



*Growing Kingdom Hearts*  
INSPIRING CHILDREN TO FOLLOW JESUS

# A HEART LIKE JESUS A TO Z

***Family Discipleship Curriculum***  
***ON THE GO***



# FAMILY DISCIPLESHP CURRICULUM ON THE GO

# A HEART LIKE JESUS A-Z

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Welcome to *A Heart Like Jesus A-Z Family Discipleship Curriculum On the Go!* This shortened version of *A Heart Like Jesus A-Z Family Discipleship Curriculum* is designed for busy parents to train Christ-like character in their children without a lot of extra time involved.

This introduction is designed to give you more information about our curriculum and will help you become familiar with each component of a weekly lesson.

Now let's get started!

### Why teach our children about Jesus' beautiful heart?

- 1. We want our children to fall in love with who Jesus is through stories about His beautiful heart.** We want them to be more excited about Jesus than any superhero, princess, or treasured possession. After all, "Love the Lord your God with all your heart and mind and soul" is the greatest commandment!



#### Matthew 22:36-37

*"Teacher, which is the most important commandment in the law of Moses?" Jesus replied, "You must love the Lord your God with all your heart, all your soul, and all your mind." (NLT)*

- 2. We want our children to desire to be like Jesus.** As followers of Jesus, the Bible instructs us to be "conformed to His image," and why not start when our kids are young and eager to learn? If we can cultivate a DESIRE to be like Jesus, rather than focusing on "being good" out of obligation, we are more likely to raise true disciples who follow God out of a love-relationship and not out of obligation to follow a set of rules or try to earn their way to Him.



#### Romans 8:29

*For those God foreknew He also predestined to be conformed to the image of His Son, that He might be the firstborn among many brothers and sisters. (NLT)*

## What's Inside?

**30 MP3 Audio Lessons:** The audio lessons are meant to be listened to in the car or during a set time once a week. It is important that the parents/caregivers listen to each audio lesson with their kids, so they can answer any questions and understand how to work on each character trait during the week. Each weekly lesson discusses Jesus' beautiful heart and how we want to have a heart like His. It then teaches a new character trait from A-Z and presents a short audio story to help children further understand how the character trait relates to everyday situations. Finally, it provides a related Bible verse set to a tune to help your children memorize it more easily each week.

**Family Discipleship Time:** These parent pages coincide with each audio lesson and provide suggestions to go deeper each week with the targeted character trait your child learned about on the audio files. It is recommended to practice the character traits and Bible verses alongside your kids, for children learn best and will understand the importance when you practice with them! You will have the opportunity to review each character trait and what it means, read a story of how Jesus displayed the character trait, memorize a related Bible verse, and practice the character trait in everyday life. For each Bible story, use an age-appropriate picture Bible, when possible, to read and talk about the story. These activities will help your family grow in having a heart like Jesus!

**Character Trait Sticker Chart:** The sticker chart can be used to reinforce positive character traits and having a heart like Jesus. When you notice your child displaying a specific character trait you have worked on, praise your child for what they did and place a sticker next to that character trait they exemplified.

## How can you take character training deeper?

This abbreviated curriculum is meant to give you and your children an overview of character trait training. After completing this curriculum, you and your children will be familiar with a variety of character traits and how to train their hearts to be more like Jesus. Because character training is a life-long process, it is recommended that you continue to work on character by commenting on the positive character traits you see in them and going deeper with virtues your children need to work on.

## Other great resources to help train your children's hearts:

**A Heart Like Jesus A-Z Family Discipleship Curriculum** — This more in-depth weekly curriculum dives deeper into what it means to have a heart like Jesus by providing further interactive resources. These include printable hearts for each character trait and verse, a script of what to teach, the text, visuals, and coloring pages for each Bible story, craft ideas that coincide with each character trait, and scenario questions to help children understand how to demonstrate each character trait in daily life.

