

MISSION: POSSIBLE

Character Development

Lesson 7: Reflections

Lesson Keys

- Introduction
- Review
- Reflection
- Journaling
- Conclusion

Preparation

This lesson is completely about review and application of the past several lessons. The review does not really need to be that long, just a quick knowledge refresher. The journaling is the most important part. Be certain to give the kids at least 10 to 15 minutes to write.

Supplies

- Journal papers
- Pens

Teaching Coach

Take a little time to re-emphasize the vision and purpose of this class. The goal is not to just learn about godly character traits, but to apply them to life. Today's class will focus on the application of these character traits.

Try to see if the kids remember all their past lessons. To conserve time,

Introduction

Today's lesson is has only one purpose, to reflect over what has already been taught over the past several weeks. The purpose of this session is to review and reflect over the different character traits that have already been taught and to focus on how we might begin to better apply these character traits to our lives.

Sometimes it may seem like we rush through the lessons every week just to get to a different lesson the next week. Now that there have been several Character traits discussed and taught, it is time to see how much you remember, recognize those who have put them into practice and to develop a plan on how to put these traits into your life.

Review:

The first two meetings were basically introductions to the class and material. Who knows what the first character trait that we learned about was?

Integrity

What is integrity?

Definition:

Integrity basically means being true and honest to who you are and who you say you are. Integrity is being exactly who you really are in actions as well as words. Integrity includes doing exactly what you say you are going to do.

Examples:

- If you claim to be a Christian, yet you do not act like one when you are around certain people (maybe at your public school, away from your church friends) you do not have integrity.
- If you tell someone that you are going to do something, your integrity is what makes sure that you do whatever it is.

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minimize the time that kids discuss each trait. It will definitely be helpful for the kids to remember and connect with the past traits if you engage them in discussion; however, you must save 10 to 15 minutes for the journaling time.

Who remembers what the next trait is?

Perseverance

What is perseverance?

Definition:

Perseverance is the unwillingness to give up. Perseverance is the drive to continue on, no matter what obstacles come in the way. It requires stubbornness toward the goal, not wanting anything less than to achieve what it desires. Perseverance is almost always developed through suffering.

Examples:

- If you go to a public school and other people begin to make fun of you for some reason (perhaps because you are a Christian), perseverance is the result of calmly enduring the ridicule without fighting back physically or verbally.
- Imagine if you were a Christian in a country where Christianity was illegal. One day the police knock down your door while you are praying and they take you to prison. In prison they tell you that they are going to cut off all your fingers and toes if you don't reject Jesus. Perseverance is allowing these people to take all your toes and fingers since you would never reject Jesus.

Who remembers what the next trait is?

Humility

What is humility? (two distinct parts)

Definition

- Learning to love others more than you love yourself.
- Recognizing that God and others are actually responsible for the achievements in our lives.

Examples:

- As people, our natural tendency is to look out for ourselves and try to see that we have what we want and that we are comfortable. Humility is seeing to the needs and comfort of others before ourselves. Humility is giving up your comfortable seat on the bus and standing up so that someone else can sit down. It may also be sitting in the back seat so that your brother or sister can have the front seat.
- There is something within us that desires to be recognized and

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Encourage the children to close their eyes and to not look around. Give them just a minute to think about and mentally process the traits discussed. Encourage them to pick just one that they want to work on and build into their lives.

Have them think of times in the past where they could have used this trait. Have them think of ways that they can practice this trait.

In the journal time, have them process their thoughts. Some kids will try to write just a word down or just a comment. Encourage them to write out what they are thinking and feeling, not just the first word or two that comes to their head. Encourage them to be thorough. Collect them when they are finished and do not tell them what you are going to do with them when they ask.

If there is time at the end, you can give the children an opportunity to share what they have learned over the past several weeks and give examples of how they have used what they have learned in specific situations.

Honored for the things that we do. Humility is truly seeing that others (including God) are responsible for our achievements. Imagine that you have just made the winning shot of the final basketball game. Regardless of how incredibly good you may be, humility is saying, “sure I may have made the winning shot, but it would not have made any difference if all the other players had not made their shots and if they had not gotten all those rebounds.”

Reflection

Now we are going to take some time to think about the traits that we just talked about. What traits do you want to really develop into your life. Obviously we all want to have everyone of these traits, but sometimes it helps to focus on just one at a time. If you could pick any one trait develop in your life, what trait would that be: Integrity, Perseverance, Humility or Patience.

Think of some times where you think you really could have used this character trait? How are you going to develop this trait? What kinds of things can you do to make this character trait a part of who you are?

Journaling

Write down what you have been thinking about. Follow the instructions on the paper and write exactly how you feel. Be honest with yourself and do not write what you think I want to hear.

Conclusion

Who has had the opportunity to use what you have learned over the past eight weeks? Who has had to show their integrity, persevere, be humble or have patience?

Close in Prayer.