

Jesus First  
A guide to character development



## Confidence

I know that God loves me just the way I am. He created me in a very special way. I am special to Him.

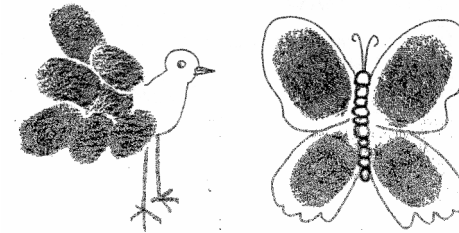
### Confidence is...

- knowing that I am special to God
- feeling sure that I am a very valuable person
- feeling good about my strengths, but not boasting about them
- knowing that I am not good at some things, and accepting it
- feeling happy about the way I am
- knowing that God loves me just the way I am
- being thankful to God for the way He created me

### Activities

1. Design your own personal shield that shows the things you are good at. Draw symbols for things like music, cooking, drawing, or whatever you are good at.

2. Did you know that no one has the same fingerprint as you? You are special. Here's an art activity. Make some stamped fingerprint designs. Use a pen to draw around the fingerprints in the shape of an animal. Add legs, beak, tail or whatever you need to make your animal.



### What does the Bible say about being special to God?

Psalm 139: 13-14 *I am wonderfully made.*

Matthew 10: 29-31 *Every hair of your head is numbered.*

## Creativity

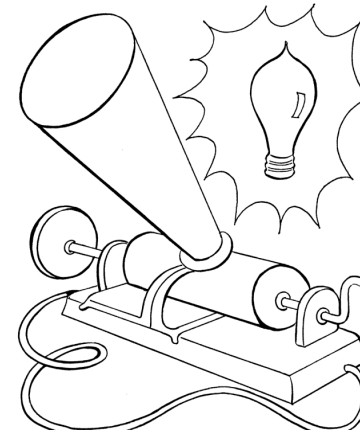
God is an amazing creator. He wants me to be creative too. He wants me to look for new and better ways of doing things.

### Creativity is...

- asking the Holy Spirit to give me His ideas
- using my talents for God
- doing new things
- coming up with new ideas
- making things

### Activities

1. Imagine that you are marooned on a desert island. You have your sailboat, which has been washed ashore. There are a few provisions... a bag of rice, a packet of matches, a water bottle and a tin of baked beans. Describe how you would survive for a week, as you wait for your rescuers to find you.
2. Devise some new and interesting ideas for spending a one-week holiday at home. Make a plan and show what you will do each day.
3. Design something original. It can be a piece of art, an article of clothing, a building, a playground or a new food dish.



**Thomas Edison invented the electric light bulb!**

### What does the Bible say about being creative?

John 16:13 *The Holy Spirit guides us.*

Psalm 33:2-3 *Sing to the Lord a new song.*

1 Chronicles 28 *God gave the plans for the building of Solomon's temple.*

God is Creator

## Flexibility

God is a creator and I am created in His image. God gives me new ideas. I do not always have to do things the same way.

### Flexibility is...

- being willing to change
- not getting upset when things change
- agreeing that other people's ideas might be better than my own, and learning from the ideas of others
- not always wanting my own way
- listening to what others have to say, and learning from the good ideas that other people may have
- saying, "Your ideas just might be better than my ideas. I will listen and try to see your point of view."

### Activities

1. Work with two or three other people. Design something together. It could be a playground, a new restaurant, a holiday resort, or something of your own choice. Work together and listen to each other's ideas. You have 15 minutes. At the end of that time, answer these questions:
  - Who had the most ideas?
  - Who had the best ideas?
  - Did you listen to everyone's ideas?
  - Were you flexible in accepting ideas other than your own?



2. See if you can find a creative way to solve this problem:  
There is only one computer in the house and you need it to do your homework that is due in tomorrow. Dad says that he needs the computer for an important work project. Instead of throwing a tantrum, see if you can find a way out of your problem.
3. Here's a situation that will require flexibility:  
You have invited some friends over to celebrate your birthday. You have either hired a movie or decided to watch TV. Suddenly there is a power failure. What will you do?

**Question:** How do I know which ideas are good ideas?

**Answer:** They are ideas that do not go against what God says.

### What does the Bible say about flexibility?

God wants us to change our own ways to His ways.

Proverbs 3:5-8 *Trust in the Lord with all your heart and don't rely on your own good understanding.*

Proverbs 21:2 *A man's way seems right to him, but the Lord looks at the heart.*

Romans 12:3 *Do not think of yourself more highly than you ought.*

God is Creator

## Resourcefulness

God created a beautiful world. He wants us to care for it, and not waste the resources He has given us.

