

## Our Brothers' Keepers



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## OBK Life Skills Class

### **Behavioral, Morals, Ethics, Integrity & Faith**

#### Section 1:

#### *What happened to you (and everyone else) in prison*

- Documentation of prison conditions
- Life testimonial of returned citizen
- Everyone gets Traumas from the mental torture of prison, and then additional Traumas when going back to family and community.
- The Traumas cause returning citizens to go into isolation when they come out of prison because they believe the lies of incarceration: The lies are that inmates are just unwanted, untrustworthy, unreliable, unloved, incapable worthless failures.
- There's no way to *self-cure* Traumas from prison simply because we cannot survive on our own. Without help from others, 100% will go back to prison.
- Unfortunately, because we are all human, we all sin, make dumb mistakes, and wrongly think we can get by on our own. **TOTALLY WRONG!**
- Instead, according to Aristotle, we are all "social beings". Aristotle realized we all need help from others to survive...and others need our help to survive. That's how we all can survive.
- And this real help is available from OBK, and from others who really care to try to help us.
- And similarly, we all need to help others too. In fact, we end up helping ourselves when we help others (and visa-versa).
- Our helping others proves our ability to be very capable and valuable to others. Our value diminishes our Traumas from prison. The more we can help others, the more we can help ourselves! Proving we are "social beings"!

## **Section 2:**

### ***What about our sins and the harm we did to our families?***

- There is a continuing responsibility for us all to try our best to care for our Family first. We must try to bridge relationships (slowly if needed...and with professional assistance when necessary).
- We seek ways to “Restore Justice” to those we have harmed. But unfortunately, it is not always possible to “Restore Justice”.
- These times it is also helpful to look into the life of David in the Bible. We read that David the murderer was forgiven. We too remember that Jesus died to forgive our sins as well. And if we are truly sorry for our sins, we pray to find hope thru forgiveness by Jesus.

## **Section 3:**

### ***What can we do about the sinful morals and ethics of those around us where we live and work?***

- There are many sinners in the world, but there are many very good people as well. Rather than judging others, we best judge ourselves first. But we also have a responsibility to help when we can help.
- Since we are social beings, we always try to help each other when we can...and try our best to maintain excellent home and work ethics.
- We work as a team on the job, and we adhere to the Top 10 Work Ethics.
- We avoid involvement in unethical organizations, stay away from the crime and corruption going on in the cities or government, or any attraction to illegal drug or human trafficking.
- We join Faith groups, Churches and organizations that help the less-fortunate and those with health concerns.
- We exercise our right and responsibility to vote in elections to make sure corrupt individuals do not represent our community.
- To the best of our ability maintain healthy and safe livelihoods.