for the kids

FAMILY CUE SHEET

THE PREVENTIVE POWER OF CHARACTER

1

Share

KEY THOUGHT: Character is the word for the kind of person we are and the choices we make: good or bad choices. Good choices tend to form good character. Bad choices tend to form bad character. When we have good character, we will be honest, grateful, or brave. And the good news is we will also be able to resist temptations to do things we know we shouldn't.





Ask

Everyone is tempted to complain and grumble when things don't go the way we want. Did you know that if you practice being grateful when things go the way you want you probably won't complain as much when things don't. Why do you think that is?

2

3

Pray

Dear Jesus. If I can keep from complaining as much by practicing being thankful, there must be other ways I can practice making good choices that will improve my character. I want to learn more about that during these 21-days of prayer. Please help me. Amen.





Do

See how many times you notice when you start to complain and stop yourself by thinking and saying something thankful instead. Like: Just when you start to complain about not wanting to eat what mom serves, you say instead, "Thanks Mom, for working hard on supper."

4

for the kids

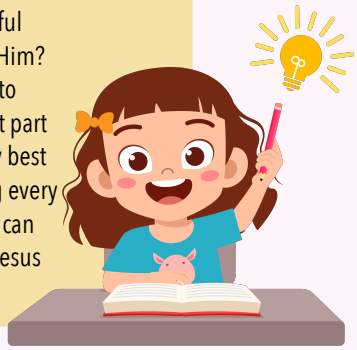
FAMILY CUE SHEET

THE TRANSFORMATIVE POWER OF CHARACTER

1

Share

KEY THOUGHT: Jesus was the most amazing and wonderful person ever! But did you know that you can become like Him? How does that happen? Mostly because of what He does to change people who love Him and want to follow Him. But part of what it means to "follow Him" involves doing your very best to act like Him when you can. The Bible calls that "making every effort." Your job is to be as patient or as thoughtful as you can be. Then when you need something like more patience, Jesus gives you more. Isn't that great?





Ask

Listen to this list of some of the wonderful things about Jesus. He's generous. He's courageous. He's honest. He doesn't ever give up. He's kind and respectful. He works hard to finish what He begins. These are called "traits." Is there one of these you'd like to get better at? Which one?

2

3

Pray

Dear Jesus. There are many ways I know I could be more like You. And I will be more like You as I choose to do what I can with what I've learned already. But choosing to do the best I know how is often hard. That's where I need Your help. So I'm picking one thing to work on. Help me do the best I can to improve that one trait. Amen.





Do

Thinking of the one trait you chose to get better at, ask yourself: *What could I do to make more effort in that area?* Take out a sheet of paper. Write that "trait" at the top. Make a list of three things to do with a check box beside each one. Put an "X" in the box when you do them and enjoy the feeling of accomplishment you'll get.

4

for the kids

FAMILY CUE SHEET

THE PERFORMATIVE POWER OF CHARACTER

1

Share

KEY THOUGHT: Do you know what a miracle is? It's when God does something no person could ever do. Like when Jesus fed 5000 people with just five loaves of bread and two fish. But did you know that many of His miracles won't happen without the efforts of a human being? Where did the loaves and two fish come from? One generous boy who was willing to give his food away? His generosity helped make a miracle happen! That's one big reason we are learning about character. We want to help make miracles happen if God wants to use us.





Ask

What if Jesus wanted to feed the huge crowd but when He asked if anyone had food the boy pretended he didn't have any and kept it for himself? No miracle would have taken place and the crowd would have gone hungry. Can you think of any reasons why the boy might have hidden his food for himself?

2

3

Pray

Dear Jesus. I can see how it would have taken courage and generosity and honesty to do what the young boy did. Those are probably ways I still need to be a better person. Help me to be ready to do something honest, courageous or generous when you're ready to do something great!





Do

You can't make Jesus do a miracle. He will do them when He wants and how He wants. But… you can be ready. Since many of God's miracles require people who are generous with their time and energy to help others, look for someone to help that will take more effort than you might be interested in giving.