**[www.growingkidsforthe kingdom.com](http://www.growingkidsforthe kingdom.com)** — Our sister site which includes a blog, devotionals, and resource reviews to encourage kids to know and love God, reflect His character, and share His love with others

**[www.growingfamilies.life](http://www.growingfamilies.life)** — Blog, parenting resources

**[www.parentingmadepractical.com](http://www.parentingmadepractical.com)** — Blog, parenting resources

***Parenting with Scripture* by Kara Durbin** — Character resource book for kids ages 5 and up

My hope and prayer is that God will use *A Heart Like Jesus A-Z Family Discipleship Curriculum On the Go* to make training character easy and fun for busy families while encouraging you and your kids to fall more in love with Jesus and become more like Him in character.

With a Heart Like Jesus,

*Taylor Johnson*  
Curriculum Developer



# CHARACTER TRAIT STICKER CHART

*Place a sticker next to the character trait that your children are learning each week (plus any previous ones learned) when you notice them demonstrating that character trait. Praise them for having a heart like Jesus! Post on refrigerator or somewhere that will remind you to be focused on their character throughout the week!*

**BEAUTIFUL**

**ATTENTIVE**

**BRAVE**

**CONTENT**

**DISCERNING**

**ENCOURAGING**

**FORGIVING**

**GENEROUS**

**HELPING**

**INITIATING**

**JUST**

**KIND**

**LOVING**

**MEEK**

**NEAT**

**OBEDIENT**

**PRAYERFUL**

**QUIET**

**RESPONSIBLE**

**SECURE**

**TRUTHFUL**

**UNWAVERING**

**VIRTUOUS**

**WISE**

**EXCELLENT**

**YEARNING**

**ZEALOUS**

**CHEERFUL**

**SHARING**

**THANKFUL**



LESSON

1

# FAMILY DISCIPLESHIP TIME

## Introduce A Heart Like Jesus

**Objective:** Students learned that having a heart like Jesus helps us to become more like Him.

**Bible Verse:** 1 Samuel 16:7 *“People look at the outward appearance, but the Lord looks at the heart.”* (ESV)

**Bible Story:** God Looks at the Heart to Choose the Next King (1 Samuel 16:1-7)

### Action Steps:

- 1. Bible Time:** As a family, read *God Looks at the Heart to Choose the Next King*, and talk about what Samuel was looking at versus what God was looking at to choose the next king.
- 2. Scripture Memory:** Practice singing or reciting the memory verse each day as a family.
- 3. Practice:** This week tell your children that you are going to be on the lookout for beautiful hearts. When you catch them being kind or respectful to others, make a big deal about catching their hearts being beautiful for Jesus. **Place stickers or checkmarks next to BEAUTIFUL on your Character Trait Sticker Chart every time you catch your children displaying beautiful hearts for Jesus.**
- 4. Model:** Pray and ask God to help you demonstrate a beautiful heart this week to be a good model for your kids, and let your kids know you are working on your heart too. Children will pick up character traits more easily when they see a good model from parents! ☺



LESSON

2

# FAMILY DISCIPLESHIP TIME

## A is for Attentive: Paying Attention to God and Others

**Objective:** Students learned that paying attention to God and others makes us more like Jesus.

**Bible Verse:** Proverbs 1:8 *"Listen to your father's advice. Don't turn away from your mother's teachings."* (NIRV)

**Bible Story:** Jesus is Attentive and Heals the Blind Man (Mark 10:46-52)

### Action Steps:

- 1. Bible Time:** As a family, read *Jesus is Attentive and Heals the Blind Man*, and talk about how Jesus showed an attentive heart to the man born blind.
- 2. Scripture Memory:** Practice singing or reciting the memory verse each day as a family.
- 3. Practice:** Teach your children to show attentiveness by coming to you when you call their name and listening to your instructions and showing the following principles: eyes looking, ears listening, mouth quiet, and hands still. Praise them for having attentive hearts like Jesus! **Place stickers or checkmarks next to ATTENTIVE on your Character Trait Sticker Chart every time you catch your children displaying attentiveness.**
- 4. Model:** Be a good role model of attentiveness by stopping what you are doing to give your children attention when they need it. That will help them catch on faster! Children will pick up character traits more easily when they see a good model from parents! ☺



