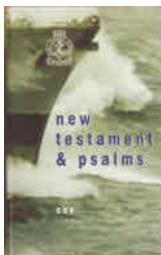


A Full Life



A full life aims to help you understand core values, and how to get to know God and to seek his help. The Bible verses are mainly from the New Testament & Psalms. These are available from Naval Military & Air Force Bible Society, see address on the back cover.



Throughout the UK 130,000 young people in 3,000 cadet units participate weekly in an exciting array of adventurous and military-themed activities designed to stretch them physically and mentally, contribute to their wider education, help them achieve success in their chosen careers and imbue in them the attitude and qualities of a good citizen. Cadets wear their uniforms with pride, acting as ambassadors of the three services in the heart of their communities, the length and breadth of the UK.

Chaplains appointed from clergy, lay readers and others with an authorised ministry work with the units to provide moral, spiritual and pastoral guidance.

Commitment

To do well as a Sea, Army or Air Cadet means being committed and getting involved. The more you put in the more you will get out. Part of this will be learning the **core values** which underpin the Armed Forces – values such as:

Loyalty, Respect, Integrity and Discipline.

You will also learn about **authority**.



Authority

Authority is the right to make others do what you say. There is another kind of authority, that hopefully your instructors will also have – authority that comes from being a good and wise person, whom you can trust. As you progress in the Cadets you will have authority. Learning core values will help you become a person worth obeying. In this booklet we will use the teachings of someone who had this authority and more – Jesus, God's Son. It is worth listening to the things he and his followers have said in the Bible.



*Obey those who have authority over you.
Only God can give authority to anyone.*
(Romans 13:1)

*Jesus said, "I came so that everyone would have life,
and have it fully."*

John 10:10

Christ gives me the strength to face anything.
Philippians 4:13



Loyalty is being faithful. We should all be loyal to our family, friends and leaders. But if they are to earn respect, leaders must be loyal to those in their charge.



You will keep your friends if you forgive them, but you will lose your friends if you keep talking about what they did wrong.

Proverbs 17:9

Respect for others

Every team member should respect those in charge. Leaders should encourage their team and never abuse their position of authority but serve with humility.

You must watch over everyone God has placed in your care. Do it willingly in order to please God, and not simply because you think you must. Don't be bossy to those people who are in your care, but set a good example.

1 Peter 5:2-3



Integrity means being honest in all things and setting a good example. It is essential for everyone to have integrity.

You will be safe, if you always do right, but you will get caught, if you are dishonest.

Proverbs 10:9

It is more important for a leader to do what is right than to be popular. Dishonest leaders are never respected or trusted. Jesus always said what was right which made him unpopular with the authorities. Leaders can delegate their authority to those under them, but leaders are still responsible for their juniors' actions.



The Lord God has told us what is right and what he demands: "See that justice is done, let mercy be your first concern, and humbly obey your God."

Micah 6:8

Discipline or self-control is about being able to behave and work in a controlled way. No leader can impose discipline without first learning it.

It is never fun to be corrected. In fact, at the time it is always painful. But if we learn to obey by being corrected, we will do right and live at peace.

Hebrews 12:11

Successful leaders are good at encouraging. In the Bible the Apostle Paul's follower, Timothy, was a good example of a young man with a God-given gift, but he lacked the confidence to put it into practice. Paul encouraged him to keep his gift alive with these words:

God's Spirit doesn't make cowards out of us. The Spirit gives us power, love and self-control.

2 Timothy 1:7

Having understood and taken onboard these **core values** you are now ready to serve.

Service

God has also given each of us different gifts to use. If we can serve others, we should serve. If we can teach, we should teach. If we can encourage others, we should encourage them. If we can give, we should be generous. If we are leaders, we should do our best. If we are good to others, we should do it cheerfully.

Be sincere in your love for others. Hate everything that is evil and hold tight to everything that is good. Love each other as brothers and sisters and honour others more than you do yourself. Never give up.

Romans 12: 6-11



Excellence

If you do your best, stay committed and work hard, you too can achieve excellence, like the award of a flying scholarship to this cadet:

Keep your minds on whatever is true, pure, right, holy, friendly and proper. Don't ever stop thinking about what is truly worthwhile and worthy of praise. You know the teachings I gave you. So follow my example. And God, who gives peace, will be with you.

Philippians 4: 8-9



Love

This is the greatest core value.

The Bible tells us that if we could speak all languages, and we could understand all secrets and all knowledge, and if we had faith that moved mountains, and if we gave away all that we owned, we would achieve nothing, unless we loved others.



*Love is kind and patient,
never jealous, boastful,
proud or rude.*

*Love isn't selfish
or quick-tempered.*

*It doesn't keep a record
of wrongs that others do.*

*Love rejoices in the truth,
but not in evil.*

*Love is always supportive,
loyal, hopeful
and trusting.*

Love never fails!

1 Corinthians 13:4-8

*We must love each other.
Love comes from God.*

1 John 4:7



Getting inspiration and wisdom

Wise people see their need for inner strength and guidance. None of us has all the answers. Prayer was important to Jesus, as a source of inspiration, strength and wisdom. He prayed before starting a day's work and making important decisions.

Jesus would often go to some place where he could be alone and pray.