4

for the kids

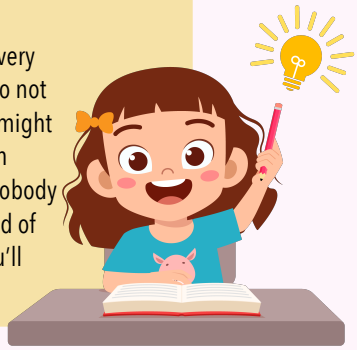
FAMILY CUE SHEET

THE IMPORTANCE OF COURAGE

1

Share

KEY THOUGHT: Do you think courage is something only superheroes have? Not at all. Everybody needs courage every day to do something good for others, or to be honest, or to not give up. When you do something right even though you might get laughed at, when you keep your promise even though you're tired, when you show special attention to the kid nobody thinks is cool – you're showing courage. Those are the kind of things Jesus is always doing. You can be like Him, but you'll have to practice being courageous.





Ask

- Can you name some things you haven't been brave enough to try?
- Can you name a time when you were really scared to do something, but you did it anyway?
- Can you name a time you did something nice for someone even though it was hard?

2

3

Pray

Dear Jesus. I'm not a very brave person. I'm often afraid of what other people think of me. I can wind up doing things I don't feel good about so I don't get laughed at., or so they don't get mad at me. If I'm going to become more like You, I know I will need to have more courage to do what's right and good no matter what. Please help me. Amen.





Do

You can become more courageous by learning how to do the very thing you're scared to do. But how can you do that? *Find someone to do it with you.* It's called getting "moral support." The next time you're scared to do something you need to do, find a friend and say, "I need some moral support." That really helps!

4

for the kids

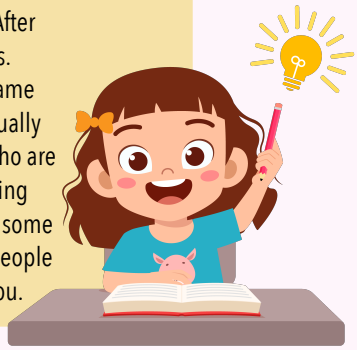
FAMILY CUE SHEET

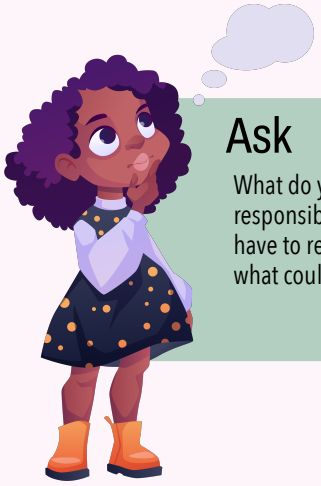
THE IMPORTANCE OF DILIGENCE

1

Share

KEY THOUGHT: Imagine this. You're on a baseball team. After every game one of the parents is assigned to bring snacks. Mr. Smith sometimes forgets, and he always brings the same thing. Mrs. Jones not only always remembers, but she usually brings something special, even for the coaches. People who are like Mrs. Jones are called "diligent." They think of everything they need to do and remember to do it, even throwing in some extras. That's like Jesus. That's what you can be like, and people will appreciate you so much because they can count on you.





2

Ask

What do you have a hard time remembering to do that is your responsibility? Something your mom or dad or teacher often have to remind you to do? If you want to be more "diligent" what could you do that would help?

3

Pray

Dear Jesus. I don't know how You do it, but You pay attention to every detail in my life. The Bible says you actually know the exact number of hairs on my head. I'll never be able to keep track of that much, but I can learn to keep track of my responsibilities. Would You help me learn how to do that better and better? Thank you. Amen.





4

Do

Lots of people want to be diligent. But somehow they don't do everything they need to do. If you want people to count on you, try making lists. Find a special place to keep a small white board to write things down. Cross things out as you do them. Seeing what you've gotten done always feels good!

for the kids

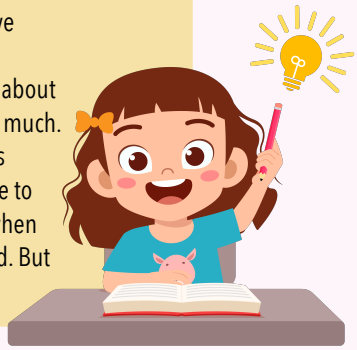
FAMILY CUE SHEET

THE IMPORTANCE OF GENEROSITY

1

Share

KEY THOUGHT: To be generous means to be willing to give away things to other people even when you don't get something in return. It's not just about giving money. It's about giving help to somebody even if they don't help you very much. It's about giving attention to something another person is interested in even if they aren't interested in what you like to do. Sound hard? Sometimes it's even harder, especially when you have to give kindness to someone who's not very kind. But that's the way Jesus is… to you and everybody.





