

# Who We Are as a Family

**Dear Facilitator:** This lesson begins by sharing with parents the importance of helping families to realize their identity: qualities and beliefs that distinguish one family from another. A strong family identity benefits everyone, including children, and helps us establish a vision and values to flourish in all aspects of life. We do this best when we learn what God values and His vision for life, and work to partner with God's purposes in our families and work.

Psalm 103:17 reminds us that "From everlasting to everlasting the Lord's love is with those who fear him, and his righteousness with their children's children." It is important to know that God's love is with us today and in future generations!

This lesson will help participants:


1. Discover ways to build their family.
2. Show their faith in God to their family.
3. Recognize what they value.

Each family has a unique identity. As families discover their values and understand their identity in Christ, they will grow in wisdom and gain strength to make it through the many circumstances of life. These circumstances can be in our homelife, workplaces, or communities.

We pray that God will help you clearly communicate the importance of building a strong family identity and values. We hope that the families in your group will continue to grow in God's love, become a source of friendship and support for one another, and learn how to fulfill God's purposes for their lives.


*Blessings*

## Welcome *5 minutes*


 **Say:** Last week, we talked about individual identity and how God created each person unique. It is essential to know who we are and also to know whose we are.

It is important to know who we are as individuals, but also to identify and understand your family values. These values can then be passed down to future generations.

Psalm 103:17 says, “From everlasting to everlasting the Lord’s love is with those who fear him, and his righteousness with their children’s children.”

 **Share:** To help illustrate this, I have a story I would like to share with you about my unique family identity. (Share a story—this could focus on members of your family, what they did, how they lived their lives, and some of the wisdom, lessons, or values that have been passed down from generation to generation.)

## Introduction *5 minutes*

 **Say:** We are so glad you are back as we continue to learn about what makes our families unique and special.

God wants us to learn how our values, vision, and a prosperous life align. As we learn more about what God values, His vision for life, and what it means to truly prosper, we can all flourish.

One way we can do this is to learn more about our gifts and talents as we think about how God might use those in our workplace both now and in the future. We can also aim to build strong families and understand what makes our families different. Let’s think about this area for a moment.

There are some practical ways to help build a strong family identity. These can include:

1. When you are with your family, do not get distracted by the phone, the computer, or other people. This provides an opportunity to get to know others and how they are unique.
2. Play with your children and learn what they love to do.
3. Share your faith in God with your children and the ways in which God wants us to flourish.

Since each family is different, what are one or two words that best describe your family? (Share in groups at the table or as a large group.)

Just as every family is different, we also have different values. Values are your family's ideas or strong personal beliefs about what is important and what is not, what is good and what is bad, and what is right and wrong.

Knowing your family values will help you make wise decisions, lead well, and contribute effectively to your community.

## Family & Table Talk 20 minutes

We've written the questions on the whiteboard or on printed cards at your table for you to discuss and enjoy. One way values can be evident is through traditions and rituals.

- Share your favorite family traditions and rituals. Why do you like them?
- What rituals or traditions do you not want to give up?
- What do these rituals or traditions reveal about your family values?

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

*As you begin this portion of the evening, explain that each time you will start with the overview and then the lesson time.*



### *Scripture* SUPPORT

#### **Psalm 103:17**

*Praise the Lord, my soul;  
all my inmost being, praise  
his holy name.*

#### **Proverbs 29:18**

*Where there is no revelation,  
people cast off restraint; but  
blessed is the one who heeds  
wisdom's instruction.*

#### **Psalm 133:1**

*How good and pleasant it is  
when God's people live together  
in unity!*


#### **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**

*Children obey your parents  
in the Lord, for this is right.*

|                          |                               |
|--------------------------|-------------------------------|
| <i>40 minutes</i>        |                               |
| <h1>Parent Training</h1> |                               |
| <i>Identity</i>          | <b>WHO WE ARE AS A FAMILY</b> |

 **Say:** As we mentioned earlier, we have identified three ways that you can build a strong family identity. Be present with your children, play together as a family, and talk about your faith so that your children develop a heart for God.

We also want to consider how we identify values that are important to us individually, as a family, and in working with others in our community and workplaces. As parents, this is a specific way to lead our families by understanding God’s values and how they can be lived out. Our values should shape us in all aspects of our lives, including family and work. In this way, they help us to understand God’s purposes for our lives. It’s a way to better understand our dignity and worth as we live in a way that’s oriented towards flourishing according to God’s plans and purposes.

Take a moment and think about how you talk about your work with others in your family—do you talk about work as a “necessary evil” or describe other ways that only emphasize the challenges of work? Are the ways you talk about work aligned with your family values?

Let’s discuss a few practical ideas that will help us.

## DISCUSS

Ask the following questions and write them on a chalkboard/whiteboard.

- What ways can you “be there” for your family?
- What do you celebrate in your family?
- How would you begin to talk about faith with your children?
- How are your values lived out in your family and in your work?

Our behaviors reflect our values. Remember, values are your family’s ideas or strong beliefs that you think are important to live by. Today we will figure out our values.

1. Look at the list we are distributing and think about what you would like others to remember about your family.
2. Check the phrases that seem to fit your family.
3. Circle three of the phrases you checked that are the most important to you.

I hope that you were able to discover a few of your family's values.

**Activity:** We've focused on the importance of identity and values. For this activity, create a family mission statement. This can be a shorter or longer statement, but the goal is to summarize what your family believes is most important to learn and live out in all aspects of your life together. Finally, list two ways that will show how your values impact your decisions and choices as a family.

