

SAINTS GLOBAL

ACTIVITY PLAN

ETIQUETTE

SOCIAL CORE

Version 2026.1



Companion to the BRC: a series of one-hour activity sessions for use on weekly activity night or at home. Each session declares which requirements it contributes to.

THE CULMINATING EVENT

The etiquette dinner

In Session 3, saints sit at a fully set table with two adult guests for a thirty-minute meal. Each saint introduces himself to the guests, holds his side of the conversation through one prepared topic and one disagreement, and uses correct table manners under the leader's quiet observation. The leader notes each saint's strongest and weakest moment before the debrief.

INDOOR — A LONG TABLE THAT SEATS THE WHOLE GROUP PLUS TWO ADULT GUESTS, SET WITH FULL PLACE SETTINGS

SESSION 1 · SOCIAL CORE

⌚ 60 min target

Notice and name

Practice noticing how respect and disrespect read before any words get said.

SESSION AIM

Saints read Philippians 2:3–4 against their own social life, name three real moments where poor etiquette caused friction, and watch a confident-versus-rude posture demo before trying it themselves. Each saint leaves with three named friction moments on his sheet and a noticing assignment to run during the week.

🎯 WALK AWAY WITH

- Has paraphrased Philippians 2:3–4 in his own words and named what humility looks like before words
- Has three real friction moments named on his worksheet with what specifically failed in each
- Has run the confidence-versus-rudeness role-play and named what the channels were

📦 BRING / SET UP

- Philippians 2:3–4 printed handouts, one per saint
- Friction-moment worksheets (one per saint) — three rows for three real situations
- Open floor space at the front of the room for the posture demo
- Pens, a timer, a board or large paper for the friction list
- A snack for the saint with the sharpest friction example

🕒 THE HOUR

BLOCK 1 · DISCUSSION **Opener — A real moment**

⌚ 5 min

Read this scenario aloud: "You're at a family dinner. Your uncle says something you disagree with, loudly. Three pairs of eyes turn to you. What does a respectful response actually look like in the next five seconds?" Take three or four answers from the room. Don't correct them. Move on after a minute.

BLOCK 2 · DISCUSSION **Read Philippians 2:3–4 and paraphrase**

⌚ 13 min

1. Hand out Philippians 2:3–4. Read it aloud once, slowly. Pause on "esteem other better than themselves."
2. Give each saint two minutes of silent work to paraphrase the passage in his own words — humility and awareness of others, as he understands them.
3. Go round the room. Each saint reads his paraphrase. No corrections from the leader.
4. Name the connection plainly: humility shows up in posture and attention before it shows up in words. That is what the next four weeks train.

REQ 1A

SESSION 1 · NOTICE AND NAME (PAGE 2 OF 2)

THE HOUR — CONTINUED

BLOCK 3 · CREATIVE **Name three friction moments**

⌚ 17 min

1. Hand out the friction-moment worksheet. The template has three rows: situation, what failed, why courtesy mattered.
2. Give twelve minutes of solo work. Each saint names three real situations from his own week or month where poor etiquette caused tension or harm.
3. Circulate and ask one sharpening question per saint: "What specifically failed — tone, timing, attention, posture?"
4. Bring the room back. Each saint reads his sharpest example. Award the snack to the example with the most specific failure named.
5. Name the takeaway: etiquette reduces friction in real social situations. It is not formality for its own sake.

REQ 1B

BLOCK 4 · ROLEPLAY **The confidence-and-rudeness demo**

⌚ 20 min

1. Leader runs two thirty-second role-plays: greeting a guest with confident posture, then greeting the same guest with rude posture. Same words both times. The saints watch.
2. Ask the room what changed. Capture the channels they name on the board: tone, eye contact, posture, attention, hands.
3. Pair the saints up. Each pair runs the same two role-plays — confident and rude — using only posture and tone, not different words. Two minutes per saint.
4. After each pair, the watchers name one thing the confident version did that the rude version did not. Keep observations short.
5. Name the difference plainly: confidence is owning the moment with restraint. Rudeness is owning the moment by taking attention.

REQ 1C

BLOCK 5 · REFLECTION **Close — Notice three respect signals this week**

⌚ 5 min

1. Assign the noticing: this week, notice three moments where someone signaled respect or disrespect without words. Write them down. Bring them to Session 2.
2. Confirm Session 2's date. Remind the youth this is groundwork for the etiquette dinner in Session 3, which will have adult guests.