### Resourcefulness is...

- finding good uses for things
- making something new out of something old
- turning something useless into something useful
- recycling

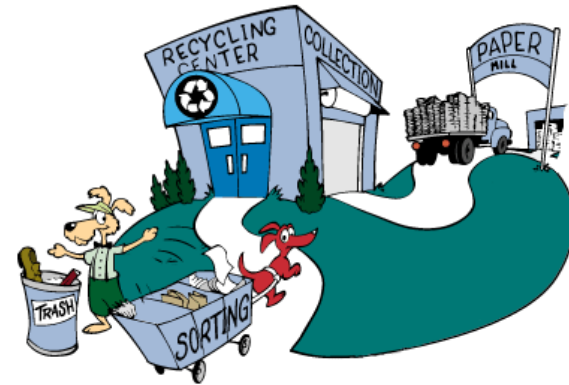
### Activities

1. Find out the items of rubbish that can be recycled through your rubbish collection.
2. Find 10 uses for a glass jar.
3. Make a piece of junk art out of recycled materials.
4. Write down some ways in which you can use less electricity in your home.

### What does the Bible say about resourcefulness?

God tells us that we are to care for His creation and the resources He has given us:

Genesis 1:28 *God said, "Be fruitful, fill the earth and subdue it. Rule over every living thing."*



**Reuse  
Recycle**

**God is Cr̄ator**

# Kindness

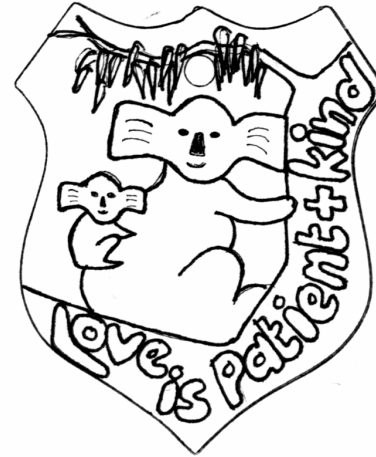
God is loving and kind. He wants me to be kind to others.

## Kindness is...

- showing care and concern for other people
- being polite
- not being bossy.
- not being selfish.
- not being jealous
- being thoughtful
- helping those in need

## Activities

1. Imagine that you have just moved to a new school or a new church. How would you like people to treat you?
2. Imagine that you have just fallen over and hurt yourself. How would you like people to treat you?
3. Imagine that you had an accident and had to be in a wheel chair. How would you like people to treat you?
4. Make a badge: Love is patient and kind.
5. Choose a person and show extra kindness to them this week. Be their 'angel'. Do kind deeds for them and even make a gift for them.



## What does the Bible say about kindness?

1 Corinthians 13: 4 *Love is patient and kind.*

Ephesians 4:32 *Be kind to one another.*

Proverbs 14:31 *Whoever honours the needy honours God.*

Luke 18:35-43 *Jesus was kind to Blind Bartimaeus.*

God is Love

## Gentleness

God's love is gentle and kind. God does not force us to follow Him. He gently shows us the right way.

### Gentleness is...

- not forcing my ideas on to others
- not using physical violence
- letting others go first, instead of pushing in to be first
- treating others with respect
- speaking kindly
- being well-mannered

### Activities

1. Mum is sick in bed. She has a head-ache and aches and pains. How can the family help?
2. Dad has had a busy day and is very tired. He doesn't like a lot of noise in the house. How can the family help?
3. Find examples of loud music and gentle music. Choose an appropriate situation to play each kind of music.
4. Find two examples of art: one bright and busy, and one peaceful. Choose two appropriate places to hang these pieces of art.

### What does the Bible say about gentleness?

Galatians 5:22-23 *Gentleness is a fruit of the Spirit.*

John 10 *Jesus, the Good Shepherd*

Psalm 23 *Jesus is our shepherd*



God is Love

## Friendliness

Jesus is the best friend we can ever have.

### Friendliness is...

- caring about someone
- being willing to help someone
- listening to someone
- spending time with someone
- being interested in the interests of someone
- sticking up for someone when they are going through hard times
- kindness
- sharing

### Activities

1. Make a list of all the qualities you would like to have in a friend
2. OR, Make a list of friendship qualities, using an acrostic. Write one quality for each letter of 'friendship'. E.g.

*Faithful*

*Reliable*

3. Choose a friend and answer these questions about them.  
What do you like most about your friend?  
What common interests do you have?  
How is your friend different to you?  
What things do you share with your friend?  
What things does your friend share with you?  
What was the best time you have ever had together?

### What does the Bible say about friendliness?

Proverbs 17:17 *A friend loves at all times.*

Proverbs 18:24 *There is a Friend who is closer than a brother.*



God is love



## Compassion

God is a loving Father who understands how we feel. He knows when we are hurt. He cares for us like a shepherd.

### Compassion is...

- knowing when someone is hurting
- doing my best to help when they are hurt
- giving up my own time to make someone feel better
- listening to someone's problems
- being sensitive to the needs of others
- trying to understand how people feel

### Activities

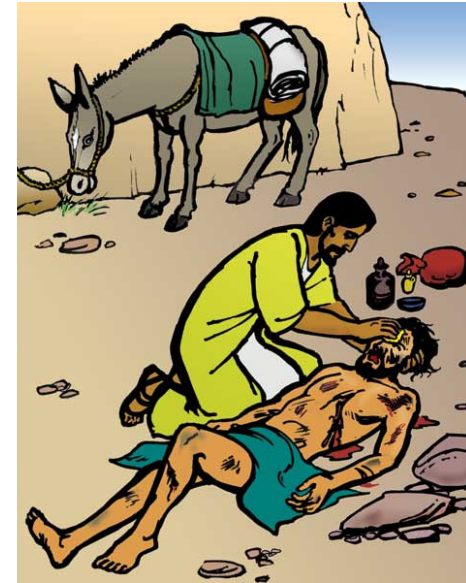
1. Imagine that you are born blind.  
What are some of the difficulties you face?  
How would you like others to treat you?
2. Find out about Helen Keller, and explain how her teacher, Ann Sullivan, showed compassion. \* See *Themes for Christian Studies 2* Love
3. How can we show compassion to people who live in places where there is famine?

