

## **Four key words: Yes, No, Sorry and Thanks**

Good morning, teachers and students. Today, I would like to share with you four encouraging words from Bible. They are **“Yes”, “No”, “Sorry” and “Thanks”**. Simply speaking, try to say **“Yes”** to the truth. Say **“No”** to the evil things. Say **“Sorry”** for the wrong things that you have done. Say **“Thanks”** for the good things that the other people have done for you. Let me elaborate these four words in detail in the following.

Firstly, try to say **“Yes”** to the truth. I would like to share with you Bible scripture from the Gospel of Matthew Chapter 5 Verse 37, “All you need to say is simply ‘Yes’ or ‘No’; anything beyond this comes from the evil one.” Boys and girls, try to say **“Yes”** to the good habits, so that you learn to have good habits of sleeping earlier and waking up earlier. Try to say **“Yes”** to good self-discipline, so that you would learn to control yourself and not to indulge in computer and internet games. Try to say **“Yes”** to challenges, so that you would have courage to face changes, and not to confine yourself to comfort zone. Try to say **“Yes”** to your parents and teachers, so that you would learn to be submissive to authority.

Secondly, according to the Bible Gospel of Matthew Chapter 5 Verse 37, try to say **“No”** to the bad things, evil things and temptations. There is a famous saying: “I can resist everything except temptations.” This actually means that it is extremely difficult to resist temptations, so try your best to resist them and say **“No”** to them. For instance, try to say **“No”** to laziness. When you do not want to wake up in the morning or when you do not want to concentrate on your studies, try to say **“no”** to it. Try to say **“No”** to drugs because it is definitely bad for your health. Be brave and try to say **“No”** to the bad things, even when your friends accept it or do it.

Thirdly, try to say **“Sorry”** when you have done something incorrect. Bible scripture Psalm Chapter 38 Verse 18 says, “I confess my sin; I am troubled by my sin.” In this Bible scripture, David admits that he has committed mistakes and he is willing to say sorry. Boys and girls, it is not

easy to say sorry. Elton John has a very famous song called “Sorry seems to be the hardest word”. Yes, sorry is the hardest word to say. But when you learn to say sorry, you will become a responsible person. When you learn to say sorry, you will become a brave and courageous person. When you learn to say sorry, you will grow up.

Finally, learn to say **“thanks”** or **“thank you”** when the others have done something good to you. Psalm Chapter 9 Verse 1 (which is written by David): “I will give thanks to you, Lord, with all my heart.” Boys and girls, try to thank our God for giving us food and drinks. Thank our parents for taking care of us. Thank our teachers for teaching and supporting us. Thank our classmates for encouraging and growing with us. When you learn to say “thanks”, I am sure you will become a joyful boy and girl.

In conclusion, boys and girls, learn to say **“Yes”** to the truth; Say **“No”** to the evil things; Say **“Sorry”** for the wrong things that you have done; and say **“Thanks”** for the good things that people have done for you. If you always have these four words from the Bible with you, then you will become a self-disciplined, responsible, brave and joyful person.