AT THE CLOSE · DEBRIEF

1. Which of your three friction moments did you have the hardest time admitting was your fault?
2. What did your partner's rude-posture version do with his hands that you did not expect?
3. Where will you notice a respect signal first this week — at home, at school, or at church?

☑ Mark Req 1a, 1b, and 1c after this session.

SESSION 2 · SOCIAL CORE

⌚ 60 min target

The personal rules

Build the saint's own rules for the four settings he actually lives in.

SESSION AIM

Saints map the four settings they enter regularly, plan one courtesy for two settings that are uncomfortable, and name one personal habit they will restrain. The 21-day restraint run starts tonight, and each saint leaves with one habit named and a calendar window for the etiquette dinner.

🎯 WALK AWAY WITH

- Has named four real settings with one respectful and one disrespectful behavior each
- Has two uncomfortable settings with one concrete courtesy planned for each
- Has one personal habit named for the 21-day restraint run, started tonight

📦 BRING / SET UP

- Four-settings worksheets (one per saint) — table with one row per setting, columns for respectful and disrespectful behavior
- Restraint-habit half-sheets, one per saint
- Pens, a board for the shared settings list
- A calendar or printable month sheet to schedule the etiquette dinner

🕒 THE HOUR

BLOCK 1 · DISCUSSION **Opener — Last week's noticing**

⌚ 5 min

Open with the noticing assignment. Three or four saints share one respect signal they noticed this week — the situation, what the signal was, and what it changed in the room. Keep it short, no follow-up questions. The goal is to confirm the work happened between sessions.

BLOCK 2 · CREATIVE **Map your four settings**

⌚ 18 min

1. Hand out the four-settings worksheet. The template has four rows: school, church, family, and one the saint picks — work, sports, a friend's house, somewhere else he enters weekly.
2. Give twelve minutes of solo work. For each setting, the saint names one behavior that shows respect and one that shows disregard.
3. Circulate and push for specificity: "That's the rule. What is the actual behavior?" Make him write the behavior, not the principle.
4. Bring the room back. Each saint reads one row aloud — his pick of setting. The room listens.
5. Name the takeaway: the same body and the same words can be respectful in one room and rude in the next. Context shapes courtesy. The rule is to read the room first.

REQ 2A

SESSION 2 · THE PERSONAL RULES (PAGE 2 OF 2)

THE HOUR — CONTINUED

BLOCK 3 · CREATIVE Plan courtesy in two hard settings

⌚ 15 min

1. Each saint picks two settings from his sheet that he finds uncomfortable or inconvenient — not the easy ones.
2. For each, he writes one concrete courtesy he will show, and what the courtesy will cost him in the moment (time, pride, attention, comfort).
3. Pair up. Each saint reads his two settings and the two courtesies. The partner asks one sharpening question — usually: "What would be easier than doing that?"
4. Bring two or three of the hardest courtesies back to the room. Name the pattern: practiced courtesy is hardest in the rooms where it is needed most.

REQ 2B

BLOCK 4 · CREATIVE Name the habit you will restrain

⌚ 17 min

1. Hand out the restraint-habit half-sheet. The template asks for one habit, the specific moments when it shows up, and what restraint will look like in those moments.
2. Frame the writing this way: pick the habit you know you have, not the one that sounds noble. Interrupting, phone-checking, sarcasm, eye-rolling, the one-upping joke — whatever is yours.
3. Run eight minutes of silent writing. Circulate and ask one question per saint: "When did it last cost you something?"
4. Each saint reads his habit aloud and the one moment it most often shows up. No discussion after, just the reading.
5. The 21-day restraint run starts tonight. Each saint takes the half-sheet home and marks the days he held the restraint and the days he didn't.

REQ 2C

BLOCK 5 · REFLECTION Close — Schedule the etiquette dinner

⌚ 5 min

1. Confirm the date and time of the Session 3 etiquette dinner on the calendar. Name the two adult guests who will attend. Tell the saints what to wear.
2. Remind the group the 21-day restraint run starts tonight, not after Session 4.

AT THE CLOSE · DEBRIEF

1. Which of your four settings was the hardest to name a disrespectful behavior in, and why?
2. Which uncomfortable courtesy do you think you will skip first?
3. What habit did you write down that you have not admitted to anyone before?

☒ Mark Req 2a after the four-settings sheet is complete. Mark Req 2b after the partner check. Mark Req 2c once the restraint half-sheet is written and the 21-day run begins.