2

Ask

What's one of the nicest things a person has ever done for you or given you? (But don't think about Christmas or birthday presents. Think of something else.)

What's one of the nicest things you've ever done for someone?

3

Pray

Dear Jesus. I really like the idea of becoming a very generous person. And now I know it's possible, even if I don't have a lot of money to use. But I admit: I still like to **spend** most of my time on things I like to do. And I still find it hard to **give** attention to people I don't like very much. So help become more generous. Amen.





4

Do

A good way to learn what true generosity feels like is to give away something you'd rather keep for yourself. It's easy to "give" things you don't want any more. But that's not generosity. So try this: *Find something you have and still like, then give it to someone you know will like it too.*

for the kids

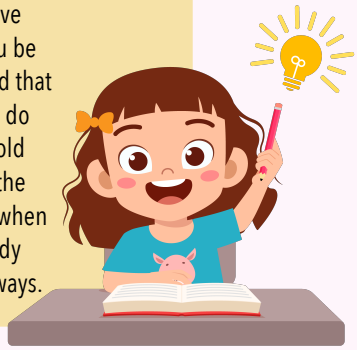
FAMILY CUE SHEET

THE IMPORTANCE OF GRATITUDE

1

Share

KEY THOUGHT: To be grateful is to understand that you have many, many reasons to say thank you. But what should you be thankful for? Everything good, helpful, fun, caring and kind that happens to you. Everything that makes things you need to do easier: like taking a shower with warm water rather than cold water; like turning on lights; like getting cold juice out of the refrigerator. Don't you want to have people say thank you when you do something nice? Then when your parents or anybody else, or *even your house treats you nice*: Say thank you. Always.





2

Ask

"Even when your house treats you nice." *What do you think that means?* Think of all the things your home has that help you feel safe, have fun and get the things you need. How many can you name?

Who should you thank for the home you have? How often?

3

Pray

Dear Jesus. I know I should say thank you much more than I do, but a lot of the time I forget. I get so interested in having fun that I don't think how none of that would be possible without having what You and other people provide for me. So would You help me remember. I want to be saying thank you a lot more. Thank you. Amen





4

Do

Want to be a person who says thank you a lot more? Then you'll need to set a goal. How many thank you's do you think you say every day? One? Two? More? Double that number. Or if you already say thank you a lot, pick something you never think to say thanks about and start adding that to your thank you's.

for the kids

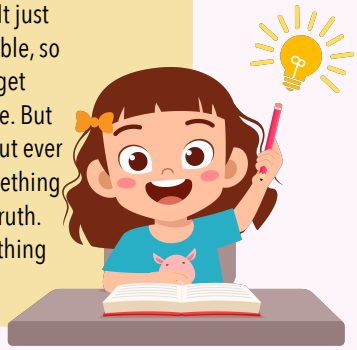
FAMILY CUE SHEET

THE IMPORTANCE OF HONESTY

1

Share

KEY THOUGHT: Everybody lies. That doesn't mean it's OK. It just means it's very easy to do. People don't want to get in trouble, so they lie if they've done something wrong. People want to get something good, so they pretend to be better than they are. But lying is not just about what you say. A person can lie without ever saying a word? How? By not admitting when they did something wrong. By telling only part of the truth but not the whole truth. Those are the worst kind of lies, when we are hiding something from other people. Be most careful about that.





Ask

We won't talk about any times you or I have lied. No one is wanting to punish you. But what do you feel like when you lie? Don't just say, "I feel bad." Try to describe the feeling. What does that feeling feel like? Why might it be helpful to have that kind of feeling? How can you get rid of that feeling?