### What does the Bible say about compassion?

Luke 10:25-36 *The Good Samaritan*

Matthew 9:36 *Jesus was moved with compassion.*

2 Samuel 4 & 9 *King David had compassion on the lame prince, Mephibosheth.*



The Good Samaritan

God is love

# Forgiveness

God wants us to forgive others as He has forgiven us.

## Forgiveness is...

- giving a person another chance, even if they have hurt me
- not wanting to pay someone back for the wrong things they have done to me
- being kind to those who have hurt me
- not reminding myself or the other person of the wrong things they have done to me

## Activities

1. When Jesus died He said, "*Father forgive them, for they do not know what they are doing.*" What wrong things did people do to Jesus?
2. Sometimes we find it hardest to forgive people in our own family, because they keep hurting us over and over again. Why does Jesus want us to keep on forgiving?
3. Write about a time when you forgave someone in your family.
4. Do you think you should forgive a person even when they don't say sorry? Why?
5. How can it help YOU when you forgive someone?

## What does the Bible say about forgiveness?

Ephesians 4:32 *Forgive one another as God has forgiven you.*

Matthew 18:21-35 *The parable of the king's servant.*

Luke 15:11-32 *The son who left home.*



The son who left home

God is love

## Faithfulness

God's love never changes. He will never leave us or forsake us.

### Faithfulness is...

- staying with someone and never leaving them
- sticking up for your friend
- being loyal
- being dependable
- loving someone even when they disappoint you

### Activities

1. Imagine that you are captain of your school volleyball team. Your team is not doing very well. The basketball team is doing very well. Why would it be wrong to give up volleyball and take up basketball?
2. Write about someone who is faithful to you.
3. Why do people say that a dog is man's best friend?

### What does the Bible say about faithfulness?

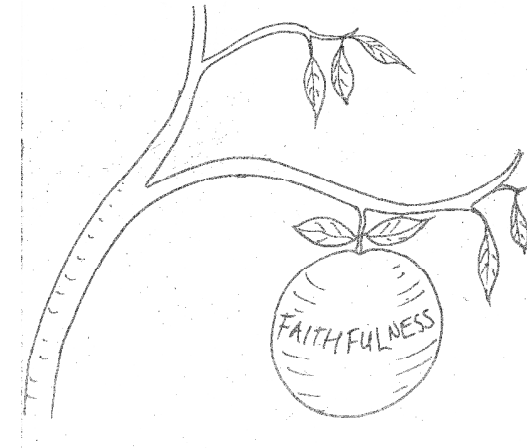
Joshua 1:5 "I will never leave you or forsake you."

Luke 16: 10 *Be faithful in little things.*

Psalm 36:5 *God's faithfulness reaches to the skies.*

Galatians 5:22-23 *Faithfulness is a fruit of the Spirit.*

Hebrews 2:10 *Jesus was faithful.*



*God is faithful to us*

**God is Love**

## Wisdom

God is wiser than anyone in the whole universe. We can ask God for His wisdom.

### Wisdom is...

- knowing the right thing to do, and doing it
- listening to people who are more experienced than we are
- listening to parents and teachers, and doing what they say
- doing what Jesus would do
- making right choices and decisions
- making right choices about the use of time and money

### Activities

1. Imagine that you are at secondary school, and have to choose subjects that will be important for your future career. Explain how you would go about choosing your subjects. Who would you ask for advice?
2. Imagine you are at a new school. What type of people would you look for when choosing new friends?
3. Go to the supermarket and imagine that you are going to buy the following things. Choose wisely! Remember to consider cost, nutrition and size. Next to each item write the type or brand and the size you would choose for your family. Explain why you consider these to be your wisest choice.  
e.g. yoghurt milk carrots peas toilet paper toothpaste

### Set it out like this:

YOGHURT

type/brand.....

size.....

price.....

I chose this because.....

### What does the Bible say about wisdom?

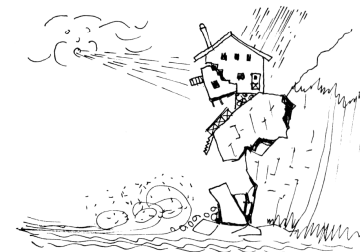
Proverbs 13:10 *Wisdom is found in those who take advice.*

James 1:5 *Ask God for wisdom.*

Proverbs 2:6-10 *The Lord gives us wisdom.*

1 Corinthians 3:18-19 *The wisdom of this world is foolishness to God.*

Matthew 7:24-27 *The wise and foolish builders.*



# Obedience

The wisest choice we can make in life is to obey God.

