

# Intro to Values

**Dear Facilitator:** For several weeks we have been discussing how successful families communicate, support one another, and organize their lives. This week we are going to focus on values.

It might be helpful for you to know what we hope to accomplish through this lesson. Participants will:

1. Identify family values.
2. Create ways to protect family values.

This week's commitment statement is: Values shape our character and impact our actions.

We pray that God will give you direction and clarity as you prepare the lesson and activities. We hope that the families in your group will grow together in God's love and become a source of friendship and support for one another.

*Blessings*

# Prior to Meeting



**Do:** Print handouts:

- [http://thecompoundeffect.com/downloads/english-core\\_values\\_assessment.pdf](http://thecompoundeffect.com/downloads/english-core_values_assessment.pdf)
- <http://carleton.ca/mentoring/wp-content/uploads/Values-Assessment-Community-College-of-Vermont.pdf>

## Welcome *5 minutes*



**Say:** Welcome back! I hope it's been a good week for all of you as you have been working diligently on many things that are positively influencing your family.

Last week we spent time learning about grief and how to deal with loss in a healthy manner.



**Ask:** Did anyone try something this past week that made a positive difference in your family that you would be willing to share?

## Introduction *5 minutes*

If you had to leave your house in a hurry, what is the something that you would never want to leave behind? Why? Read the story, "The Magi Visit the Messiah" found in Matthew 2. What gifts did the men bring? The Magi (wise men) brought gold (precious metal), frankincense (perfume), and myrrh (anointing oil).


Why were these gifts brought to Jesus? They were brought to Him because they were often given to a king. Today we are going to discover what we value as a family.

Today's teaching objectives are to:

1. Identify family values.
2. Create ways to protect family values.

This week's commitment statement is: Values shape our character and impact our actions.

# Family & Table Talk 20 minutes

 **Say:** As you enjoy your dinner, discuss and answer the following questions with your family:

1. If you had the opportunity to visit Jesus right after he was born in Bethlehem, what would you bring as a baby gift?
2. Why would you bring Jesus this gift?

*After the meal, children are dismissed to their group.*

*Notes*

<i>40 minutes</i>	
<h1>Parent Training</h1>	
<i>Family Time</i>	<b>INTRO TO VALUES</b>

Why kinds of gifts did your children come up with to give to Jesus? In John 3:16, what did God give? What was the cost? We read in Philippians 2 how Jesus emptied himself.

Read the passage and discuss what it meant for Jesus.

Values are what is important to us—what we “value.” There are worldly values such as wealth, power, revenge, family, vanity, and status. These are the most important things to people who do not honor God. Then there are values the Bible teaches such as compassion, humility, generosity, and forgiveness. The values taught in the Bible are directly opposite of worldly values.

The family is the main place where children practice and adapt to the values they will live by. Christian parents teach and model

the values they feel are essential to raising healthy, conscientious, steward-minded, and productive children.

### **ACTIVITY**

Do the handout found at [http://thecompoundeffect.com/downloads/english-core\\_values\\_assessment.pdf](http://thecompoundeffect.com/downloads/english-core_values_assessment.pdf)

### **DISCUSS**

- As you worked through the assessment, who would like to share the person you most respect and why?

- What one quality would you want instantly?
- What are the three most important values you want to pass on to your children and why?
- What values will still be valued 100 years from now?
- What are the top dozen qualities of the “ideal” man or woman?
- What are your top three values?
- What difference does it make to identify these values?

Matthew 6:21 says, “For where your treasure is, there your heart will be also.

How can you protect and strengthen what you value?

## **SUMMARY**

We covered a lot of material in the lesson.

Our objectives were to:

1. Identify family values.
2. Create ways to protect family values.

This week’s commitment statement is: Values shape our character and impact our actions.

To end our lesson, please answer the following:

1. Who has an insight tonight about something you’ve learned or want to try?
2. What will you change or improve in your role as parent this week?

Ages 4-16

40 minutes

# Student Training

*Family Time*

INTRO TO VALUES

## Objectives

- **Help children be aware of what values are.**
- **Help children be aware of the importance of values.**
- **Help children be aware of their character traits.**
- **Help children be aware of how we learn the values we live by.**
- **Help children be aware of values taught in the Bible.**

Values are what is important to us in life. There are worldly values such as wealth, power, revenge, fame, vanity, and status. These kinds of values are the most important things to people who don't honor God. Then there are values the Bible teaches such as love, compassion, humility, generosity, and forgiveness. The values taught in the Bible are directly opposite of worldly values. The values you live by really do matter to God. They signal to the world what you believe, what kind of person you

are, and how you live your life. Galatians 5:19-21 tells us that without practicing Christian values, we cannot be a part of God's kingdom.

One of the most critical decisions parents must make is deciding what values are important to them and what kind of character they want their children to develop. The family is the main place where children learn, practice, and adapt to the values they will live by. Christian parents

teach and model for their children the values they feel are essential for them to grow up and become healthy, conscientious, productive, steward-minded, and godly. And when you honor your parents and obey them, you will become everything God created you to be.

