

Assemblies – We Are What We Do – myfishbites.com

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We Are What We Do

Direct Link – <https://www.youtube.com/watch?v=zX2VA2V0XcA>

(Video is link to NatWest 2016 Advert – ‘We Are What We Do’)

"We Are What We Repeatedly Do..."

Back in ancient times, there was someone who thought about life called Aristotle. He said many famous things. One of the things he said was:

"We are what we repeatedly do. Greatness then, is not an act, but a habit."

So think about the things you do and the decisions you make. What is it that makes you, you?

You are: the things you eat; the places you; the family you are from; the friends you have; the choices you make.

In some ways, your life will be the sum total of all the decisions you make and the things that you do. Often we blame others for things in life and sometimes it's not our fault. We can't control everything that happens to us. But we are in control of the things that happen through us and in control of how we react to things in life. You can have two people who have had bad things happen to them. One lets it drag them down and the other uses it to be inspired to be a better person.

So in some ways, we can control what we do (or at least how we think). And as we begin to think in the right way, we make better choices and this can help us become better people doing better things to make the world a better place.

As a Christian, I also believe that God made us to be more than simply what we do. I believe that God has made us to be spiritual beings and that we really flourish when we partner with God to be all that he's made us to be. I believe that what God does (and my life experience) is that change begins on the inside of us. What God does when we say yes to him is change us from the inside - out. So as we start to think right, we start to act right.

But whatever you believe, you can make good and right choices to be something good. Like we see in the NatWest advert, we can make right or wrong choices. But making right choices will always be better for us and for other people.

The thing is that whatever we do has a consequence. If we do bad things then that impacts everyone around us. If we do good and are helpful and encourage people, it lifts everyone around us. The world today is full of the consequences of the bad things that mankind has done. It doesn't just affect others. It affects you and the future generations. Did you know that one of the causes of illness is people not forgiving others? When you don't forgive, it tears you up inside. Let go and be free to live!

Some Good Advice for a Better Life

This is some of what the Bible says... (from the book of Proverbs)

A good name is to be chosen rather than great riches, and favour is better than silver or gold.

Moral character makes for smooth travelling; an evil life is a hard life.

A good person is saved from much trouble; a bad person runs straight into it.

Upright citizens are good for a city and make it prosper, but the talk of the wicked tears it apart.

It's stupid to say bad things about your neighbours. If you are sensible, you will keep quiet.

A gossip tells everything, but a true friend will keep a secret.

(Proverbs 22.1, 11.5, 11.8, 11.11, 11.12, 11.13)

Good Choices. Here are some ideas.

Choose to forgive people.

Choose not to get angry or violent.

Choose to look out for people and help them.

Choose to do our homework as well as we can.

Choose to pick up litter or put litter in a bin.

Choose not to steal.

Choose to buy a sandwich for a homeless person.

Choose to care for others.

Choose not to be abusive to other people.

Ideas to be a better you!

Here are some ideas that could inspire you (some of the ideas are from a book called 'Change the World for a Fiver: We are What We Do.' Published by Short Books Ltd. 16 Sept. 2004)

(Buy a copy from Amazon – <https://www.amazon.co.uk/Change-World-Fiver-are-What/dp/1904095968>)

1. Talk to an old person near you. They can be amazing fun and a help!
2. Smile and smile back to people.
3. Plant a tree.
4. Put your chewing gum and litter in a bin.
5. Learn basic first aid.
6. Give blood.
7. Always recycle when you can.
8. Bake somebody a cake.
9. Challenge yourself to get out of your comfort zone.
10. Take time to listen.
11. Thank somebody or write to them to say thanks or how they've inspired you.
12. Do something kind for nothing.
13. Report things to the council, like dumped furniture or mess in your neighbourhood.
14. Buy Fairtrade products.

We Are What We Do

We are what we do. So who are you? And what could you do to be a better you?
And make the world a better place?