LESSON

3

# FAMILY DISCIPLESHIP TIME

## B is for Brave: Doing Whatever God Asks Without Fear

**Objective:** Students learned that doing whatever God asks us to do without fear makes us more like Jesus.

**Bible Verse:** Joshua 1:9 *“Be strong and brave, don’t be afraid, because God will be with you wherever you go.”* (ERV)

**Bible Story:** Jesus is Brave and Calms the Storm (Matthew 8:23-27)

### Action Steps:

**1. Bible Time:** As a family, read *Jesus is Brave and Calms the Storm*, and talk about how Jesus showed a brave heart.

**2. Scripture Memory:** Practice singing or reciting the memory verse each day as a family.

**3. Practice:** Talk about times when your children might be scared, for example talking to someone new, going to the doctor/dentist, or seeing a bug. If something comes up this week that your children are a little nervous about, sing the Bible verse with them and encourage them to be brave and conquer their fear, because God is with them and will help them! **Place stickers or checkmarks next to BRAVE on your Character Trait Sticker Chart every time you catch your children displaying a brave heart.**

**4. Model:** Be open with your kids about times you are scared and how you pray and ask God to help you through those times. Children will pick up character traits more easily when they see a good model from parents! 😊



LESSON

4

# FAMILY DISCIPLESHIP TIME

## Content Heart: Being Happy with What God Has Given You

**Objective:** Students learned about the joy that comes from being happy with what God has given you.

**Bible Verse:** Psalm 23:1 *"The Lord is my Shepherd; I shall not want."* (ERV)

**Bible Story:** Jesus is Content and Teaches About the Prodigal Son (Luke 15:11-32)

### Action Steps:

**1. Bible Time:** As a family, read *Jesus is Content and Teaches About the Prodigal Son*, and talk about the difference between the content son and the one who was not.

**2. Scripture Memory:** Practice singing or reciting the memory verse each day as a family.

**3. Practice:** When your children see things they want in the store, encourage them to have a content heart (try having them state, "I like..." rather than "I want..." When eating a meal that is not their favorite, remind them to say, "thank you" and, "I don't care for that, but I will eat it anyway." Praise your children for being content and consider giving them a special treat they do like for having a content heart. **Place stickers or checkmarks next to CONTENT on your Character Trait Sticker Chart every time you catch your children displaying a content heart.**

**4. Model:** Demonstrate a content heart yourself by talking openly about being content with situations in your own life. Children will pick up character traits more easily when they see a good model from parents! 😊



LESSON

5

# FAMILY DISCIPLESHIP TIME

## Discerning Heart: Choosing to Do the Right Thing

**Objective:** Students learned that choosing to do the right thing makes us more like Jesus.

**Bible Verse:** Proverbs 4:11 *"I am teaching you about wisdom and guiding you on the right path."* (ERV)

**Bible Story:** Jesus is Discerning When Tempted by Satan (Matthew 4:1-11)

### Action Steps:

- 1. Bible Time:** As a family, read *Jesus is Discerning When Tempted by Satan*, and talk about how Jesus chose to do the right thing when Satan was tempting him.
- 2. Scripture Memory:** Practice singing or reciting the memory verse each day as a family.
- 3. Practice:** Before your children play with friends or siblings, talk about ways they can practice having a discerning heart, such as sharing, using kind words, and cleaning up when asked. Talk about how even if the other kids don't do the right thing, they can still choose to do the right thing. Pray together as a family that God will give you all discerning hearts. **Place stickers or checkmarks next to *DISCERNING* on your Character Trait Sticker Chart every time you catch your children displaying a discerning heart.**
- 4. Model:** Demonstrate a discerning heart by discussing difficult decisions you are faced with in front of your kids and your desire to choose the option that would be like Jesus. Children will pick up character traits more easily when they see a good model from parents! 😊



