

Mate Selection

Dear Facilitator: For several weeks we have been discussing how successful families communicate, support one another, and organize their lives.

As you know, God created us to live in community with one another. One of the gifts He has given us is marriage. Since creation, selecting a marital partner has gone from arranged marriages, where the leaders in the home select an appropriate spouse, to individuals finding and determining who they should marry. With divorce rates going up, individuals need to be better prepared to find the right partner. Therefore, this week, we are going to focus on mate selection.

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

Participants will:


1. Determine when they should marry.
2. Understand how to select the right mate.

During the past few lessons, we have made commitment statements. This week's commitment statement is: I will seek a mate who honors God.


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


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 talking about chronic illness and how to find God in the midst of suffering. We also identified ways to serve those who are chronically ill.

 **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*

 **Ask:** How do you choose your friends? What helps you know if the person is a good friend or not-so-good friend?

We are going to play a game that will help us better understand what to look for in our friendships and future mates.

 **Do:** Game (http://www.character-education.info/members/dating_eight_mate_selection.htm): “The Mystery Bag.” Bring a person up to choose one of two bags, which look just alike. Now have someone else volunteer to take the other bag. Mention that both bags look equally as appealing on the outside. “The contents of both of these bags are edible and both are used in various recipes. Now, at the same time, I want each of you to put your hand in your bag, without peaking, and show us what was inside.” (In one of the bags, have a milk chocolate bar. In the other, have broken eggs or something else disgusting. Make sure the bags will not leak through. Bring a towel for hand washing!)

Debriefing: This game illustrates something very important about choosing a mate. Often what's outside doesn't tip us off to what's on the inside.

And some of us rely too much on the outward appearance, not caring about character and personality—what’s on the inside. How can we keep from getting a raw egg of a husband or wife? In this session, we’ll search for the answers.



Say: Sometimes friendship leads to marriage. Let’s hear the story on how Isaac met his future wife.

Read: Genesis 24

Isaac and Rebekah

²⁴ *Abraham was now very old, and the LORD had blessed him in every way. ² He said to the senior servant in his household, the one in charge of all that he had, “Put your hand under my thigh. ³ I want you to swear by the LORD, the God of heaven and the God of earth, that you will not get a wife for my son from the daughters of the Canaanites, among whom I am living, ⁴ but will go to my country and my own relatives and get a wife for my son Isaac.”*

⁵ *The servant asked him, “What if the woman is unwilling to come back with me to this land? Shall I then take your son back to the country you came from?”*

⁶ *“Make sure that you do not take my son back there,” Abraham said. ⁷ “The LORD, the God of heaven, who brought me out of my father’s household and my native land and who spoke to me and promised me on oath, saying, ‘To your offspring^[a] I will give this land’—he will send his angel before you so that you can get a wife for my son from there. ⁸ If the woman is unwilling to come back with you, then you will be released from this oath of mine. Only do not take my son back there.” ⁹ So the servant put his hand under the thigh of his master Abraham and swore an oath to him concerning this matter.*

¹⁰ *Then the servant left, taking with him ten of his master’s camels loaded with all kinds of good things from his master. He set out for Aram Naharaim^[b] and made his way to the town of Nahor. ¹¹ He had the camels kneel down near the well outside the town; it*

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was toward evening, the time the women go out to draw water.

¹² Then he prayed, “LORD, God of my master Abraham, make me successful today, and show kindness to my master Abraham. ¹³ See, I am standing beside this spring, and the daughters of the townspeople are coming out to draw water. ¹⁴ May it be that when I say to a young woman, ‘Please let down your jar that I may have a drink,’ and she says, ‘Drink, and I’ll water your camels too’—let her be the one you have chosen for your servant Isaac. By this I will know that you have shown kindness to my master.”

¹⁵ Before he had finished praying, Rebekah came out with her jar on her shoulder. She was the daughter of Bethuel son of Milkah, who was the wife of Abraham’s brother Nahor. ¹⁶ The woman was very beautiful, a virgin; no man had ever slept with her. She went down to the spring, filled her jar and came up again.

¹⁷ The servant hurried to meet her and said, “Please give me a little water from your jar.”

¹⁸ “Drink, my lord,” she said, and quickly lowered the jar to her hands and gave him a drink.

