

Family Fitness: Developing Family Values
Galatians 5:22-26**Prayer Link****Prayers for the Community**

American Troops and their families; all families, tribes and nations to know and experience God's peace.
Additional Requests: _____

SUGAR RIVER'S PRAYER MINISTRY IS SEEKING REQUESTS

Did you know that Sugar River UMC has an active E-Prayer Chain? A group of people have covenanted to pray for special requests they receive periodically via email. If you have a request you would like the E-Prayer Chain to pray for, please send it to: amberw@wisconsinumc.org. Amber will send out the request as soon as possible to activate our circle of prayer.

If you would like to become a "Link" on our E-Prayer Chain, please send your email address to Amber at the address listed above. New "links" are always welcome!

Inspirational Link**Thoughts and Insights from Worship**

What were the values we grew up with?

Suggested top 4 Values:

1. Honor God in Everything
2. Uphold the Laws of Loving Relationship
3. Establish the Significance of Vocational Callings for Every Member
4. Be a Good Steward of the Earth

Choose this day...Joshua 24:15 "...but as for me and my household, we will serve the LORD."

The Word Link**Daily Readings from God's Word**

Teaching Christian Values in the Home

This week I encourage you to spend time with your family working through these exercises. Pray together as a family and ask God to help you grow in character and love.

Monday, March 10 –

Ask the following questions, and share if each person agrees or disagrees. They are designed to be somewhat ambiguous and controversial with the purpose to get the family talking. You need to adjust the questions to meet the age of your children. If your children are too young, or if there are no children in your home, simply share your views with your spouse, parents, or friends.

Agree-Disagree:

1. A person's value system involves not only what they value, but also why they consider these values important and what they do with their lives.
2. Obedience indicates that a young person has accepted certain values for himself/herself and is making choices based on principles.
3. Churchgoers should be more tolerant of others with differing beliefs than non-churchgoers.
4. Teaching young people to think and act for themselves on the basis of a set of moral principles they have personally espoused is the goal of values transmission.
5. There are universal biblical values which everyone should be strongly urged to accept.
6. Values transmission for parent to child is basically finished by the time the child leaves home.
7. Unlike the physical or intellectual development of a child, moral or character development does not move through predictable stages.
8. The highest values pertain to maintaining loving relationships.
9. Modeling is the most effective means of transmitting values.
10. Parents should make decisions for their children until they demonstrate they are capable of making correct choices for themselves.

Read Proverbs 1:8, 22:6 and Deut 6:6-9. What is the responsibility of the family for spiritual and value development?

Tuesday, March 11 – Read Matthew 13:44-46. Now read the following scenario:

Assume for a moment that your house is on fire. The people and pets in the household are all safe. You are informed you have two minutes when it will still be safe for you to run through the house and gather up the most important things in your life. Imagine yourself running through every room, grabbing the things which are of highest value to you. Consider size and weight no problem. When you are safely outside, take inventory of what you have gathered. Jot down a list of the things you have saved from the flames. After a few minutes, look at your lists again and place the following symbols beside appropriate items in your list.

- \$ has recently become of value to me.
- < will likely go down in value to me in the next 5 years.
- > will likely go up in value to me in the next 5 years.
- + to get this item I would risk returning to the house.
- x its loss would seriously affect my life and lifestyle
- * would come the closest to being the "pearl of great price" in my life right now
- P would probably be on my parents' list too
- F would probably be on my friends' list too

Consider your list of treasures...discuss:

Are you happy with your choices?

Why did you make the selections that you did?

If you could go back into the house again, would you choose differently?

What was the most difficult choice you had to make?

What do your choices indicate about your highest values?

What underlying principles do you think prompted your choices?

What does the reading from Matthew 13:44-46 say about what we value most?

Wednesday, March 12 – Read Matthew 6:19-34. Here Jesus in the Sermon on the Mount is addressing our orientation in life. Where do we find our greatest allegiance? What or who gets our valuable resources of time, gifts and energy? Ask your children what vv. 19-21 means to them? Share what it means to you. How does the economy of God (vs. 33) influence our lives? What values might you need to be important additions to your life?

Thursday, March 13 – The source of one's values is one factor in determining their level of importance. For example, Christians would elevate values rooted in a clear "thus saith the Lord" (statements like Matt. 5:3-9, 6:25-33, 16:24-26, Phil. 4:8, Heb. 11:24-26) above other values which they hold that come from their culture. What is the greatest value that Jesus taught. **Read Matthew 22:37-40.** In Jesus mind, love is the value which overarches all others. Timeless, self-emptying, covenant-keeping agape love which is born of God. See John 3:16-17, Phil. 2:5-8, 1 Cor. 13, and 1 John 4:7-21.

Friday, March 14 – Read John 13:35. How are warm, positive relationships developed and maintained? Share memories you have of significant others in your life with whom you have shared warm relationships and who made Christian values so winsome and attractive you wanted to be like them and make their values your own. Children learn from the people they watch...as much as what they learn from what people say...isn't that true for most of us? What activities could your family add/or subtract from your schedule to help teach, encourage, and model God-honoring values? What service activities might your family do together (in your neighborhood, at church, adopt a grandparent, clean up a park, etc.)? How might you include readings from scripture and even singing to grow your family in faith?

The Spirit Link

God's Action Point for My Life

I feel led by God to...