SESSION 3 · SOCIAL CORE

⌚ 60 min target

The etiquette dinner

Hold introductions, conversation, and restraint under real-time observation at the table.

SESSION AIM

Saints rehearse the introduction protocol and the table setting with the handouts, then sit at a fully set table with two adult guests for a thirty-minute meal. Each saint runs an introduction, holds his side of a prepared topic and a real disagreement, and uses correct manners while the leader notes one strong and one weak moment per saint.

🎯 WALK AWAY WITH

- Has introduced himself to two adult guests using the full protocol
- Has held one prepared conversation and one disagreement at the table without breaking courtesy
- Has chosen at least one restraint moment to hold during the meal and named what slipped
- Has a host-or-helper date on the BRC before Session 4

📦 BRING / SET UP

- A long table set with full place settings (charger or plate, two forks, two knives, spoon, water and one other glass, folded napkin)
- Two adult guests confirmed for the meal — one inside the family network, one outside it
- Printed copies of the introduction-and-table-setting handout (one per saint)
- Three or four conversation topic cards and three or four disagreement-prompt cards for the table
- A simple meal that does not require eating with the hands (no pizza, no chicken wings) — soup or salad plus a main course works
- A note card per saint for the leader's observation notes

🕒 THE HOUR**BLOCK 1 · SKILL PRACTICE Opener — Introductions in pairs**

⌚ 5 min

Open with a sixty-second pair drill. Each saint introduces himself to his partner using the protocol on the handout: stand, eye contact, full name, a steady handshake, and one line about himself. Then swap. The goal is to put the introduction in the body before the guests arrive.

SESSION 3 · THE ETIQUETTE DINNER (PAGE 2 OF 3)

THE HOUR — CONTINUED

BLOCK 2 · SKILL PRACTICE **Run the table-setting and introduction rehearsal**

⌚ 12 min

1. Walk the saints around the set table once. Point to each piece in order — charger, fork, knife, spoon, glassware, napkin — and name it. Two passes; the second pass, ask the saints to name each piece before you do.
2. Pair the saints up. Each pair quick-rehearses the introduction protocol with eye contact, posture, and the handshake from the handout, then a thirty-second conversation opener. Two minutes per saint.
3. Walk the room once. Note posture, eye contact, and the handshake. Adjust one thing per saint.
4. Name the bar plainly: you will meet two adult guests in ten minutes. The introduction is the first impression. Run it the way you just rehearsed it.

REQ 3B

BLOCK 3 · PHYSICAL **Sit the etiquette dinner**

⌚ 30 min

1. Seat the saints and the two adult guests at the set table. Each saint introduces himself to both guests using the protocol — stand to greet, eye contact, full name, handshake, one line.
2. Eat the meal. Hold table manners — napkin in lap, slow pace, no phones, no elbows, both feet on the floor, hands visible when not eating. Pass to the right.
3. Run two table conversations. Each saint draws one topic card and one disagreement card during the meal. He carries the topic for two minutes with the guest next to him, then takes the disagreement card and holds his side respectfully when the guest pushes back.
4. The leader sits at the table, eats with the group, and quietly notes one strong moment and one weak moment per saint on a card.
5. Watch for restraint moments — interruption, sarcasm, phone reach, posture collapse, breaking off the conversation when it gets uncomfortable. Each saint will have at least one. The leader notes which one each saint chose to hold.

BY TIER

- ENTRY** Sit next to a guest. Run one introduction and one topic card. The disagreement card is optional this round — watch how a senior saint handles his.
- ESTABLISHED** Sit at a guest's elbow. Run both an introduction and a disagreement card. Push yourself on the card that pulls you closest to a habit from your Session 2 sheet.
- MENTOR** Sit across from a guest. Run an introduction, a disagreement card, and one moment of restraint visible to a younger saint at the table. Debrief that saint quietly when the meal ends.

REQ 3A

REQ 3E

BLOCK 4 · REFLECTION **Debrief the dinner**

⌚ 8 min

1. Clear the plates. Stay at the table. Run a round on two prompts: one moment when you felt the restraint hold, and one moment when it slipped.
2. Read the leader's note for each saint aloud — one strong, one weak. Keep it short and specific.
3. Thank the guests. Each saint shakes each guest's hand and uses the introduction-protocol close: "Thank you for coming. It was good to meet you."