¹⁹ After she had given him a drink, she said, “I’ll draw water for your camels too, until they have had enough to drink.” ²⁰ So she quickly emptied her jar into the trough, ran back to the well to draw more water, and drew enough for all his camels. ²¹ Without saying a word, the man watched her closely to learn whether or not the LORD had made his journey successful.

²² When the camels had finished drinking, the man took out a gold nose ring weighing a beka^[c] and two gold bracelets weighing ten shekels.^[d] ²³ Then he asked, “Whose daughter are you? Please tell me, is there room in your father’s house for us to spend the night?”

²⁴ She answered him, “I am the daughter of Bethuel, the son that Milkah bore to Nahor.” ²⁵ And she added,

“We have plenty of straw and fodder, as well as room for you to spend the night.”

²⁶ Then the man bowed down and worshiped the LORD, ²⁷ saying, “Praise be to the LORD, the God of my master Abraham, who has not abandoned his kindness and faithfulness to my master. As for me, the LORD has led me on the journey to the house of my master’s relatives.”

²⁸ The young woman ran and told her mother’s household about these things. ²⁹ Now Rebekah had a brother named Laban, and he hurried out to the man at the spring. ³⁰ As soon as he had seen the nose ring, and the bracelets on his sister’s arms, and had heard Rebekah tell what the man said to her, he went out to the man and found him standing by the camels near the spring. ³¹ “Come, you who are blessed by the LORD,” he said. “Why are you standing out here? I have prepared the house and a place for the camels.”

³² So the man went to the house, and the camels were unloaded. Straw and fodder were brought for the camels, and water for him and his men to wash their feet. ³³ Then food was set before him, but he said, “I will not eat until I have told you what I have to say.”

“Then tell us,” Laban said.

³⁴ So he said, “I am Abraham’s servant. ³⁵ The LORD has blessed my master abundantly, and he has become wealthy. He has given him sheep and cattle, silver and gold, male and female servants, and camels and donkeys. ³⁶ My master’s wife Sarah has borne him a son in her old age, and he has given him everything he owns. ³⁷ And my master made me swear an oath, and said, ‘You must not get a wife for my son from the daughters of the Canaanites, in whose land I live, ³⁸ but go to my father’s family and to my own clan, and get a wife for my son.’

³⁹ “Then I asked my master, ‘What if the woman will not come back with me?’

⁴⁰ “He replied, ‘The LORD, before whom I have walked faithfully, will send his angel with you and make your

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journey a success, so that you can get a wife for my son from my own clan and from my father's family.

⁴¹ You will be released from my oath if, when you go to my clan, they refuse to give her to you—then you will be released from my oath.'

⁴² "When I came to the spring today, I said, 'LORD, God of my master Abraham, if you will, please grant success to the journey on which I have come. ⁴³ See, I am standing beside this spring. If a young woman comes out to draw water and I say to her, "Please let me drink a little water from your jar," ⁴⁴ and if she says to me, "Drink, and I'll draw water for your camels too," let her be the one the LORD has chosen for my master's son.'

⁴⁵ "Before I finished praying in my heart, Rebekah came out, with her jar on her shoulder. She went down to the spring and drew water, and I said to her, 'Please give me a drink.'

⁴⁶ "She quickly lowered her jar from her shoulder and said, 'Drink, and I'll water your camels too.' So I drank, and she watered the camels also.

⁴⁷ "I asked her, 'Whose daughter are you?'

"She said, 'The daughter of Bethuel son of Nahor, whom Milkah bore to him.'

"Then I put the ring in her nose and the bracelets on her arms, ⁴⁸ and I bowed down and worshiped the LORD. I praised the LORD, the God of my master Abraham, who had led me on the right road to get the granddaughter of my master's brother for his son. ⁴⁹ Now if you will show kindness and faithfulness to my master, tell me; and if not, tell me, so I may know which way to turn."

⁵⁰ Laban and Bethuel answered, "This is from the LORD; we can say nothing to you one way or the other. ⁵¹ Here is Rebekah; take her and go and let her become the wife of your master's son, as the LORD has directed."

⁵² When Abraham's servant heard what they said, he bowed down to the ground before the LORD.

⁵³ Then the servant brought out gold and silver jewelry and articles of clothing and gave them to Rebekah; he also gave costly gifts to her brother and to her mother. ⁵⁴ Then he and the men who were with him ate and drank and spent the night there.