LESSON

6

# FAMILY DISCIPLESHIP TIME

## Encouraging Heart: Helping Someone Feel Better or Have Courage

**Objective:** Students learned that helping someone to feel better or to have courage makes us more like Jesus.

**Bible Verse:** 1 Thessalonians 5:14 "Encourage those who are afraid." (ERV)

**Bible Story:** Jesus Encourages Zacchaeus (Luke 19:1-10)

### Action Steps:

- 1. Bible Time:** As a family, read *Jesus Encourages Zacchaeus* and talk about how Jesus was encouraging to Zacchaeus and how this changed his life for the better.
- 2. Scripture Memory:** Practice singing or reciting the memory verse each day as a family.
- 3. Practice:** Talk to your children about how they can encourage a friend or sibling that is sad or afraid, such as sharing a Bible verse, giving a hug, letting someone know God is with him/her. Practice these kinds of things this week when the opportunity arises. Pray together as a family that God will give you encouraging hearts for one another, friends, and people you meet. **Place stickers or checkmarks next to ENCOURAGING on your Character Trait Sticker Chart every time you catch your children displaying an encouraging heart.**
- 4. Model:** Demonstrate an encouraging heart by using encouraging words with family members. Children will pick up character traits more easily when they see a good model from parents! ☺



LESSON  
7

# FAMILY DISCIPLESHIP TIME

## Forgiving Heart: Letting Go of Anger When Someone Wrongs You

**Objective:** Students learned that forgiving others will help us become more like Jesus.

**Bible Verse:** Colossians 3:13 "Forgive as the Lord forgave you." (ESV)

**Bible Story:** Jesus Forgives the Soldiers (Luke 23:26-34)

### Action Steps:

- 1. Bible Time:** As a family, read *Jesus Forgives the Soldiers*, and talk about how we can forgive others who wrong us just as Jesus forgave the soldiers who were so cruel to him.
- 2. Scripture Memory:** Practice singing or reciting the memory verse each day as a family.
- 3. Practice:** When your children do something morally wrong, have them practice apologizing and asking for forgiveness. For example, "I'm sorry for..., will you forgive me?" Next time your children get upset with someone, have them practice giving their frustration to God and telling the person they forgive them, and maybe even giving that person a hug. Give them praise for displaying a forgiving heart throughout the week. **Place stickers or checkmarks next to FORGIVING on your Character Trait Sticker Chart every time you catch your children displaying a forgiving heart.**
- 4. Model:** Demonstrate a forgiving heart by letting your children know you forgive them when they mess up and that Jesus does too. Children will pick up character traits more easily when they see a good model from parents! 😊



LESSON

8

# FAMILY DISCIPLESHIP TIME

## Generous Heart: Happily Sharing What You Have with Others

**Objective:** Students learned that being generous helps us to be more like Jesus.

**Bible Verse:** 2 Corinthians 9:7 *“God loves a cheerful giver.”* (ESV)

**Bible Story:** Jesus is Generous with the 5,000 (Matthew 14:13-20)

### Action Steps:

- 1. Bible Time:** As a family, read *Jesus is Generous with the 5,000*, and talk about how God can use your children’s small gifts (money or talents) in big ways like the boy with the fish!
- 2. Scripture Memory:** Practice singing or reciting the memory verse each day as a family.
- 3. Practice:** Decide as a family how you can have a generous heart this week. Some examples may include giving away clothes or canned goods, having your kids “earn” money that they can give as an offering on Sunday, or getting someone special a gift. Pray and ask God to give your family a generous heart and to give cheerfully. **Place stickers or checkmarks next to GENEROUS on your Character Trait Sticker Chart every time you catch your children displaying a generous heart.**
- 4. Model:** Demonstrate a generous heart by letting your children see how you give cheerfully of your time, talents, and finances to others. Children will pick up character traits more easily when they see a good model from parents! 😊