## Obedience is...

- doing the things my parents and teachers tell me to do, without complaining
- doing what the Bible tells me to do
- doing what the government says I must do

## Activities

1. Dad is late for an important meeting. The speed limit is 60 kilometres per hour. What should Dad do?
2. Tanya has been doing some craft work on the kitchen table. It is almost time for dinner, and Mum has asked for the table to be cleared and set. Just at that moment, Tanya's friend calls her and they get involved in a long phone conversation. What should Tanya do?
3. Make a list of the jobs that you have to do at home. At the end of the week, give yourself a score out of 10, showing how well you think you did the jobs. Remember that you must take into account your willingness and cheerfulness in doing the jobs. You must also judge how well you did the jobs. Did you finish the jobs completely?

## What does the Bible say about obedience?

Ephesians 6:1 *Children obey your parents in the Lord.*

Colossians 3:20 *Children obey your parents in everything.*

1 John 3:24 *Those who obey His commands live in Him.*

1 John 5:3 *This is love for God: to obey His commandments.*



It is wise to obey God's commands.

God is Wise

## Security

God is a loving Father who can be trusted. We can trust Him to protect us. We can feel secure in His care.

### Security is...

- having no fear
- being sure that God is in charge of my life
- giving my worries to God

### Activities

1. Why do you think a baby feels secure?
2. What makes you feel secure...at home?...at school.
3. Go on a “trust walk”. In this activity you are going to put all your trust in your friend. Your friend will lead you on a walk while your eyes are closed. You do not need to be afraid because your friend can be trusted to keep you safe and secure. Your friend will make sure you do not walk into things or trip over things.

### What does the Bible say about security?

Psalm 91 *He who dwells in the shelter of the Most High will rest in the shadow of the Almighty.*

Psalm 23 *The Lord is my shepherd.*

1 Peter 5:7 *Casting all your cares on Him, for He cares for you.*



God is Protector

## Courage

When we know that God is protecting us, we can have courage to do the things He wants us to do.

### Courage is...

- being brave
- doing things that need to be done, even when we would normally be afraid to do these things
- trusting in God's protection as we do the things He asks us to do

### Activities

1. Write a paragraph about someone in the Bible who showed great courage.
2. Find out about a missionary who shows/showed great courage and write a short description of their work. (It can be someone who lived in the past or someone who is working as a missionary today.)
3. Name something that you need courage to do.

### What does the Bible say about courage?

Joshua 1:6-7 *Be strong and of good courage.*

1 Samuel 17 *David had courage to fight Goliath.*

Philippians 4:13 *I can do everything through Christ who gives me strength.*

Matthew 14:22-32 *Peter needed courage to walk on water.*

Acts *The followers of Jesus had courage to speak about Jesus.*



David and Goliath

God is Protector

## Faith

When we know God personally, we understand that everything in the Bible is true. We know that this great God, the only true God, can work powerfully in the lives of individuals.

### Faith is...

- putting our trust in someone
- believing that a person will do as they say
- believing that someone or something will act as they are meant to act
- being confident that someone is trustworthy

### Who can we trust?

We can only trust those who have proved themselves trustworthy. God, our Heavenly Father can be trusted more than anyone.

### Activities

1. We can say that we trust a chair because it always supports us. We know that it won't collapse under us. Name three other things that you trust and say why you trust them.
2. Name three people who you can trust.
3. Name someone you would not trust.
4. Why can we trust God?
5. Name three Bible characters that had great faith. What did they trust God for?
6. What miracles can God do for His people today when we trust in Him?

### What does the Bible say about faith?

Hebrews 11:6 *Without faith it is impossible to please God.*

Ephesians 6:16 *Put on the shield of faith.*

Matthew 17:20 *Faith as a grain of mustard seed.*

Matthew 21:21-22 *If you have faith, you can say to this mountain, 'move' and it will move.*



God is Powerful



## Christian Commitment

Our God is the Lord and King of the universe, but at the same time He is interested in us personally. God asks us to make Jesus Lord and King of our lives.

### Christian commitment is...

- giving my life totally to Jesus
- allowing Jesus to show me the things that need to change in my life
- changing the things in my life that do not please God
- trusting God to take care of me
- doing what God wants me to do
- following Jesus

### Activities

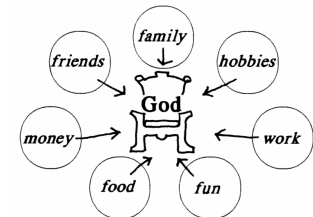
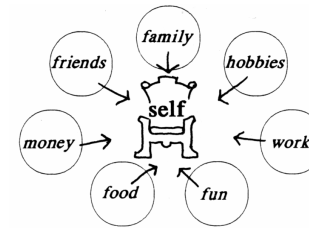
1. Draw a picture of a chair and write the letter "S" on the chair. This stands for "self". Around the chair, write the things a person might do if "self" was in charge someone's life. Now draw another chair and write the letter "J" on the chair. This stands for "Jesus". Around this chair, write the things a person might do if Jesus was in charge of someone's life.
  