2

3

Pray

Dear Jesus. I don't like thinking about lying, probably because I know it's wrong and because I am tempted to lie a lot. But I know I need to think about this and try to do better, especially when I'm hiding the truth. I am sorry when I lie. Help me not to be scared to tell the truth. I know it pleases You when I do, and that's a good feeling. Amen





Do

It's often hard to tell the truth. There are many reasons why. But you can make it easier to be honest. Want to know how? *Tell the truth about a lie.* The habit of lying gets stronger when we hide them. But when you admit a lie, it gets easier to avoid it next time. Try it. You'll see. Hiding lies hurts. Admitting lies helps.

4

for the kids

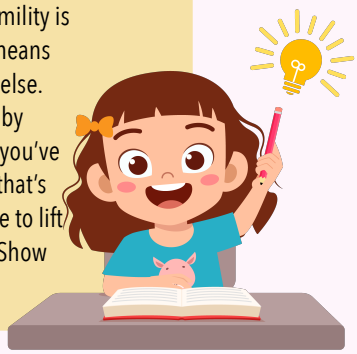
FAMILY CUE SHEET

THE IMPORTANCE OF HUMILITY

1

Share

KEY THOUGHT: Lots of people are mixed up about what humility is and what it means to be humble. They are right to think it means you're not supposed to act like you're better than everyone else. But then they think the only way to keep from doing that is by thinking bad about yourself. Never talk about good things you've accomplished or be confident in what you can do well. But that's not right. You don't have to put yourself down; you just have to lift other people up. Help them feel good about who they are. Show real interest in what they care about. That's humility.





2

Ask

What can other people say to you or do for you that makes you feel the best about yourself?

What makes you feel like you're not that important to someone else?

3

Pray

Dear Jesus. I'm ***always*** interested in what I'm doing. I like other people to be interested too. I like them to tell me I'm doing a good job. I like people to listen to me and think I'm fun to be with. I guess I think about myself a lot, don't I? Hmmm. I guess I need to think about others as much as I think about myself. Help me be more humble. Amen.





4

Do

Think about a person who does something very well – draw, play the piano, build with Legos – but you're not all that interested in it. Make a decision the next chance you get to look at what they've done or listen to them, and tell them they did a good job.

for the kids

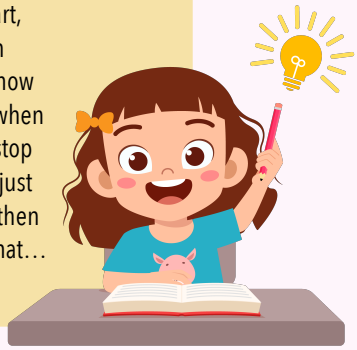
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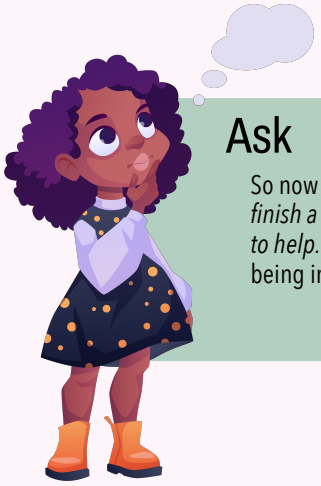
THE IMPORTANCE OF INDUSTRY

1

Share

KEY THOUGHT: It's always important to finish what you start, especially if other people are counting on you. But you can really surprise people if you do something else. Want to know what that is? When you finish a chore for your parents, or when you finish something your teacher asked you to do, don't stop there. Ask, ***Is there something else I can help with?*** You just watch. They just might look at you funny for a second and then say, ***Why thank you. That is so nice of you!*** And guess what… you were just "industrious."





2

Ask

So now you know what it means to be industrious: *you finish a chore and ask if there's something more you can do to help.* What are some reasons you might not feel like being industrious?

3

Pray

Dear Jesus. I can see how other people would like it when I'm being industrious. It's very helpful. But I'm not sure I really want to try very often. There are other things I'd rather be doing. And anyways, most of the time I don't even think of it. Help me remember to stop and at least think about it. I promise sometimes I will give extra help. Amen.