Your values shape your character. Your character is made up of values like being honest, friendly, kind, respectful, caring, and responsible. These qualities are called character traits. These are just a few positive character traits a person may have—there are many more! A character trait is a value that you have practiced so well and so consistently until it has become a part of who you are and the way you live each day. There are negative as well as positive character traits. What are some of your character traits?

Just think what the world would be like if everyone had negative character traits like being dishonest, mean, unfriendly, jealous, conceited, and disrespectful. The world would be a terrible, miserable place to live.

On the other hand, think of what the world would be like if everyone learned and practiced the values that are found in the Bible. People would show respect for one another. Those with wealth would be willing to share with those less fortunate. Folks would tell the truth rather than lie and be quick to lend a helping hand to those in need. What a wonderful world that would be!

Your character is developed through the values that your parents teach you. That is why the principles Christian parents instill in their own hearts and in their children's hearts must be values that follow the instructions taught in the Bible. When parents spend time reading the Bible with their children, the values spoken in the Scriptures will be imparted into their children's hearts and become a part of their character.

Here are some of the main values that the Bible tells us that we are to live by:

## Notes

1. Worship God only. In the Bible, a religious leader asked Jesus which of God's commandments was the most important. Jesus answered him saying the most important commandment is to "Love the LORD your God with all your heart and with all your soul and with all your mind and with all your strength" (Mark 12:29-30).
2. Show respect for all people. After saying the main commandment is to worship God only, Jesus said the next major commandment is to "Love your neighbor as yourself" (Mark 12:31).
3. Be humble. In Matthew 20, Jesus tells His disciples that whoever wants to be great must serve others. Jesus also told them that "Anyone who wants to be first must be the very last, and the servant of all" (Mark 9:35, Matthew 20:26).
4. Be Honest. In the Bible, honesty was so important to God that He made it one of the Ten Commandments. God tells us to be truthful in all our affairs (Exodus 20:16).
5. Live a godly life. Jesus reminds us that as Christians our bodies belong to Christ, and the Holy Spirit lives inside of us. Jesus tells us we must honor our bodies. He says to us, "Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own" (1 Corinthians 6:19).
6. Be generous with money and time. In the Bible, God lets us know that we are our brother's keeper. He tells us that each of us has something to give. As God blesses us, He wants us to share generously with those among us who are less fortunate (Proverbs 14:21).
7. Be who we say we are in Christ. Jesus did not like hypocrites. A hypocrite is a person who pretends to be living a godly life, but they really are not. God says that the things that we do matter more than the things we say. God wants us to really live the godly life we say we are living (Matthew 23:28).



8. Don't be haughty and arrogant. The Bible reminds us that not one of us is perfect. We should not think we are better than anyone. God does not want us to judge or look down on other people. God tells us to work on practicing our own Christian values, so we can become all He wants us to be (Romans 3:23, 1 John 1:8).
9. Don't hold grudges. Jesus told us to make peace with those who have wronged us. The Bible tells us that if we have a disagreement with someone, we are to work through our problem and move on (Matthew 5:43-44).
10. Be quick to forgive. Because of His Grace and mercy, God forgives all our sins and shortcomings. Because we are God's children and in training to be like Him, He says we must also forgive. Our heavenly Father tells us that if we want Him to forgive us, then we must forgive others. And we all need God's forgiveness (Matthew 6:14-15).

As you can see, God has a lot to say about what values He wants us to live by. You are God's children in training to be like Him, and He has told you to honor your parents and obey them. You will please God when you listen to your parents and obey them as they guide you in this way (Ephesians 6:1-3).

## **DISCUSS**

- What are values?
- Why are values important?
- Where do we learn most of our values?
- What is the best way for parents to teach their children values?
- What are character traits?
- What are some good character traits?
- What are some bad character traits?
- What are some of the values the Bible tells us to live by?



# Activities

## AGES 4-11

### Materials

iPad, if possible (if not possible, do activity without recording)

Envelope or box

Pieces of paper with core values written on them (instructor cut from Values sheet included with the unit lesson)

Place strips of paper in envelope or box.

### Have children view YouTube video:

<https://youtu.be/rY3t66pxa9c> (discuss briefly)

- After the lesson discussion and viewing the video, place children in groups of three to five. If the number of children is limited, put all the children in one group.
- Have one child from the group pull a strip of paper from the envelope or box.
- Children in the group will work together to do a short skit to teach the value that was pulled.
- With the iPad, record the children's skit. Then play the tape and let them view themselves.
- You can repeat the activity as many times as time allows.

\*Smaller children can color a picture of what is important to them.