2. When Jesus is in charge of your life He might ask you to do something difficult, like speaking up for Him, or even giving up something. However He promises to help us in whatever we do for Him. Name something that you might find difficult to do if Jesus asked you to.

## What does the Bible say about making Jesus Lord and King of our life?

Luke 9:23 *Take up your cross and follow Me.*

Matthew 19:16-29 *What must we do to gain eternal life?*

God wants to be Lord and King of my life



God is Powerful

## Honesty

The Bible is God's word to us. It tells us **who God is**, and **what He is like**. The God of the Bible is the only true God. His truth never changes. Everything God says is true. He wants us to speak the truth as well.

### Honesty is...

- speaking the truth
- not cheating
- not stealing
- not exaggerating
- being trustworthy
- being yourself and not trying to be someone you are not

### Activities

1. Sometimes people think they are telling the truth by saying the right words, but the meaning of their words is not completely truthful. This is called a white lie. Here is an example:

*John is asked to clean his room. He goes to his room and pushes all the things on the floor under the bed. The room looks neat and tidy but really it isn't.*

*Mum calls, "John, have you cleaned your room?"*

*John answers, "Yes."*

Why would you say this is not telling the truth?

2. Why would you like your best friends to be honest?

3. Which of these are caused by dishonesty:
  - a) shop-lifting
  - b) fighting
  - c) swearing
  - d) cheating in a test
  - e) riding on a train without a ticket

### What does the Bible say about honesty?

Acts 5 *Ananias and Sapphira*

James 1:22 *Be doers of the word and not hearers only.*

Proverbs 8:7 *My mouth shall speak truth.*

Proverbs 12:17 *When you tell the truth, justice is done.*



Ananias and Sapphira

God is Truth

## Discernment

Satan tries to make bad things look good. He tricks people into following a false path. We need to ask God for discernment so that we can tell what is true and what is false.

### Discernment is...

knowing what is true and what is false  
asking the Holy Spirit to lead us into all truth  
knowing what the Bible says and measuring it against  
everything we hear  
listening carefully and thinking carefully when we hear new  
ideas  
being alert, and watching out for things that are not right

### Activities

1. The "Truth Game" - Select a variety of objects or substances that have imitations, e.g. a glass drinking glass and a clear plastic one look alike; a real plant and an imitation one; real pearls and imitation ones. See if your friends can pick the *real* item. Make sure they look at the items from a fair distance.
2. What is the meaning of the word 'deceive'.
3. Make a list of advertisements that are trying to deceive you. Explain how they try to trick you into buying things. Explain where they are not really telling the truth.

God is Truth

[www.beaconmedia.com.au](http://www.beaconmedia.com.au)

4. Someone tells you about a new club. It sounds to be great fun, but you are not sure about some of the rules. Which of these rules might make you think this club is not for you?
  - a) No shoes allowed
  - b) No pets allowed
  - c) No adults allowed
  - d) Bring a plate of food
  - e) Bring your most violent video game
  - f) Starting time: 10 p.m.

### What does the Bible say about discernment?

Matthew 7:13-14 *The broad and narrow way.*

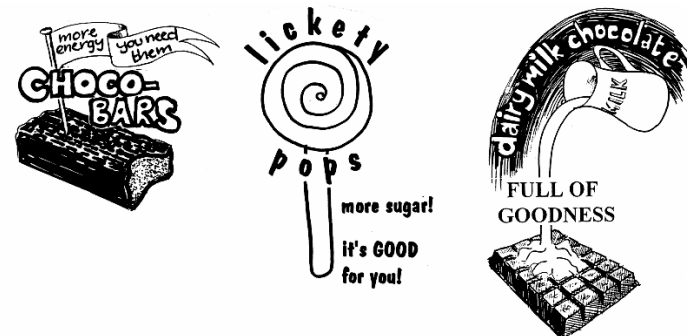
John 14:6-7 *I am the way, the truth, the life.*

Acts 4:12 *There is no other name by which we are saved.*

John 10:1-18 *The Good Shepherd.*

Matthew 7:15-21 *Wolves in sheep's clothing.*

John 18:37 *Everyone that is of the truth hears my voice.*



# Goodness

God is pure and holy. He is righteous. That means He only does what is right. He has never done anything wrong.

## Goodness is...

- obeying God's words
- doing the right thing
- being good

## Activities

1. What would Jesus do?

Draw lines to match up the words with their endings.

Obey	your things neat and tidy
Keep	your best
Speak	your Mum and Dad
Try	others
Help	words that are kind and true

wwjd?

2. Who should we obey?

Choose the best answers...

- God
- parents
- T.V. commercials
- strangers
- Jesus
- teachers
- government
- friends who are my age

3. Complete these sentences...

I would obey.....because.....

I would not obey .....because.....

## What does the Bible say about goodness?

Galatians 5:22 *Goodness is a fruit of the Spirit.*

Deuteronomy 6:18 *Do that which is right and good.*

Ephesians 5:8-11 *Live as children of the light.*

Philippians 4:8 *Whatever is right, whatever is pure...think about these things.*

God is Pure and Holy

## Respect

God wants us to obey the people He has placed in charge of us.