4

Do

This week come up with something you can offer to do to help someone that goes beyond what you are told to do. Do that at least three times and then enjoy the feeling you get afterwards. You don't need a prize, or money, or anything else. Just enjoy the feeling. You'll like that more and more as you get older.

for the kids

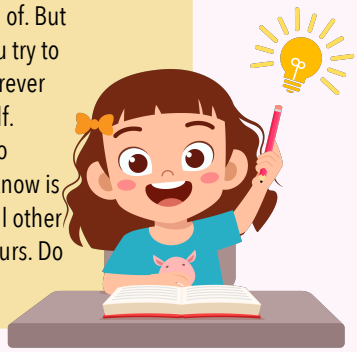
FAMILY CUE SHEET

THE IMPORTANCE OF INTEGRITY

1

Share

KEY THOUGHT: Integrity might be a word you never heard of. But it's a very important word and a very big idea. It means you try to do what is good, say what is good, think what is good wherever you are whether people are around or you're all by yourself. Don't behave good when people are watching, but then do sneaky things when they aren't. Don't do something you know is wrong, even if you think you can get away with it. Don't tell other people to keep their promises, but then you don't keep yours. Do you think you understand integrity?





2

Ask

Integrity means you must act according to what you say you believe. So, what do you believe is important to do if you want to be kind to others?

Now think of people at school who aren't friends of yours, and maybe you don't even like them very much. Have you still been kind to them the way you believe is important?

3

Pray

Dear Jesus. I sometimes sneak around and do things that I know my Mom or Dad have told me not to do. When I do that, my insides always feel a little nervous. Is that what it feels like when I don't have integrity? I don't like that feeling. So I really should try to not be sneaky, but always behave as if people were watching. I'll need Your help please. Amen





4

Do

When you want to do something new that will help you do right things and be a better person, it always helps to tell someone and ask them to pray for you. Think of some way you're going to try to be better. Ask Jesus to give you an idea if you need, and then pick out someone to tell and ask for prayer.

for the kids

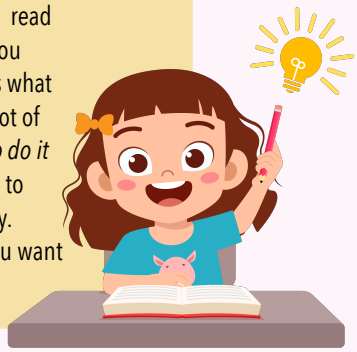
FAMILY CUE SHEET

THE IMPORTANCE OF PERSEVERANCE

1

Share

KEY THOUGHT: Have you ever started to make something, read something, walk somewhere and it was way harder than you thought? Did you know that happens to everybody? Guess what lots of people do when that happens. Give up and quit. A lot of times they even say things like: *Well, I didn't really want to do it anyway.* But there's something inside you that doesn't like to quit. You really want to figure things out. Go the all the way. Finish what you start. And if you keep going even when you want to quit. That's what it means to persevere.





2

Ask

Has there been anything you were doing recently and you kept trying even when you wanted to quit?

Or was there anything you quit doing that you wish you hadn't? Would you like to try again?

3

Pray

Dear Jesus. I've heard some songs that talk about how You never give up. That's the kind of person I want to be, but so far I'm not sure I can be that way, because there are lots of times I still give up when something gets hard. Help me keep going the next time I want to quit something? I want to practice doing that so I can be more like You. Amen.





4

Do

Here's a way to practice not quitting when things get hard. It's the **Stop Sign Challenge.** Find something heavy to carry, but not too heavy to hurt yourself. Then pick a distant object like a stop sign or mailbox and see if you can carry that thing all the way without putting it down. Too easy. Pick out something farther and try again.

A Call to Character *Season of Prayer* © Fresh*Impact* 2025

for the kids

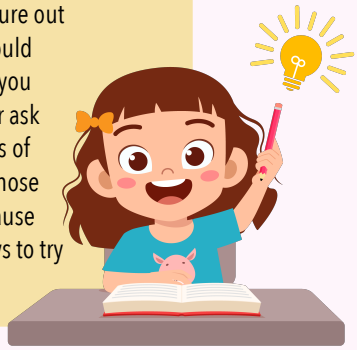
FAMILY CUE SHEET

THE IMPORTANCE OF RESOURCEFULNESS

1

Share

KEY THOUGHT: Resourcefulness is a big word. Can you figure out what it means? How would you find out? Of course, you could ask your parents. Or, you could look it up in a dictionary if you can read and have one at home. Or, you could Google it, or ask Alexa or Siri. You could ask a brother or sister. There are lots of ways to find out what it means. And, if you thought of all those ways–guess what?–you're actually being resourceful. Because *resourcefulness* is all about thinking of many different ways to try to get something done or figure something out. Cool.