When they got up the next morning, he said, "Send me on my way to my master."

⁵⁵ But her brother and her mother replied, "Let the young woman remain with us ten days or so; then you^[e] may go."

⁵⁶ But he said to them, "Do not detain me, now that the LORD has granted success to my journey. Send me on my way so I may go to my master."

⁵⁷ Then they said, "Let's call the young woman and ask her about it." ⁵⁸ So they called Rebekah and asked her, "Will you go with this man?"

"I will go," she said.

⁵⁹ So they sent their sister Rebekah on her way, along with her nurse and Abraham's servant and his men.

⁶⁰ And they blessed Rebekah and said to her,

"Our sister, may you increase to thousands upon thousands; may your offspring possess the cities of their enemies."

⁶¹ Then Rebekah and her attendants got ready and mounted the camels and went back with the man. So the servant took Rebekah and left.

⁶² Now Isaac had come from Beer Lahai Roi, for he was living in the Negev. ⁶³ He went out to the field one evening to meditate,^[f] and as he looked up, he saw camels approaching. ⁶⁴ Rebekah also looked up and saw Isaac. She got down from her camel ⁶⁵ and asked the servant, "Who is that man in the field coming to meet us?"

"He is my master," the servant answered. So she took her veil and covered herself.

⁶⁶ Then the servant told Isaac all he had done. ⁶⁷ Isaac



Scripture SUPPORT

Genesis 2:24

That is why a man leaves his father and mother and is united to his wife, and they become one flesh.

Proverbs 12:4

A wife of noble character is her husband's crown, but a disgraceful wife is like decay in his bones.


Proverbs 18:22


He who finds a wife finds what is good and receives favor from the LORD.

Proverbs 31:10

A wife of noble character who can find? She is worth far more than rubies.

brought her into the tent of his mother Sarah, and he married Rebekah. So she became his wife, and he loved her; and Isaac was comforted after his mother's death.

 **Ask:** What can we learn from the story?

 **Say:** Today, we are going to talk about how to choose a mate to marry. For many of you, this is a long way off. Still, it is important to make plans for selecting the right mate.

As you know, God created us to live in community with one another. One of the gifts He has given us is marriage. Since creation, selecting a marital partner has gone from arranged marriages, where the leaders in the home select an appropriate spouse, to individuals finding and determining who they should marry. With divorce rates going up, individuals need to be better prepared to find the right partner. Therefore, this week we are going to focus on mate selection.

Today's teaching objectives are to:

1. Determine when you should marry.
2. Understand how to select the right mate.

Family & Table Talk 20 minutes

As you enjoy your dinner, discuss with your children what they would look for in a future mate.

After the meal, children are dismissed to their group.

40 minutes

Parent Training

Marriage

MATE SELECTION

What did you find out from your dinner time discussion?

Several factors predict feelings of initial attraction to another person, and several factors predict feelings of satisfaction in marriage. However, these two sets of factors are not the same, so it's important to focus on what is important in the long-term, even when you're at the beginning of a relationship.

What predicts initial attraction?

Here is what we know about attraction:

1. Physical attractiveness. It's not surprising that people tend to be attracted to good-looking people. Research shows that people around the world tend to agree on what make a person attractive, such as having a symmetrical face. People's physical attractiveness can change as they age, and attractiveness doesn't matter much when it comes to having a good, long-term relationship. Therefore, even though physical attractiveness will

play a role when most relationships are forming, it's important not to give physical attractiveness too much weight at the beginning of a relationship.

2. Similarity. People tend to be attracted to people who are like themselves. Similarity could be about similar tastes in music, food, and hobbies. Similarity could be about values, religion, and political views. Part of the reason why similarity predicts attraction is that people are most likely to meet others with similar preferences and values because they are drawn to the same places, organizations, and activities. People with similar values and beliefs tend to have fewer disagreements throughout the relationship, so it's a good idea to look for someone who shares those important views.

