



# HIGH SCHOOL HEALTH 4 CONTENTS

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# OVERVIEW

Being assured that God loves us is an important aspect of safety. Knowing that God loves you will keep you from presuming upon His protection. God's love also encourages us to take precautions to protect the lives of others. In this LIFEPAAC®, you will look at various safety practices that will help keep you healthy by keeping you from harm.

You will also learn how to be prepared for action in the event of an injury by learning some basic first aid techniques. However, procedures for performing the lifesaving techniques presented in this LIFEPAAC, are best learned and practiced in certified CPR and First Aid courses offered in your community. They should not be practiced without the supervision of a responsible adult or instructor.

## OBJECTIVES

When you have completed this LIFEPAAC, you should be able to:

- Understand the purpose of knowing basic first aid procedures.
- Explain why a Christian is responsible to practice good safety habits.
- Discern how accidents can be prevented.
- Learn specific first aid procedures.

## VOCABULARY

**Accident** – an unexpected event that results in loss or injury

**Conducive** – contributing towards something

**CPR** – Cardio-Pulmonary Resuscitation, an emergency medical procedure used to revive the heart and lungs

**Inclement** – harsh, severe as relating to weather conditions

**Pathogen** – an organism that causes disease

**Ramifications** – possible consequences for a problem, plan, or statement

**Providence** – the wise and powerful governing of God over His creation

**Sovereignty** – supreme authority and power of a ruler

**Ventilate** – to provide access to fresh air



## I. SAFETY

### **Safety—God’s Sovereignty & Our Responsibility**

The Bible tells us that God “...worketh all things after the counsel of his own will...” (Ephesians 1:11). The LORD, not chance, rules over all events, including those occurring in our lives. Life can seem like risky business and ignorance of the outcome of future events often leads us to think in terms of “chance.” In God’s eyes, no event happens “by chance,” however we do not have the ability to see the future. Knowing that God has orchestrated our lives a great comfort, but we are never to take His sovereignty and care for granted. We have no excuse for careless behavior.

To act carelessly is to presume upon the goodness of God. It is our responsibility to take the necessary precautions for safe activity, whether it is playing a sport, working with heavy equipment, or driving a car. Events in our lives may not take God by surprise, but they certainly can bring us some startling responses. Since we do not know the future, and since we live in a hazardous world, safety should be a central concern to us all.



For instance, if you ride in a car without buckling your seat belt, you are presuming that God will cause you to arrive safely at your destination. You are, in effect, demanding that God prove His love for you. Christ was tempted by Satan to do the very same thing. He asked Christ to jump from the pinnacle of the temple in order to prove that God’s sovereign care would keep Him from harm, but Christ refused to do so. He did not need to place Himself in a perilous situation to be assured that the Father cared for Him, that He would indeed keep Him safe. Christ knew that God loved Him. His answer is recorded in Matthew 4:7, “It is written again, Thou shalt not tempt the Lord thy God.”

Being assured that God loves us is an important aspect of safety. Knowing that God loves you will keep you from presuming upon His protection. God’s love also encourages us to take precautions to protect the lives of others. In this LIFEPAK, we will look at various safety practices that will help keep you healthy by keeping you from harm.



**Answer each of the following questions with a short answer.**

- I.1 Describe what it means to presume upon God's goodness. Give an example. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- I.2 Why is safety a concern for us? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- I.3 How did Satan use the idea of presumption to tempt Christ? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- I.4 How is our own personal safety related to the safety of others? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## ACTIVITY

### God and Accidents

The Bible states explicitly that God is sovereign over all events. Psalm 103:19 states that, "His kingdom ruleth over all." Even well-meaning Christians, however, tend to attribute the occurrence of "accidents" to luck or chance.

In this activity, you will look up verses in the Bible that affirm God's providential care for believers in the midst of events that have caused injury or loss. In the blanks provided below, list the verses that describe God's care along with an explanation of each passage.

- ===== Passage: \_\_\_\_\_  
Message: \_\_\_\_\_  
\_\_\_\_\_
- ===== Passage: \_\_\_\_\_  
Message: \_\_\_\_\_  
\_\_\_\_\_
- ===== Passage: \_\_\_\_\_  
Message: \_\_\_\_\_  
\_\_\_\_\_



**Adult Check**

\_\_\_\_\_  
**Initial**

\_\_\_\_\_  
**Date**

## What is Safety?

Safety is a word that you probably have heard many times in your life. Have you ever thought about what it means? Safety is the freedom from the occurrence of accidents. Ultimately, our safety is in the hands of God; however, we are responsible to take precautions to protect ourselves and others from injury or loss. Practicing good rules of safety frees us from the threat of accidents.

**What is an Accident?** “Accident” is another word that is used in many contexts. You have probably heard it used to explain the cause of an undesired event: “It was an accident that I dropped the plate.” Maybe you have heard it used as an excuse for sin: “It was an accident that Jennifer hit a parked car while driving carelessly.”

An accident is an unexpected event that usually results in injury or loss. Accidents are not caused by chance, fate, bad luck or misfortune. Accidents, though unexpected and undesirable to us, are a part of God’s plan for the world. From God’s perspective, there is no such thing as an accident. (Proverbs 16:33, Isaiah 46:9–10, Ephesians 1:11).

Knowing that accidents occur within the providence of God should give us great comfort; however, it should not make us complacent. We should seek to prevent accidents.

**How to Prevent Accidents.** Most accidents occur when people behave carelessly or recklessly. Careless or reckless behavior is rooted in a lack of love for others and God. That might sound rather harsh, but it is true. Acting carelessly or recklessly demonstrates an ungrateful attitude toward God and others. It places yourself and others in situations that can cause great harm and loss.

The remedy for careless behavior is a genuine concern for the welfare of others and a respect for God’s love for you. It begins by considering the **ramifications** of your actions. For example, it is careless to dive into a pool without knowing how deep the water is. You could easily injure your spine.

Considering the risks that are involved in a given activity is the first step in the prevention of injury. When you are young, it is tempting to presume that you will live to be a hundred. Serious injury and especially death seem unreal, so you engage in activities that seem fun and exciting with little consideration for your safety, or the safety of others. You should be sobered by the fact that the leading cause of accidental teenage deaths is careless behavior. Careless behavior is neither loving nor smart.



The second step in preventing accidents is responsible behavior. Responsible behavior should be based on a knowledge of the rules of safety. Learning the rules of safety will help you to identify potentially dangerous situations, enabling you to take necessary precautions. Responsible behavior is also dependent upon a will to prevent the injury of self and others. If you are familiar with all the safety rules that exist, yet do not desire to follow them, your knowledge will do you no good. The consistent practice of safe behavior is motivated by love for others and God.

Although many accidents can be avoided by the use of common sense and responsible behavior, other potentially dangerous situations are nearly impossible to avoid. As finite beings, we are limited in our knowledge of future events and are powerless to prevent the occurrence of natural calamities such as hurricanes, tornadoes, and earthquakes.