc., is used as a fertilizer and soil conditioner.

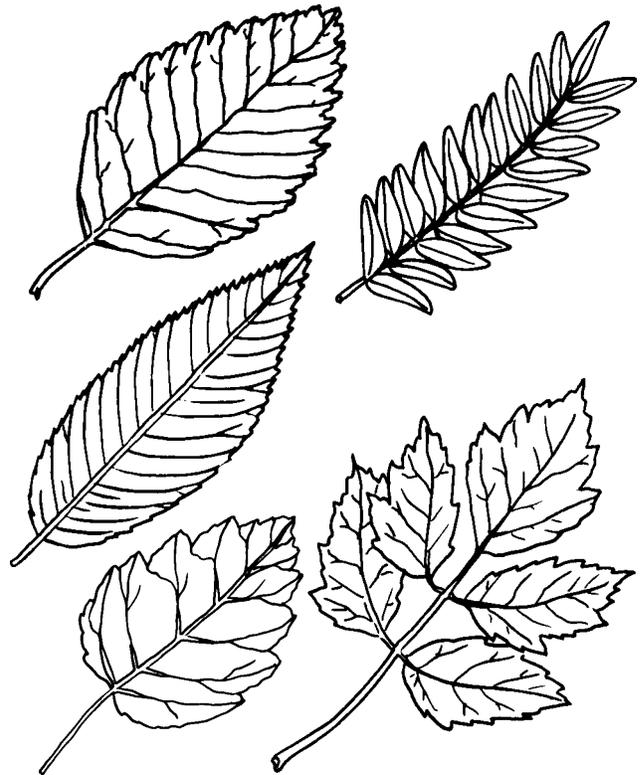
Start the compost heap in the spring. Select a shady corner of your garden which is hidden from view. You will need water to keep it moist. On the heap throw all grass clippings, leaves, decayed vegetable matter, sifted wood ashes, and the like. Do not put brush and rose briars on the compost heap.

Continue this all summer and by the next spring you will have some good, rich humus-making material for your garden soil.

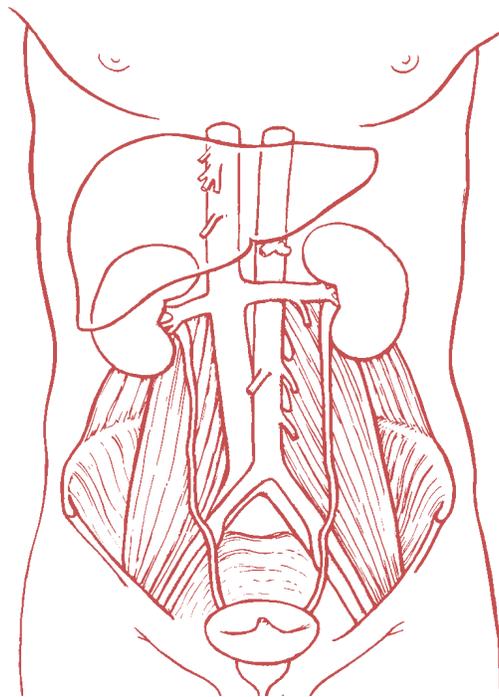
Out of Season

Leaves can be one of the biggest single items in your compost pile.

Emptying the compost is a **humble** chore. The bladder has a **humble** position in the body but very necessary as it empties out the body wastes. The compost pile can help us think about this.



*When our bladder
needs to be emptied
it consumes
all of our attention.
It is hard to think
about anything else.
When self consumes
all of our attention
it needs to be emptied
out of our lives.*



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Mark 4:29