**Personal Example:** One of my family values is... It affected my family or family decisions in this way...

Being present with your children, playing with them, and sharing your faith with your family will begin to build a strong family identity. Knowing your values will build on those experiences by helping decide how to live your life. Remember: Your family is one of God's gifts to you, and together you are special.

## SUMMARY

We covered a lot of material today during our time together.

Objectives are:

1. Discover ways to build your family.
2. Show your faith in God to your family.
3. Recognize what you value.

To end our lesson, please answer the following:

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

Ages 4-16

40 minutes

# Student Training

*Identity*

WHO WE ARE AS A FAMILY

## Objectives

- Help children to be aware of their family values.
- Help children to be aware that our Christian values help us make good decisions and choices.
- Help children to be aware of their need to have a vision for their life.
- Help children to be aware of ways for their family to become stronger.
- Help children to be aware that they have a responsibility to help their family vision become a reality.

Do you think it is important to tell the truth? Did you know that telling the truth is a value you likely learned from the adults in your family?

Today we are going to spend time talking about “values.” Values are ideas, beliefs, or standards that we think are important to live by. Values help us decide what is important and what is not important. Values also help us make good choices and wise decisions. The things that we do express or demonstrate the values that we hold.

As we grow from children to adults within our families, each one of us is learning to believe in a set of values that our parents

feel are important. Every family must decide what is important to them and what standards they want to live by. Parents use their values to create a vision for themselves, their children as individuals, and their family.

Just as with individuals, each family must choose the message they want to give the world about who they are and what they believe God has individually created and gifted each family to do.

As Christians, our values are based on the message in the Bible. Our belief in Christ Jesus should guide us in deciding the values we will live by.

A strong family identity begins with parents knowing God and passing good values on to their children (Psalm 103:17). Some of the ways a family can become stronger is by spending more time together, celebrating talking about the lessons in the Bible together.

At some point, every family will have trouble, but by building strong family values and an identity in Christ, your family will have the strength to make it through the challenging times.

Because we are in the family of God, the Bible already lists some important values that God wants us to practice. Some of those important values are love, compassion, kindness, service, honesty, giving, and hope. These are just a few. I'm sure you can name other important values the Bible teaches us.

The Bible also tells us about something called "vision." It explains that without a vision for our lives, we will not be successful (Proverbs 29:18). Each person should have a vision for their life, and every family should have a vision as well. Vision is what you want your family to be like when it is functioning at its best.

Every member of the family must share the vision for the family and do their part to make the vision become a reality. A vision for your family helps family members remember that God brought them together for a specific purpose. A vision helps you remember why God created your unique family and what your family is trying to accomplish for Him. As your family plays together and prays together, God will show you purpose for your family.

Then as a family, your values guide you to make the right decisions to help your vision of a meaningful, prosperous life come true—a life pleasing to God!

Your family is one of God's gifts to you, and together you are very special. No two families are alike.

Christian families have the responsibility of choosing and practicing values that honor God. And it honors

God to see members of a family live together and work together in peace, love, and unity (Psalm 133:1).

God is pleased when your family makes a positive impact in the community and in the world for Him. (Ephesians 6:1).

## DISCUSS

- Lead children in a discussion about values—what are they?
- Lead children in a discussion about some values they have been taught to believe in.
- Ask children to name three important values their family believes in.
- Ask children how they show the values they believe in by their actions.
- Talk to the children about what vision means.
- Ask the children what vision they have for their life. Discuss.



## 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

Identity Web Worksheet  
Pencils, markers, or crayons  
Materials  
Paper  
Poster paper  
Markers

#### Have children view YouTube:

<https://youtu.be/PT-HBI2TVtI>

(If not possible, do activity without video.)



- Have children look at a list of values (See Value List on next page). Explain that our values are ideas or standards we believe in that are the most important to us.
- Have them pick three values that are most important to their family. Then out of the three, have them pick the one that is most important to them.
- Have them write in big letters on a piece of 8 x 11 poster paper their most important value. Allow children to share the most important value they selected and why.

## AGES 12-16

### Materials

Identity Web Worksheet

Pencils, markers, or crayons

Materials

Paper

Pencil or markers

### Have children view YouTube:

“Be the Change” at [https://youtu.be/Z8oJV\\_mBY9g](https://youtu.be/Z8oJV_mBY9g)

- Briefly discuss.
- Our values determine our character. Make a list of the qualities you respect most about yourself.
- Pick two of them and write about why you respect those qualities and how you think they will help you impact your home, school, community, and the world now and as you grow up.
- Have children share with the group if they are willing.

*Notes*

*Notes*

# Values List

The following list is an example of values for kids that you might include on your own list. These values are not in any order. Feel free to add to the list.

- **Honesty**
- **Integrity**
- **Kindness**
- **Empathy**
- **Thankfulness**
- **Curiosity**
- **Respect**
- **Imagination**
- **Hard work**
- **Perseverance**
- **Faith**
- **Friendship**

Notice that imagination and curiosity are part of the list for values. Values are not only principles and standards. They are also what we consider important in our lives and would like to pass on to our children. Keep this in mind as you make your own list of values.




**CHALLENGE QUESTION**

DO I PRACTICE THE VALUES  
I BELIEVE IN EVERYDAY?

**CHALLENGE COMMITMENT**

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

|   |  |
|---|--|
|  | <b>AFFIRMATION</b> <i>Have children repeat:</i>                            |
|   | <i>I represent my family well by living the values I have been taught!</i> |