Luke 5:16

We should all know the benefits of having a personal faith in God through Jesus Christ. When faced with difficult problems we have the assurance that God answers prayers.

If any of you need wisdom, you should ask God, and it will be given to you. God is generous and won't correct you for asking. But when you ask for something, you must have faith and not doubt.

James 1:5-6

However you feel, wherever you are, at a training camp, in the drill hall or at home, God will always listen and is waiting to hear from you at any time.

If you are not sure how to pray, try using some words and prayers from the Bible, God's own book, to talk with him about your concerns for friends and family and your own personal problems.

God cares for you, so turn all your worries over to him.

| Peter 5:7



Ask God for all you need, and his help whenever you or others are in difficulty. Sometimes our prayers do not seem to be answered. God knows what is good for us so he answers our prayers in his way.

Ask, and you will receive. Search, and you will find. Knock, and the door will be opened for you. Everyone who asks will receive. Everyone who searches will find. And the door will be opened for everyone who knocks.

Matthew 7:7-8



The Lord's Prayer

Our Father, who art in heaven,
hallowed by Thy Name.
Thy Kingdom come.
Thy will be done,
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those
that trespass against us.
And lead us not into temptation,
but deliver us from evil.
For thine is the kingdom,
and the power and the glory,
for ever and ever.
Amen

Learn this prayer that Jesus taught. You will find it on one side of your prayer card.

Your Cadet Corps prayer is on the other side.

If you forgive others for the wrongs they do to you, your Father in heaven will forgive you. But if you don't forgive others, your Father will not forgive your sins.

Matthew 6:9-15

Sea Cadet prayer

Lord, bless this Ship and her Company and all Units of the Sea Cadet Corps throughout the world.

Guide Elizabeth, our Queen, and protect all who go down to the sea in ships.

Teach us to serve you as our Master on our earthly voyage, so that, at the last, we may come to peace and safety of your eternal haven, through Jesus Christ our Lord.
Amen.



Army Cadet prayer

O GOD our Father,
who has brought us together as
members of the Army Cadet Force;
help us to do our duty at all times
and to be loyal to each other.
May all that is good and true
prosper among us;
strengthen us to defend the right;
and bless our work that it may be
acceptable to you,
for Jesus Christ's sake.
Amen.



Air Cadet prayer

God our Father, who has brought us together as members of the Air Training Corps; help us to do our duty at all times and to be loyal to one another. May all that is good and true flourish among us; strengthen us to defend the right; and bless our work that it may be acceptable to you, for Jesus Christ's sake. Amen.



You can pray by yourself

When you pray, go into a room alone and close the door. Pray to your Father in private. He knows what is done in private, and he will reward you.

Matthew 6:6

God says,

“Be still, and know that I am God!”.

(Psalm 46:10)



Or you can pray with others

Whenever two or three of you come together in my name, I am there with you.

Matthew 18:20

Always be joyful and never stop praying. Whatever happens, keep thanking God because of Jesus Christ. This is what God wants you to do.

1 Thessalonians 5:17-18



Pray for others

First of all, I ask you to pray for everyone. Ask God to help and bless them all, and tell God how thankful you are for each of them.

1 Timothy 2:1

This Bible passage reminds us to pray for our leaders as well as our friends around us and our families and relatives.



A prayer of trust in God

You, Lord, are my shepherd.

I will never be in need.

You let me rest in fields of green grass.

You lead me to streams

of peaceful water,

and you refresh my life.

You are true to your name,

and you lead me

along the right paths.

Psalm 23:1-3



Keep prayer honest

God knows our thoughts but he wants our friendship, which is why he wants us to tell him our problems and our needs. It is OK to complain to God as long as we are honest with him. God listens when he hears sincere prayers.

King David was a mighty warrior who trusted God. He used to complain to God and tell him all his troubles.

(Psalm 142:2)



It doesn't matter who we are, or what we've done.
God asks us to be his friends and follow him.

He sent his Son, Jesus Christ, into the world so that we could know his love in our lives and find the fulfilment of God's promises and the gift of salvation through him.

Jesus said:

"I am the way, the truth, and the life!"

"Without me, no one can go to the Father."

John 14:6

Putting our faith in Jesus Christ and receiving his gift of eternal life is the most important thing we can ever do.

God loved the people of this world so much that he gave his only Son, so that everyone who has faith in him will have eternal life and never really die.

John 3:16



Footprints

One night a man had a dream. He dreamed he was walking along the beach with the LORD.

Across the sky flashed scenes from his life. For each scene he noticed two sets of footprints in the sand: one belonging to him, and the other to the LORD.

When the last scene of his life flashed before him, he looked back at the footprints in the sand.

He noticed that many times along the path of his life there was only one set of footprints.

He also noticed that it happened at the very lowest and saddest times in his life.

This really bothered him and he questioned the LORD about it:
“LORD, you said that once I decided to follow you, you’d walk with me all the way. But I have noticed that during the most troublesome times in my life, there is only one set of footprints. I don’t understand why when I needed you most you would leave me.”

The LORD replied:
“My son, my precious child, I love you and I would never leave you. During your times of trial and suffering, when you see only one set of footprints, it was then that I carried you.”

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