### Respect is...

- obeying the people I am meant to obey
- treating people with care and consideration
- showing good manners
- honouring the rules of my family or my school

### Activities

1. Make a list of rules that would be important for families to get on together.
2. Which rules do you have in your family?
3. Choose one rule and say what might happen if this rule was not respected.

### What does the Bible say about respect?

Ephesians 6:1 *Children obey your parents in the Lord.*

Hebrews 13:17 *Obey your leaders and submit to their authority.*



God is Pure and Holy

## Responsibility

God expects us to do what's right. God shows us what is right in His Word, the Bible.

### Responsibility is...

- being reliable
- being accountable
- doing the things I should do
- being in charge of the way I act
- doing the things I am meant to do
- acting my age

### Activities

1. Choose a pet that you would like to be responsible for. Write your pet's name, and the kind or breed of animal. It can be a pet of your own, or an imaginary one. List all the things you must do to be responsible for your pet.
2. What would happen if you didn't do these things?
3. Name some of the jobs you are responsible for at home. What do you have to do, to do these jobs properly?
4. List some ways of being responsible at school.
5. A baby is not responsible because it is too young. Who is responsible for a baby? When do you think the baby starts to become responsible?

### What does the Bible say about responsibility?

1 Peter 2:2 *Grow up to be strong Christians.*

Ephesians 5:8 *Live as children of the light.*

Youtube clip on responsibility:

<http://www.youtube.com/watch?v=I03JseHP1x4>



Do the right thing!

God is Pure and Holy

## Patience

God is patient with us. He always gives us another chance when we do the wrong thing.

### Patience is...

- learning to wait
- being patient with people, (or animals), when they don't do what we want them to do
- being patient with ourselves and not getting upset when we make mistakes
- waiting for God to answer our prayers
- finishing a job properly.
- sticking with a difficult task

### Activities

1. Which of these things would you need to have patience for?
  - a) lying in the sun
  - b) watching T.V.
  - c) making a clay pot
  - d) cleaning up a big mess
  - e) untying a piece of tangled string
  - f) training a dog
  
2. Make a house of cards. See who can make their card building stand for the longest time.

3. Play the paper tearing game. Each person has a small square of paper, (all pieces the same size?). Tear the paper round and round starting from one corner. See who can get the longest strip of unbroken paper from the square.
4. Begin and complete a craft that requires patience.

### What does the Bible say about patience?

Galatians 5:22 *Patience is a fruit of the Spirit*

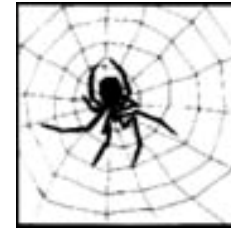
1 Thessalonians 5:14 *Be patient with everyone.*

Hebrews 12:1 *Run the race with patience.*

2 Peter 1:6 *Add to temperance patience.*

Psalm 37:7 *Rest in the Lord and wait patiently for Him.*

### How does spider show patience in web building?



God is Patient

## Diligence

God does everything perfectly. He never gives up.

### Diligence is...

- doing a job properly
- working hard at your job
- not giving up until the job is done (*perseverance*)
- keeping things neat and tidy

### Activities

1. Take a survey. Find out how many in the group are learning a particular skill that requires diligence. Make a chart. Write the name of each person, the skill they are learning, how often they practice, how long they practice, and whether they find it difficult or easy.
2. Write a list of **distractions** that could occur while you are doing **one** of these things:
  - a) doing homework
  - b) training for athletics
  - c) practicing a musical instrument
  - d) keeping your room tidy
  - e) doing jobs for Mum.
3. Write down the thing that requires the most diligence for **you**. Explain why it can be difficult for you.

### What does the Bible say about diligence and perseverance?

Philippians 3:14 *Run towards the goal.*

James 5:7-11 *Blessed are those who have persevered.*

Acts 9:36-42 *Dorcas showed diligence in sewing.*

Proverbs 31:10-29 *The diligent wife.*

Hebrews 6:10-12 *Diligence in helping others*



Learning a musical instrument requires patience

God is Patient



## Self-control

God has given us His Holy Spirit, who works in the lives of Christians, producing patience and self-control.

### Self-control is...

- controlling *myself*
- being patient with myself and others
- being careful about what I do and say
- not doing the wrong thing when I *know* it is wrong
- being careful about the way I use my time
- not losing my temper
- not being greedy
- knowing when to stop
- saying 'no'
- being in charge of the things I do
- choosing to do the right thing

### Activities

1. *Think about having self-control in the things you do.*

- a) What are some things that you can say 'no' to?
- b) What can you do when you are tempted to do wrong things?

2. *Think about having self-control with time.*

- a) How do you like to spend time?
- b) What would happen if you spent all your time just doing the things you liked?
- c) Sometimes we can spend too much time doing one thing. We need self-control to say "enough" when there are other important

things to be done. Make up a list of ways you can spend your time outside of school hours. Keep a record of how much time you spend on each one over a period of a week. (Do not include holiday times). Example:

- leisure time with TV, computer or electronic games (10 hours)
- crafts and hobbies - non-electronic (2 hours)
- sport, outdoor play and exercise (8 hours)
- homework and reading books (5 hours)
- helping (1 hour)
- spending time with God (2 hours)

d) How could you improve your use of time?