3. Reciprocity. Reciprocity means “what goes around comes around.” In this context, reciprocity means that people tend to like others who like them. If David likes Maria, Maria is more likely to like David; however, this is only true if David likes Maria in particular. If David likes all women, Maria will probably think that David is desperate. But if David likes Maria in particular, Maria would be more likely to like David, too. Showing that you like someone is important in long-term relationships, too. Married couples who have lots of positive interactions, say nice things to each other, and show each other physical affection are often happier and more likely to stay together than couples who don’t do these things.

What predicts long-term relationship satisfaction?

From history, what we know is that several factors predict satisfaction in marriages—some of these factors are under people’s control and others are not.

1. Enduring vulnerabilities. Enduring vulnerabilities are the past experiences that people bring into a relationship that could negatively affect the relationship. These vulnerabilities could include having grown up in a dysfunctional household, having a long-term mental illness, not having many financial resources, or any other experience or situation that has a long-term effect. People don’t have much control over these enduring vulnerabilities.

2. Stressful events. Stressful events are short-term events or situations that could negatively affect a person and the relationship. These events could be losing a job, a death in the family, or a short-term medical problem. People don’t have much control over these stressful events, either.

3. Adaptive processes. Although people can’t do much to control the enduring vulnerabilities and stressful events they experience, they can control how they respond to them. Positive

responses are called adaptive processes. Adaptive processes can be learned and practiced thus improving the relationship. Some adaptive processes include:

- *Appraisals*. We can think about an event of experience in more than one way. Some ways of thinking are more helpful than others. For example, if an employee learned that she was going to be let go from her job in a month, she could think that the job loss will ruin her life forever. Or, she could think that the job loss will give her an opportunity to find a better job. Seeing the opportunity in the situation would give her more motivation to look for and find another job. In a similar way, imagine that a couple got into a fight because the husband forgot the wife's birthday. The wife could think that her husband didn't love or care for her. Or, the wife could think that the very busy time that her husband has been having at work lately distracted him from remembering her birthday. Thinking about her husband's work-related stress would help keep the wife from making a conclusion that could make the fight get worse.

- *Conflict resolution*. Many couples experience conflict from time to time, and there are many ways to deal with conflicts when they happen. One of the worst things that a couple can do is get into a cycle of negativity in which each person responds to the other person by adding more complaints and accusations rather than addressing the issue that started the conflict.

- *Coping strategies*. People can use coping strategies to help deal with stressful situations and relationship conflicts. The most helpful coping strategies include:

- Appraisal-focused coping strategies: Thinking about a situation in ways that are helpful.

- Problem-focused coping strategies:
Dealing with the cause of the problem.

- *Social support.* Social support refers to being cared for and supported by other people, such as one's spouse, family members, friends, coworkers, and neighbors. Social support is often in the form of emotional support, such as having someone who will listen to you. Social support can also come in the form of help with a task or need, such as someone babysitting or helping fix a leaky faucet. People with more social support can deal with the long-term and short-term problems that they deal with in their personal life and relationship.

ACTIVITY

Activity with handout.

Spend a few minutes reflecting. If single, think about someone you might want to marry. If married, think about you and your mate.

DISCUSS

- What predictor(s) that were just mentioned need to be addressed in you and your relationships.
- How can you improve your long-term relationship satisfaction?

DISCUSS (from Thomas, 2013, p.82)

- Have you ever (or do you now) [believe] the opening statement: When it comes to choosing a mate, God will bring the right person to me at the right time. I'll just sit back and wait.
- If you are single and desire to find a mate: Since studies show most people eventually find their mate at church or work or are introduced through family and friends, what can you do in the coming months to more earnestly pursue a marriage partner through these avenues?

- If you are married, as a family member or friend, who should you be introducing to one another?
- If single, what things might you need to address or improve in your own life in order to be someone that a person would truly want to marry?

We've covered a lot of material in this lesson.
Our teaching objectives were to:

1. Determine when you should marry.
2. Understand how to select the right mate.

This week's commitment statement is: I will seek a mate who honors God.

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?

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50 Item List of Helpful Marriage Similarities

(From *Finding the Love of Your Life*, by Dr. Neil Clark Warren)

Found at <http://www.familylifeeducation.org/gilliland/procgroup/50Similarities.htm>

Discuss the each of the following openly with your partner or think about your future mate. Ask yourselves, “Are we similar in” or “Do we have similar views on....”