## AGES 12-16

### Materials

Values Check List

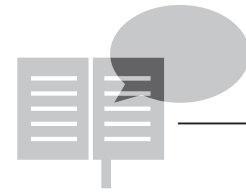
Pencils, markers

### Have children view YouTube video:

[https://youtu.be/VgWy\\_zzghw8](https://youtu.be/VgWy_zzghw8) (discuss briefly)

- After the lesson discussion and viewing the video, have children pick the three values on the list that are most important to them. Have them fill in the “What’s Important to Me?” worksheet.
- Have them do a short presentation to the group demonstrating their top three values, where they learned the values, and how the values have helped them in their lives.
- With the iPad, record the children’s presentation. Then play the tape and let them view themselves.
- You can repeat the activity as many times as time allows.

*Notes*



*Scripture*  
SUPPORT

**Galatians 5:19-21**

*The acts of the flesh are obvious. I warn you, as I did before, that those who live like this will not inherit the kingdom of God.*

**Mark 12:29-30**

*“The most important one [commandment],” answered Jesus, “is this: ‘Hear, O Israel: The LORD our God, the LORD is one. Love the LORD your God with all your heart and with all your soul and with all your mind and with all your strength.’”*

**Mark 12:31**

*“The second is this: ‘Love your neighbor as yourself.’ There is no commandment greater than these.”*

**Matthew 20:26**

*Whoever wants to become great among you must be your servant.*

**Mark 9:35**

*Sitting down, Jesus called the Twelve and said, “Anyone who wants to be first must be the very last, and the servant of all.”*

**Exodus 20:16**

*You shall not give false testimony against your neighbor.*

**1 Corinthians 6:19**

*Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own.*

**Proverbs 14:21**

*It is a sin to despise one’s neighbor but blessed is the one who is kind to the needy.*

**Matthew 23:28**

*In the same way, on the outside you appear to people as righteous but on the inside, you are full of hypocrisy and wickedness.*

**Romans 3:23**

*For all have sinned and fall short of the glory of God.*

**1 John 1:8**

*If we claim to be without sin, we deceive ourselves and the truth is not in us.*

**Matthew 5:43-44**

*“You have heard that it was said, ‘Love your neighbor and hate your enemy.’ But I tell you, love your enemies and pray for those who persecute you.”*

**Matthew 6:14-15**

*For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins.*

**Proverbs 22:6**

*Start children off on the way they should go, and even when they are old they will not turn from it.*

**Ephesians 6:1-3**

*Children, obey your parents in the LORD, for this is right. “Honor your father and mother”—which is the first commandment with a promise— “so that it may go well with you and that you may enjoy long life on the earth.”*



**CHALLENGE QUESTION**

DO I LIVE THE VALUES THAT ARE IMPORTANT  
TO ME IN MY EVERYDAY LIFE?

**CHALLENGE COMMITMENT**

WHAT ARE YOU WILLING  
TO DO TO WORK ON THE CHALLENGE  
QUESTION THIS WEEK?



**AFFIRMATION** *Have children repeat:*

*Your word is a lamp  
for my feet, a light  
on to my path. Psalm 119:105*

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VALUES LIST

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CUT WORDS INTO SLIPS TO PLACE  
AND DRAW FROM AN ENVELOPE OR BOX.

courtesy	forgiveness
caring	love
friendliness	honesty
generosity	helpfulness
thankfulness	kindness

## VALUES CHECK LIST (AGES 12-16)

### Choices & Values: What's Important to Me?

Take a few minutes to think about the meaning of the items listed below.  
Indicate with a check mark the items that are important to you.

1.  A physical appearance to be proud of
2.  To graduate with honors
3.  Being an honest person
4.  To have political power
5.  Being known as a "real" person
6.  A meaningful relationship
7.  Self-confidence and personal growth
8.  Enjoyment of nature and beauty
9.  A life with meaning, purpose, fulfillment
10.  Continuing to learn and gain knowledge
11.  A chance to help the sick and disadvantaged
12.  To be attractive to others
13.  Some honest and close friends
14.  A long and healthy life
15.  A meaningful relationship with God
16.  A good marriage
17.  Satisfaction/success in the career of your choice
18.  An equal opportunity for all people
19.  Freedom to live life as you want
20.  A financially comfortable life
21.  Accomplishment of something worthwhile
22.  A secure and positive family life
23.  An enjoyable, leisurely life
24.  Unlimited travel, fine foods, entertainment, recreational, and cultural opportunities
25.  Getting things changed for the better
26.  A beautiful home in setting of your choice
27.  Chance to develop creativity/potential in any area
28.  Owning a possession of great value
29.  To speak up for my personal beliefs
30.  To have better feelings about myself
31.  To be needed and to be important to others
32.  To become a good parent
33.  Have a better relationship with my parents
34.  To be sexy
35.  To persevere in what I am doing
36.  Time for prayer
37.  To give of myself freely in helping others
38.  A safe and secure environment
39.  To be loved by a special few
40.  To be trusted by others

**List below the number of the four or five items that are most important to you:**

**A.** \_\_\_\_\_ **B.** \_\_\_\_\_ **C.** \_\_\_\_\_ **D.** \_\_\_\_\_ **E.** \_\_\_\_\_