2

Ask

Pretend you have a school assignment to build a model of a house with popsicle sticks but you don't have any Elmers Glue. Can you think of three other ways you could make the popsicle sticks stick together?

3

Pray

Dear Jesus. I think I understand what resourcefulness is about; it's about me trying to figure out a way to get something done even if I have to try several different ways, or use what I have even if it's not the perfect thing. But mostly it means doing that to help other people. I'd like to be that kind of person, but I'm really going to need your help please. Amen.





4

Do

Here's a way to practice *resourcefulness* and show kindness to people at the same time. Get four small pieces of paper. On each sheet write down one thing you can do to be kind or friendly to a person you know who doesn't have many friends. Fold the papers, put them in a bowl. Pick one out, and do that act of kindness for that person. That's a great thing to try! Good for you.

for the kids

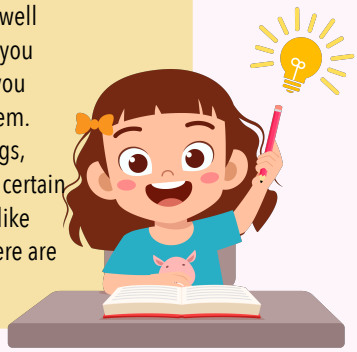
FAMILY CUE SHEET

THE IMPORTANCE OF RESPECT

1

Share

KEY THOUGHT: To respect a person means you treat them well even if you don't know them, and maybe aren't even sure you like them. You do that just because they are a person like you with feelings and ideas and plans that are important to them. And just like you they don't want other people to ruin things, make fun of them, or hurt them in any way. Also, there are certain people you pay attention to just because of who they are: like parents, teachers, older people, police officers, pastors. There are also lots of ways you must learn to show respect. Read on.





2

Ask

Here are some "rules of respect." Can you guess how each of these rules shows respect?

- Be careful with other people's property.
- Don't interrupt when other people are talking.
- Don't cut in line. Wait your turn.
- Look at someone when they are talking to you.

3

Pray

Dear Jesus. It seems to me there are a lot of "rules" about respect that I'm still learning. I don't understand why some of them are so important. But I understand that probably all of them have to do with treating other people the way I want them to treat me. If I can just remember that I think I'll do a pretty good job. Help me not to forget please. Amen.





4

Do

I bet you are told to "pick up your room" a lot. No fun! But learning how to be respectful has a lot to do with what's going on in your mind when you're doing things like that. So practice this: Next time you have to pick up your room try to think, "Everything I need to pick up is something my parents bought for me. I should take care of stuff I've been given to show I'm thankful."

for the kids

FAMILY CUE SHEET

THE IMPORTANCE OF VIGOR

1

Share

KEY THOUGHT: You probably know what it's like to feel tired. You don't want to do anything except sit and watch something on TV. Someone says, "Hey, do you wanna go outside and play something." But you just say, "Nah, I don't feel like it." Or, your mom wants you to go put away some of your stuff and you get up from the couch and walk real slow… You know what that's like? Well…that's the exact opposite of vigor! Vigor is when you're eager to do stuff. You've got energy. Everything you do–even if it's not fun–you still do it, wanting to do your best.





2

Ask

- What is something you usually do with lots of energy, because it's fun and interesting?
- What is something you usually have to do, but you don't do it with the same kind of energy?
- Would you be willing to try putting more energy into something that's not much fun, like a chore or homework?

3

Pray

Dear Jesus. When I have to do something I don't want to do I usually don't put out much energy. I realize as I get older, I'll probably have to do even more things that aren't fun. That's why a lot of adults are grumpy. But there are some who usually seem full of energy. I want to be like them, so I better start practicing. Can you help me? Thanks, Jesus. Amen





4

Do

A few minutes ago you heard the question: *Would you be willing to try putting more energy into something that's not fun, like a chore or homework?* If you said YES it's always important to make a specific decision. So now's the time to pick something out and promise yourself, "The next time I have to do that I'll do it with vigor." Believe it or not that always makes hard work feel better.