

Our questions for this term is:

**What matters most to Christians
and Humanists?**

Learning Objective:

To explore the fact that different people have different values.

Over the past few weeks, we have looked at some of the values of Christians and Humanists.

This week, we are going to be thinking about the values that matter most to you.

Knowing the difference between your beliefs and values can be confusing as they both guide our actions and behaviour.

Our **beliefs** are opinions that we accept as true but without always having proof or evidence. Beliefs are assumptions we make about the world. Our values come from these beliefs.

Our **personal values** are things that we attach importance to and live by e.g. equality, wisdom and compassion. Values define who we are as individuals and can say a lot about a person.

Belief	Value
I believe that I should help my grandparents	Respect
I believe in God	Religion
I believe that killing is wrong	Life is sacred (special)

Personal Values

Values are things we attach importance to in life, things that are good, beneficial, important, useful, beautiful, desirable, appropriate etc. Our values help to guide how we live.

Often we value people like our family and friends, sometimes we value material objects like the latest technology, designer clothes and cars. We can also value personal qualities like honesty, wisdom and compassion.

What do you consider to be the most important values? Use the words below and sort them into three different columns.

Most important	Important	Not Important

Happiness for me is about valuing...

Good looks

Religious beliefs

Family

Friendship

Designer clothes

Latest gadget

Education

Going on holiday

Thinking of others

Being popular

Being rich

Honesty

Love

Being famous

Health and wellbeing

Sport

Life

Safety

Music

Respect

Pets

Good food

Freedom

Home

Re-look at the list that you made from the previous slide.

What makes the things that you put in the 'most important' column so valuable?

Which values would a Humanist put in the 'most important' column?

Which values would a Christian put at the top of the list?

Personal Values and Behaviour

Our values influence or motivate our behaviour. For example, someone who valued honesty would try his or her best to be honest in any situation. Our values can change over time as our experiences in life develop.





Read the following statements and discuss what value(s) they show:

1. I always put others before myself.
2. I talk to everyone and accept people who are different to me.
3. I enjoy hanging out with my friends and always stand by them.
4. When I do not like someone I let them know it.
5. I wear black and look solemn at a funeral.
6. I work best with other people in a group.
7. I go to the gym three times a week.

Task: Think about how your personal values influence your actions.

Try to think of five examples.

Write the heading 'My Values in Action' and explain how the personal values that you live by influence your actions. For example:

"I value good manners, so I always say please and thank you."

Extension: Create a piece of art work that shows your values in action.