SESSION 3 · THE ETIQUETTE DINNER (PAGE 3 OF 3)

THE HOUR — CONTINUED

BLOCK 5 · REFLECTION **Close — Set the host-or-helper date**

⌚ 5 min

1. Each saint names a real setting before Session 4 where he will serve as a host or helper — a family dinner he sets up, a church event he helps run, a younger group he serves at. Write the date on the BRC.
2. Remind the group: the digital message (Req 3c) and the host-or-helper role (Req 3d) happen before Session 4.
4. The 21-day run continues.

AT THE CLOSE · DEBRIEF

1. Which guest's question caught you off guard, and what did your body do first?
2. Which restraint moment at the table did you hold, and which one slipped?
3. What is one thing the leader's note named that you didn't notice yourself doing?

📝 Mark Req 3a, 3b, and 3e after the dinner debrief. Mark Req 3c and 3d after each saint completes them before Session 4.

SESSION 4 · SOCIAL CORE

⌚ 60 min target

Witness and sign-off

*Review the dinner, the digital message, and the host moment, and finish the badge.***SESSION AIM**

Saints report on the 21-day restraint run, share what their host-or-helper role looked like, and draft and send a real digital message that could easily go wrong. The session closes with a one-on-one with the leader on courtesy as service, a closing scripture, and a BRC walkthrough.

WALK AWAY WITH

- Has reported honestly on the 21-day restraint run
- Has shared one specific host-or-helper moment from the past two weeks
- Has drafted, revised, and sent a real digital message in a difficult situation
- Has met one-on-one with the leader on courtesy as service
- Has a signed BRC, or an outstanding-requirements plan with deadlines

BRING / SET UP

- Each saint's BRC, printed and brought to session
- Each saint's restraint half-sheet with the 21-day marks
- A phone or laptop per saint for the digital message draft
- Printed copies of the digital-courtesy handout (one per saint)
- Philippians 2:3–4 handout for the closing read
- A quiet corner of the room for the leader's one-on-ones

THE HOUR**BLOCK 1 · DISCUSSION Opener — 21-day restraint report**

⌚ 5 min

Go round the room. Each saint reports how the 21 days went on the restraint habit from Session 2. "Held it." "Broke it on day nine." "Held it most days, slipped at home." Whatever the truth is. Treat the honest answer the same whether the habit held or not — honesty is what the practice was teaching.

BLOCK 2 · DISCUSSION Share one host-or-helper moment

⌚ 13 min

1. Each saint shares one moment from his host-or-helper role — the face of the person served, the need he noticed before it was voiced, the small thing he did that no one else would have caught.
2. After each story, the room offers one observation. Keep observations short — one sentence each.
3. Name the pattern plainly: hospitality means noticing a need before it is voiced. The host who notices saves the room from awkwardness without ever looking like he is working.

REQ 3D

SESSION 4 · WITNESS AND SIGN-OFF (PAGE 2 OF 2)

THE HOUR — CONTINUED

BLOCK 3 · CREATIVE **Draft the digital message**

⌚ 17 min

1. Each saint picks one real digital exchange he needs to send — a difficult text to a friend, a decline-with-grace to a coach, a thank-you for a gift, an RSVP, an apology. Real exchanges only.
2. Hand out the digital-courtesy reference. Read the four do-don't sections together in two minutes.
3. Give nine minutes for the draft. Write the message, read it aloud to a partner, revise once. Watch the tone — what reads polite face-to-face often reads curt in writing.
4. Each saint sends the message before the block ends, with the leader watching. No saint leaves the block with the message still unsent.
5. Name the takeaway: digital courtesy needs more attention than face-to-face courtesy, not less. The nonverbal channels you would normally lean on are gone.

REQ 3C

BLOCK 4 · REFLECTION **One-on-one — courtesy as service**

⌚ 15 min

1. Pull each saint into the quiet corner for two to three minutes. Use the prompt: how did practicing courtesy change the way people responded to you these four weeks? Ask for one specific example.
2. Follow with the second prompt: how is disciplined etiquette a form of service, and where did it show in your weeks?
3. While one saint is with the leader, the rest write a two-paragraph reflection on those same two prompts. Each saint brings the written reflection to the one-on-one if it helps him talk.
4. Mark Req 4a and 4b on the BRC after each one-on-one finishes.