1. Socio-economic background of family
2. Intelligence
3. Formal education
4. Verbal skills
5. Expected roles for both persons within marriage
6. Views about power distribution within the family
7. Desired number of children
8. When a family should be started
9. Child rearing views
10. Political philosophy
11. Views about smoking, alcohol and drugs
12. Amount of involvement with in-laws
13. Sense of humor
14. Punctuality
15. Dependability
16. Desire for verbal intimacy and ability to be intimate
17. The role of conflict and how to resolve it
18. The way to handle anger
19. How friendships with the opposite sex should be handled
20. Expected amount of privacy and rules for its use
21. Level of ambition
22. Life goals
23. Attitudes about weight
24. Religious and spiritual beliefs and preferences
25. Amount of church involvement
26. Family spiritual involvement
27. Hobbies and interests
28. Type of music enjoyed
29. Energy level for physical activities
30. Sexual drive and sexual interests
31. Amount of income to be spent and saved
32. How money should be allocated (clothes, vacation, etc.)
33. Amount of money to be given away and to whom
34. Degree of risks to be taken with investments
35. Attitudes about cleanliness—house, clothes, body, etc.
36. Ways of handling sickness
37. Health standards—when to see a doctor
38. Interpersonal and social skills
39. Amount and type of social involvement preferred
40. Geographical area in which to live
41. Size and style of house
42. Type of furniture and decoration
43. Amount and type of travel preferred
44. How to spend vacations
45. How to celebrate major holidays
46. How much time to spend together
47. When to go to sleep and get up
48. Temperature of home during the day and night
49. Activity during meals
50. Television programs preferred

Note: “If you are extremely different from your partner in your attitudes and desires, you would be unwise to allow your relationship to proceed beyond a friendship” (Warren, 2005, p. 233)

Ages 4-16

40 minutes

Student Training

Marriage

MATE SELECTION

Objectives

- Help children be aware of how marriage began.
- Help children be aware of why God created marriage.
- Help children be aware of when or if they should marry.
- Help children be aware of importance of selecting the right mate.
- Help children be aware of characteristic of a godly mate.

In the beginning God created the earth and everything in the earth. God was pleased with all that He had created. Soon afterward, He created man and put him in charge of His awesome creation, but something was missing. In Genesis 2:18, the LORD said, “It is not good for the man to be alone. I will make a helper suitable for him.” So, in Genesis 2:21-24, the Bible tells us:

²¹ So the LORD God caused the man to fall into a deep sleep; and while he was sleeping, he took one of the man's ribs^[a] and then closed up the place with flesh. ²² Then the LORD God made a woman from the rib^[b] he had taken out of the man, and he brought her to the man.

²³ The man said,

*“This is now bone of my bones
and flesh of my flesh;
she shall be called ‘woman,’
for she was taken out of man.”*

²⁴ That is why a man leaves his father and mother and is united to his wife, and they become one flesh.

What a beautiful story! Here, it tells us that God created marriage because He doesn't think that man should be alone. And God then created the woman because He said she is the helper and mate that is just right for man. God told man and woman they

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were created and joined together in marriage to be a family. He told them to have many children and raise them to love and honor Him. That was God's plan for marriage. God has a perfect plan for everything!

In this story, we see that God created Eve who was just the right mate for Adam. So, for a Christian man who is trusting God and desires to have a wife, God will do the same thing for him when the time comes. And if a Christian woman desires to be married, she should ask God to fashion and ready her for the husband God will bring into her life someday.

The Bible tells us that some people may not have a desire to marry. However, when a Christian single person decides they want to be married, it is extremely important for them to pray and ask for God's help in bringing just the right man or woman into their life. Then they need to follow God's guidance because next to accepting Christ as your Savior, choosing a marriage partner is the most important decision you will make in your lifetime.

Marriage is a covenant that a man and woman make in the sight of God to love, cherish, sacrifice, and care for each other for the rest of their lives. When you marry, you become one flesh with your spouse, and everything that affects them will affect you and any children you may have. Now here is a very important word of wisdom: Since God is the one who created marriage, if you pray and turn the search over to Him, He will help you find just the right mate for you. Proverbs 3:5-6 says, "Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight." God wants you to know that the mate that He selects for you will love you just as you are.

