

Personal Cleanliness – Level 1

Psalm 24: 1-5 The earth is the Lord's and everything in it, the world and all who live in it; for he founded it upon the seas and established it upon the waters. Who may ascend the hill of the Lord? Who may stand in his holy place? He who has clean hands and a pure heart, who does not lift up his soul to an idol or swear by what is false. He will receive blessing from the Lord and vindication from God his Savior.

Early Jews in the bible knew the importance of being clean. From food that they ate to a person's heart, being clean was important. They knew that in order to enter the temple of God to worship, the food they ate, the clothes they wore, their bodies and their hearts must be clean. It was a small thing to do for God, but to be unclean meant angering God and risking their souls. Keeping ourselves clean, even today, shows a respect for ourselves and a respect for God.

Personal cleanliness when you are young involves brushing your teeth, taking a bath/shower, washing your hands and face before dinner. As you start to grow older, personal cleanliness involves these things and more. As you grow older, these actions and more become a personal routine and a responsibility for you to take care of yourself.

As you grow older, the changes in your body that take place make it very important to establish these routines. Changes in your body include developing a body odor, acne, growth of facial hair, underarm hair to name just a few. Problems will develop with friends and acquaintances if your personal cleanliness routine does not grow up with you.

Taking a bath/shower involves using soap to wash your body and face and shampoo to wash your hair. Washing your face and body with soap washes away the dirt and bacteria that cause body odor and acne. Washing your hair with shampoo also washes away the dirt and oils that build up quickly and can make your hair look and smell dirty and oily.

The bath/shower you take may still leave one area that may need additional attention to get clean and that is your fingernails. When we look at other people, impressions form by what we see and smell. Dirt and bacteria collect under our fingernails and can make us look dirty even if we've just taken a shower. To clean fingernails, you need a small hand scrub brush and a bar of soap. Run the scrub brush back and forth over the bar of soap and with water, scrub UNDER the fingernail tips so that the bristles of the brush get all the way down to where the dirt is collecting. Scrub and rinse until the dirt is gone. Your fingernails will then be nice and clean. It is important to keep the fingernails trimmed also by using a pair of nail clippers or nail scissors. Our fingernails grow from below and behind the nail itself as a covering for the skin on the fingertips. The nail itself is made up of special cells that make the nail a hard cover. The white 'moon' at the base of the nail is where the nail begins its growth. When you trim them, be sure to use the natural curve of your fingertip and leave a small amount of white nail showing. Be sure not to trim too far down or you'll need the chapter on first aid.

Summary:

Your Body: Level 1

Brush Teeth:

- When you get up in the morning
- After each meal
- Before bed

Mouth Wash

- When you get up after brushing
- Before bed after brushing

Wash Hands

- Before eating any meal
- After going to the bathroom
- When noticeably soiled
- Fingernails clean at all times

Wash Face

- In the morning
- Before bed

Comb Hair

- In the morning
- After a shower
- Before going out

Clothing

Underwear

- Never wear twice without washing
- Underwear should never show