3. *Think about having self-control with food and things.*

- a) Why is it important to have self-control with food?
- b) If you had lots of money, how would you spend it? WWJD?
- c) Work with a group. Sit in a circle and make up a continuous story about a boy, or a girl or a family, who wanted every new and exciting thing. The story grows as each person adds a sentence.

*Think about having self-control in what and say.*

- a) What can happen when you lose your temper?
- b) How can we hurt people with words?

### What does the Bible say about self-control?

Galatians 5:22-23 *Self-control is a fruit of the Spirit.*

Ecclesiastes 7:9 *Do not be quickly provoked.*

Titus 2:6, 11 *Be self-controlled. Say "no" to ungodliness.*

Hebrews 13:5 *Be content with what you have.*

James 3 *Controlling the tongue*

Ephesians 4:26 *Do not let your anger lead you into sin.*

## Helpfulness

Jesus gave Himself to helping those in need. He healed the sick and helped people to understand the kingdom of God. He fed the hungry and comforted those who were sad.

### Helpfulness is...

- being willing to help others
- doing useful things for other people
- serving others
- being prepared to do unimportant or unpopular jobs to help others
- knowing when there is a job to be done, and not leaving it to someone else
- not expecting a reward for my work

### Activities

1. Which occupations do you think are 'serving' occupations?
2. Make a list of ways in which you can help at home.
3. Make a list of ways in which you can help at school.
4. Make a list of ways in which you can help in your community.
5. Explain how you can help people in countries where there is famine.

### What does the Bible say about helpfulness?

Matthew 5:41 *The extra mile*

Ephesians 6:7 *Serve wholeheartedly*

Galatians 5:13 *In love serve one another*

Galatians 6:2 *Help to carry one another's burdens.*



God is a Servant

## Humility

Even though Jesus was the greatest man who ever lived, He humbled Himself as a servant. He washed the feet of others and helped the poor. He could have lived in luxury but chose to live with few material possessions.

### Humility is...

- not making myself look important
- not boasting
- not being proud
- being willing to do jobs that are not recognized as being great
- being willing to admit that you are wrong
- being willing to accept help from others
- being willing to learn from others

### Activities

1. Which of these things will please God the most?
  - a) having beautiful clothes
  - b) being rich
  - c) being an important person in the church
  - d) telling God, "I'm sorry".
  - e) telling God that you need Him.
  - f) being really clever.
  - g) admitting that you have a lot to learn.
  - h) being a good runner.
  - i) being kind.
  - j) being humble.
  - k) following Jesus.

### What does the Bible say about humility?

Matthew 18:1-4 *Who is the greatest in the kingdom of heaven?*

Luke 18:9-14 *The Pharisee and the tax collector.*

John 13: 3-5 *Jesus washed the disciples feet.*

Matthew 20:20-28 *Whoever wants to be great among you must become a servant.*

Luke 14:7-11 *The wedding feast: Don't choose the place of honour.*



God is a Servant

## Joy

Jesus is the joy of life. He gives living water, a never-ending spring that will never run dry. True happiness in life is having Jesus as Lord and Saviour.

### Joy is...

- the true happiness that Jesus gives
- being able to carry on when things don't go right
- encouraging others
- a smile
- **J**esus first, **O**thers next and **Y**ourself last.

### Activities

1. Make a joy kite. Make it bright and colourful to remind you of joy.\*See *Themes for Christian Studies 5 Life*
2. Make a list of ways in which you can give joy to others this week.
3. Read about Paul and Silas in jail. How do we know they had joy, even though they were going through a bad experience? (Acts 16:23-26)
4. Choose one of the Psalms from the list of Bible verses below. Take a piece of card and write out the verses that speak about joy. Decorate your card and give away.

### What does the Bible say about joy?

Galatians 5:22-23 *Joy is a fruit of the Spirit.*

Philippians 4:4 *Rejoice in the Lords always.*

Psalm 95:1-5 *Let us sing for joy to the Lord.*

Psalm 100 *Shout for joy to the Lord.*

Psalm 147:1 & 7 *How good it is to sing praises to our God.*

Psalm 149 *Sing to the Lord a new song.*

Psalm 150 *Praise the Lord with dancing.*

1 Thessalonians 5:16 *Be joyful always.*



God is the joy of life

## Enthusiasm

When we love the Lord with all our heart, mind, soul and strength, we will be enthusiastic about the things we do.

### Enthusiasm is...

1. having a positive attitude about the things I do
2. enjoying the things I do
3. being cheerful and happy in life
4. being energetic

### Activities

1. Choose something you are enthusiastic about. It could be a favourite sport, a type of pet, a place, a craft or a game. Make a poster about your interest. Try to make other people enthusiastic about it!
2. Write down two things that you could be more enthusiastic about doing.
3. Think up some ideas to help you be more enthusiastic. For example, make a game out of household jobs; work with a partner instead of on your own.