In the meantime, God wants you to be still and wait on Him to fulfill your request. During your unmarried time, He wants you to spend it bettering yourself and strengthening your relationship with

Him. Second Peter 3:18 says, “But grow in the grace and knowledge of our LORD and Savior Jesus Christ. To him be glory both now and forever! Amen.” So, spend time talking to God, learning the promises in the Bible, and meditating on them.

Use this time to establish and cultivate good friendships. God brings friends into our lives to keep us involved with fun and entertaining activities. Friends encourage us and help support us in times of difficulty. Platonic friendships help us simply enjoy each other’s company and get our focus off seeking a romantic relationship. During this season of waiting, get involved in things you enjoy. Remember, when God created you, He gave you talents and abilities He wants you to use for Him. Take this time to develop those talents. It generates passion and enthusiasm for the life God has planned for you and makes Him smile.

You could also try something new! Perhaps you have always wanted to play the piano or maybe you have thought about taking up tennis. What about that trip you have always wanted to take? This time before marriage is a perfect time to follow a dream or accomplish something you’ve always wanted to do. Proverbs 16:3 tells us, “Commit to the LORD whatever you do, and he will establish your plans.” Get involved in volunteering. Spending time helping others always enriches our lives and makes a difference in the lives of others. It takes our attention off ourselves, brings a feeling of satisfaction, and honors God. First Peter 4:10 says, “Each of you should use whatever gift you have received to serve others, as faithful stewards of God’s grace in its various forms.”

When you reach the right age and the time comes to think about finding the person who is just right for you, it might be helpful to make a list of character traits you desire in a mate. Your list should include your personality traits and the personality traits you are looking for in a mate and your physical traits and the physical traits you hope to find in a mate.

Here are some desirable characteristic areas that most men and women pay attention to when looking for a mate: Personality, religion, spirituality, sense of humor, intelligence, common interests, good looks, cleanliness, voice, talent, money, and profession. However, for the Christian man or woman, mate selection qualifications go a bit deeper. Here are some things to consider in the character of a godly mate:

- Has the person accepted Jesus as his or her personal Savior?
- Does the person have a church home and attend church regularly?
- Does the person keep his or her promises?
- Is the person dependable?
- Is the person honest and trustworthy?
- Is the person wise and intelligent?
- Does the person make good choices?
- Does the person surround themselves with godly, Christian friends?
- Is the person kind, compassionate, and hospitable?
- Is the person a generous giver?

Now a word of caution: Be careful not to pay too much attention to the outside of the person.

Though physical attraction may be important, that is only one thing to consider. There are other elements that make a person attractive. Some of those characteristics are a strong faith in God, a positive attitude, a great sense of humor, staying true to self, and having a heart of unconditional love and forgiveness.

When it comes to seeking a mate, turn the search over to God, and remember in Matthew 6:33, Jesus says, "But seek first his kingdom and his righteousness, and all these things will be given to you as well." Psalm 37:4 says, "Take delight in the LORD, and he will give you the desires of your heart."

God has just the right mate for you, and someday, when the time is right, your paths will lead you to each other.

DISCUSS

- Lead children in a discussion about how marriage began.
- Lead children in a discussion about why God created marriage.
- Lead children in a discussion about when or if they should marry.
- Lead children in a discussion about the importance of selecting the right mate.
- Lead children in a discussion about characteristics of a godly mate.



Activities

Activities are age appropriate. One is focused on ages 4-11, and the second is for older children ages 12-16.

AGES 4-11

Materials

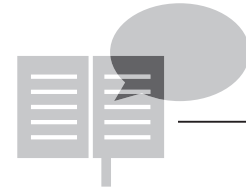
“Words to Describe My Character Traits” worksheet
Pencils, crayons, or markers

Have children view YouTube:

<https://youtu.be/YMg2HNaEtVI> (If possible)
(If not possible, do exercise without video.)

- Discuss the topic of importance of character traits from the lesson.
- On the “Words That Describe My Character Traits” worksheet, have children circle the words that they feel describe them.
- Let them write any other words on the sheet that are character traits that describe them (good or bad).
- Have the children choose one or two words they circled and share why.

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Scripture
SUPPORT

Genesis 2:18

*It is not good for the man to be alone.
I will make a helper suitable for him.*

Genesis 2:21-24

So the LORD God caused the man to fall into a deep sleep; and while he was sleeping, he took one of the man's ribs and then closed up the place with flesh. Then the LORD God made a woman from the rib he had taken out of the man, and he brought her to the man.

