

Glossary of MJR Terms

MJR – Making Jesus Real

Happy Chappy &/or Happy Chicky – a person who is cheerful, happy, welcoming, TUP – tolerant, understanding and patient etc.



Nastie Pastie – a person who is self-centered, negative, and intolerant of others.



Moaner and a groaner – a person who moans and groans about many things/everything; has a negative approach to life.

WEST people are – Welcoming, Encouraging, able to say Sorry, able to say Thanks.

EAST people are – Excluding, Argumentative, Sulking, Talkback (to teachers and parents etc).

Build a bridge and get over it – time to forgive what has happened and move on.

Take the good with the bad – not everything in life is good; we all need to accept and work with the ‘not so good’ that life presents us with.

NAAM – Not All About Me

WIIFM – *What’s In It For Me* – usually selfish, self centred people who do not want to be involved unless they get something out of it. (NB - teenagers make terrific WIIFM’s!).

Be a grinner and a winner, not a moaner and a groaner – negative people are moaners and groaners while positive people are winners and grinners.

B.I.Y – Believe in Yourself!



Be a giver and not a taker in life – this does not refer to presents at Christmas but rather giving of *yourself* to help others (eg a smile, a hand to pick up dropped pencils, opening the door for someone etc).

Be a diffuser not an escalator – diffusers would be able to say ‘sorry’, be able to remain calm and forgive others - they would be winners and grinners while escalators raise their voice, use aggressive language and push the blame onto others – they would be moaners and groaners.

Blamers and Claimers – blamers blame everyone else while a claimer claims their wrongdoing and is able to apologise and move on.

Billy Kart – someone who works or behaves well only when they are constantly being pushed by someone else - usually by teachers, parents, coach etc.



Go Kart – someone who can self-motivate themselves into action – the opposite of a Billy Kart.

Snow Flake – these people ‘melt’ as soon as any pressure arises or a situation becomes too hard.

Blisters – these are people who only come out when the work is done.

Team Work Makes The Dream Work – when everyone in a team situation gives their all, the end result or ‘dream’ is achieved.

The 1 per centers – these people give 101%.

TUP – Tolerance, Understanding, Patience.

‘Oh Yeah!’ - moments when people realise that they can do better. (eg can I be better at smiling at people? *Oh Yeah!*)

Spirit of Jesus – is found in other people when they behave or act in a way that is reminiscent of the way that we assume Jesus would of behaved/acted when he was here on earth. It is also found in nature and all of God’s creation. The spirit of Jesus surrounds us on a daily basis.



MJR Phrases and One-Liners

*Your attitude is like a motor in a car – if you have a good attitude you will go places in life!

*Happiness comes in giving yourself to others.

*Be thankful for what you have and don't worry about what you haven't got.

*Jesus lives his life through us each day.

*Get switched on to the God Moments that are happening in our schoolyard each day.

*Never tell a lie to yourself – be honest with yourself each day of your life. If you are honest with yourself, only then can you be honest with others.

*You are in charge of your own growth as a person.

*A day is wasted if you don't reflect on it. You only need 60 seconds to reflect each day.

*Be more of a team player at home and at school.

*MJR is 24/7. It is living our religion through everything we think, do and say.

*Problems are just opportunities with prickles on them.

*Self-discipline is the ability to make yourself do what you don't want to do. (Wayne Bennett 2003)

*Being a WEST person leads to a happy life!

*Attitudes are contagious – is mine worth catching?

*Interesting people are interested in people.



*If you make a mistake, learn from it then build a bridge and move on.

*Remember to say 'thank you' at least 10 times a day.

*If you want to fly like an eagle, don't go hanging around with turkeys.

*Jesus does his best work through us.



Religion is easy.

Every time we....

- smile
 - say please, thanks or sorry
 - when we take the time to help others
 - when we are accepting of others regardless of their colour or creed
 - when we show patience, tolerance and understanding toward everyone around us
-we are actually LIVING our religion.

In other words, we are living out being

W.E.S.T.

and we are MAKING JESUS REAL.