REQ 4A

REQ 4B

BLOCK 5 · REFLECTION **Close — BRC sign-off**

⌚ 10 min

1. Gather the group. Read Philippians 2:3–4 aloud once, slowly. No commentary.
2. Walk through the BRC with each saint one requirement at a time. Mark what's done. Note what is still outstanding.
3. For each outstanding requirement, set a concrete next step and a deadline before the next Board of Review or Court of Honor.
4. Two-minute leader's charge — short, direct, addressed to each saint by name.

AT THE CLOSE · DEBRIEF

1. Which sentence in your digital message did you revise, and what changed?
2. What did your leader say in the one-on-one that you did not expect?
3. Where will courtesy show up first in your week now that the sessions are over?

☑ Mark Req 3c, 3d, 4a, and 4b after this session. Any requirement still outstanding gets a concrete next step and a deadline on the BRC.

HANDOUT 1 OF 2

FROM SESSION 3 — RUN THE TABLE-SETTING AND INTRODUCTION REHEARSAL

Introductions and Table Setting

Print one per saint for Session 3. Read the introduction protocol before the rehearsal; use the table-setting diagram as the saints walk the set table.

ETIQUETTE · SAINTS GLOBAL CARD

Introduce yourself first. Sit second.

Run the introduction in your body before you eat. Use the diagram to read the place setting.

THE INTRODUCTION — FOUR STEPS

1

Stand up. Square your shoulders.

Feet planted. Hands out of pockets. Phone away. Do this before the guest is in arm's reach.

2

Make eye contact and hold it.

Look at the guest's eyes, not the floor. Hold contact through the handshake.

3

State your full name. Offer a firm handshake.

Web of your hand to the web of his. One firm pump. Not a crusher, not a fish.

4

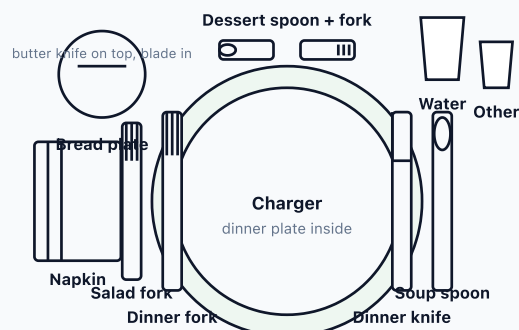
Add one line about yourself or the moment.

"Thanks for coming tonight." "Good to meet you, sir." Keep it short and look up when you say it.

ORDER OF NAMES WHEN YOU INTRODUCE TWO PEOPLE

Name the older or more senior person first. "Mr. Jensen, this is my friend, Caleb."

THE TABLE SETTING — READ IT FROM THE OUTSIDE IN



Work from the outside in as the courses arrive. Bread plate on the left. Drinks on the right.

Practice the introduction and the place setting before the guests sit down.

Print this handout for in-person reference during session 3 — run the table-setting and introduction rehearsal.

HANDOUT 2 OF 2

FROM SESSION 4 — DRAFT THE DIGITAL MESSAGE

Digital Courtesy Reference

Print one per saint for Session 4. Read the four sections together before the saints draft their messages.

ETIQUETTE · SAINTS GLOBAL CARD

Write it like the person is in the room.

The screen drops your tone, your face, and your voice. Put the courtesy back in the words.

1 Texting

DO Greet the person and use their name when the message is real.

"Hi Mr. Reyes, this is Sam. Could I ask about the practice time on Saturday?"

DON'T Open cold with a question, or string five short texts in a row.

"yo" / "u there" / "saturday" / "what time" — pick the words and send them once.

2 RSVP

DO Reply within forty-eight hours, even if the answer is no.

"Thank you for the invitation. I'll be there at six." Yes or no, plus thanks.

DON'T Wait until the day of, then reply only if you're coming.

A silent no still counts, and the host has to plan around it anyway.

3 Decline or accept

DO Thank the person first. Then say yes or no clearly. No long excuse.

"Thank you for thinking of me. I have a family commitment that night and won't be able to come."

DON'T Hedge with "maybe" or list three reasons why not.

A clear no lets the host plan. A hedge costs him time he could have given someone else.

4 Thank-you note

DO Name what you are thanking the person for. Write it within a week.

"Thank you for the book. I started it the night I got it and finished it Saturday."

DON'T Send "thanks!" with no detail, or skip the note because the gift was small.

A handwritten card for a small gift teaches you the move for a big one.

Read each message aloud once before you send it.

Print this handout for in-person reference during session 4 — draft the digital message.