### What does the Bible say about enthusiasm?

Ecclesiastes 9:10 *Whatever your hand finds to do, do it with all your might.*

Mark 12:30 *Love the Lord with all your heart, mind, soul, strength.*

Colossians 3:23 *Whatever you do, work at it with all your heart, as working for the Lord and not man.*



God is the joy of life

# Thankfulness

God has given us so much. He wants us to be thankful to Him for all that He provides.

## Thankfulness is...

- giving thanks
- being grateful for what I have
- being content, and not wanting what others have
- being happy with my life

## Activities

1. Make a list of things you are grateful to God for. Don't include any material goods, but other things like sight, hearing, family etc.
2. Now make a list of the three most important material goods you have been provided with.
3. What are some of the material goods you could do without?
4. Write a prayer of thanks to God for all that He has given you, and for all that He has done for you.



5. Which of the following would you be most thankful for? Rate these in order of importance from one to eleven.

food  
shelter  
love  
family  
having lots of money  
having an expensive car  
good friends  
Jesus  
good looks  
being very intelligent  
being good at sport

## What does the Bible say about thankfulness?

Psalm 100:4 *Enter His gates with thanksgiving.*

Colossians 3:15 *Be thankful.*

Luke 17: 11-19 *Jesus healed the ten. Only one returned to thank Him.*

Psalm 95:2 *Let us come before Him with thanksgiving.*

1 Thessalonians 5:18 *Give thanks in all circumstances.*

Exodus 20:17 *Do not want the things that belong to your neighbour.*

God is Provider

# Generosity

God expects us to share His provision with others.

## Generosity is...

- sharing my things with others
- giving my time and talents to help others
- giving to people in need
- giving cheerfully
- not being selfish
- not being greedy
- giving without expecting to receive something in return

## Activities

List three people who are generous with their time. Explain how each one is generous.

How can you be generous with your time and talents?  
Who could you help? What could you do?

Many people from other countries are suffering because of famine? Find out how we can give money to these people?

Make something this week that you can share with others.  
E.G. cookies.

Write a list of ways that you could share material things with those in need. Example: Your brother has forgotten to buy Mum a birthday present. What could you do?

## What does the Bible say about generosity?

Matthew 25:35-40 *I was hungry and you gave me something to eat.*

Mark 12:41-44 *The widow's offering.*

Psalm 112:5 *Be generous and lend freely.*

Proverbs 22:9 *A generous man will himself be blessed.*

Isaiah 58:6-11 *The kind of fasting God has chosen is to share food with the hungry.*

Matthew 10:8 *Freely you have received, freely give.*

2 Corinthians 9:7 *God loves a cheerful giver.*

Matthew 6:1-4 *Let your giving be in secret.*

Acts 20:35 *It is more blessed to give than receive.*

Matthew 5:40-42 *Give to the one who asks.*



God is Provider

## Contentment

God gives us peace in our hearts when we accept Him as Saviour and Lord. God is our peace.

### Contentment is...

- being thankful for all that God has done for me
- feeling peaceful inside, knowing that God is taking care of me
- resting in God's care

### Activities

1. Look at some examples of art from an art book, or go to an art gallery. Find two pieces of art: one which gives the feeling of peace; the other which gives the feeling of confusion. Give the title of each piece of art, the artist, and a brief description of each.
2. When do you think people are most content? Choose from the list:
  - when they have lots of money
  - when they are having a good time
  - when they are trusting in God
  - when they know they are cared for
3. When do you feel peaceful?
4. When have you felt the opposite?
5. What should we do when we feel troubled or afraid?

### What does the Bible say about peacefulness?

Matthew 7:24-26 *The house on the rock. Storm outside but peace inside.*

John 14:1-3, 18, 25-27 *Do not let your hearts be troubled. Trust in Me.*

2 Corinthians 1:3-4 *The God of all comfort.*

John 16:33 *In the world you will have trouble. In Me you will have peace.*

Galatians 5:22 *Peace is a fruit of the Spirit.*



God is Peace



## Be a peace-maker

Christians are lights shining in a world of darkness. Christians can shine their light by being peace-makers.

### Being a peace-maker is...

- bringing the peace of God to others
- not fighting back
- loving your enemies

### Activities

1. Find out about the life of peace-maker, Martin Luther King. \*  
*See Themes for Christian Studies 7, Peace*
2. Imagine that there is an argument between brothers or sisters in your family. Here are some of the things that could happen...
  - choosing not to speak to each other
  - nasty words
  - hurting someone in a physical wayHow could you bring peace to the situation?
3. Why do arguments begin?
4. What can happen when two countries have a disagreement?
5. Name some countries or people groups that are currently engaged in war.
6. Why is physical violence the wrong way to get what you want?

### What does the Bible say about peace-making?

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Matthew 5:38-48 *Turn the other cheek.*  
Romans 12:17-21 *Do not repay evil for evil.*  
Mark 9:50 *Be at peace with one another.*  
1 Thessalonians 5:13 *Live in peace with one another.*  
Matthew 5:9 *Blessed are the peace makers.*  
Matthew 5:21-23 *Do not be angry with your brother.*



**Be a light for Jesus. Be a peace maker.**

**God is Peace**