The man said,

*"This is now bone of my bones
and flesh of my flesh;*

*she shall be called 'woman,'
for she was taken out of man."*

*That is why a man leaves his father
and mother and is united to his wife,
and they become one flesh.*

1 Corinthians 7:8

*To the unmarried and widows I say
that it is good for them to remain
single, as I am.*

Proverbs 3:5-6

*Trust in the LORD with all your
heart and lean not on your own
understanding; in all your ways submit
to him, and he will make your paths
straight.*

2 Peter 3:18

*But grow in the grace and knowledge
of our LORD and Savior Jesus Christ.
To him be glory both now and forever!
Amen.*

Proverbs 16:3

*Commit to the LORD whatever you do,
and he will establish your plans.*

1 Peter 4:10

*Each of you should use whatever gift
you have received to serve others, as
faithful stewards of God's grace in its
various forms.*

Matthew 6:33

*But seek first his kingdom and his
righteousness, and all these things
will be given to you as well.*

Psalms 37:4

*Take delight in the LORD, and he will
give you the desires of your heart.*

AGES 12-16

Materials

“Choosing Important Character Traits” worksheet
Pencils, crayons, or markers

Have children view YouTube:

<https://youtu.be/knP6cVQJ4MM> (If possible)
(If not possible, do exercise without video.)

- Discuss briefly, the importance of a person’s character traits. (Use information from the video and the lesson.)
- Have children complete the “Choosing Important Character Traits” worksheet.
- After they have completed the worksheet, if time permits, have each child pick one or two character traits they selected and explain why those are important to them.

Notes



CHALLENGE QUESTION

AM I TAKING TIME TO WORK ON IMPROVING
MY CHARACTER TRAITS?

CHALLENGE COMMITMENT

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

	AFFIRMATION <i>Have children repeat:</i>
	<i>God is helping me grow into just the person He created me to be.</i>

WORDS TO DESCRIBE
MY CHARACTER TRAITS

Wish Positive Confident
Believe Belief Honor
Strong Pure Fun-Loving Humorous
Legacy Dream Cool Talented Athletic
Playful Faith Dedicated **Serious**
Musical Focused Values Crazy Happy
Spiritual Life Caring Musical
Thoughtful Inspiring Intelligent
Soulful Funny **Leader Gentle**
Bold *Dance* Breath Always
Love Sharing **Bold** Affectionate
Remember Brave Clever Curious

CHOOSING IMPORTANT CHARACTER TRAITS

Choose the 10 Character Traits in the list below that are the most important to you. Number them in order of importance. Be ready to explain why.

- ___ 1. Shows concern and compassion for others
- ___ 2. Uses clean language
- ___ 3. Believes in God and His Son Jesus
- ___ 4. Is thoughtful
- ___ 5. Does not use drugs or other addictive substances
such as alcohol or tobacco
- ___ 6. Has interests similar to mine
- ___ 7. Respects authority
- ___ 8. Has a good relationship with his/her parents
- ___ 9. Has a sense of humor
- ___ 10. Deals well with conflict and/or disappointment
- ___ 11. Is forgiving
- ___ 12. Is wise and intelligent
- ___ 13. Intends to graduate from high school/college
- ___ 14. Is clean and has good hygiene
- ___ 15. My parents approve of him/her
- ___ 16. Is kind and generous
- ___ 17. Is honest and trustworthy
- ___ 18. Is dependable and keeps promises
- ___ 19. Has godly friends
- ___ 20. Makes good choices

Resources & Materials

- A special thank you to Dr. Laura Luchies for her contributions to this lesson.
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- Finkel, E. J., & Baumeister, R. F. (2010). *Attraction and rejection*. In R. F. Baumeister, & E. J. Finkel (Eds.), *Advanced social psychology: The state of the science* (pp. 419-459). New York: Oxford University Press.
- Karney, B. R. & Bradbury, T. N. (1995). *The longitudinal course of marital quality and stability: A review of theory, method, and research*. *Psychological Bulletin*, 118, 3-34.
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- Warren, Neil Clark. (2005). *Falling in Love for All the Right Reasons: How to Find Your Soul Mate*. New York: CenterStreet.