LESSON

9

# FAMILY DISCIPLESHIP TIME

## Helping Heart: Doing Things for Others

**Objective:** Students learned that doing things for others helps us be more like Jesus.

**Bible Verse:** 1 Thessalonians 5:14 "Help those who are weak." (ESV)

**Bible Story:** Jesus Helps Jairus' Daughter (Matthew 9:18-26)

### Action Steps:

- 1. Bible Time:** As a family, read *Jesus Helps Jairus' Daughter*, and talk about how Jesus was always helping those who were in need or who were sick.
- 2. Scripture Memory:** Practice singing or reciting the memory verse each day as a family.
- 3. Practice:** Your children can practice helping you with chores or a younger sibling with something. Praise them for having a helping heart. Encourage them to help people they meet, such as holding the door for people walking into a store or helping an older lady bring her groceries to the car. Pray together as a family that God will give you and your family opportunities to have a helping heart this week. **Place stickers or checkmarks next to HELPING on your Character Trait Sticker Chart every time you catch your children displaying a helping heart.**
- 4. Model:** Demonstrate a helping heart by saying things like, "I am happy to help you" when your kids or spouse ask for help and model helping others in need. Children will pick up character traits more easily when they see a good model from parents! 😊



LESSON

10

# FAMILY DISCIPLESHIP TIME

## Initiating Heart: Doing Good Without Being Told

**Objective:** Students learned how doing good without being told helps us become more like Jesus.

**Bible Verse:** Ecclesiastes 2:26 *"If people do good and please (their) God, He will give them wisdom, knowledge, and joy."* (ERV)

**Bible Story:** Jesus Initiates a Conversation with the Samaritan Woman (John 4:4-26)

### Action Steps:

- 1. Bible Time:** As a family, read *Jesus Initiates a Conversation with the Samaritan Woman*, and talk about how Jesus had an initiating heart by talking to a woman, so He could show her His love.
- 2. Scripture Memory:** Practice singing or reciting the memory verse each day as a family.
- 3. Practice:** Tell your children that you are going to play a game where you will try to "catch" them doing something good without you asking, such as cleaning up toys after playing, using kind words, or sharing toys. Consider reinforcing some of these behaviors with a special treat. Pray together as a family that God will give you initiating hearts to do good without being told. **Place stickers or checkmarks next to INITIATING on your Character Trait Sticker Chart every time you catch your children displaying an initiating heart.**
- 4. Model:** Demonstrate an initiating heart by doing things for your kids before they ask you for help and tell them you were practicing having an initiating heart! Children will pick up character traits more easily when they see a good model from parents! ☺



LESSON

11

# FAMILY DISCIPLESHIP TIME

## Just Heart: Treating Others Fairly

**Objective:** Students learned that treating others fairly helps us to become more like Jesus.

**Bible Verse:** Proverbs 2:9 *"If you listen to (God), you will understand what is just and fair, and how to do what is right."* (ERV)

**Bible Story:** Jesus is Just and Teaches about the Good Samaritan (Luke 10:30-37)

### Action Steps:

- 1. Bible Time:** As a family, read *Jesus is Just and Teaches about the Good Samaritan*, and talk about how the Samaritan man had a just heart because he treated the injured man as Jesus would treat him, even though he was from a different culture.
- 2. Scripture Memory:** Practice singing or reciting the memory verse each day as a family.
- 3. Practice:** Tell your children you only have one of something, such as an apple or cookie, and ask them what the "just" thing would be to do with it (split it in half). Encourage them to make sure everyone gets to take turns, even when you are around kids you do not know or who may seem different than your family. **Place stickers or checkmarks next to JUST on your Character Trait Sticker Chart every time you catch your children displaying a just heart.**
- 4. Model:** Demonstrate a just heart by treating your children and others fairly. If someone gets to the check-out counter at a store before you, make sure they go first, and put your grocery cart back so others don't have to put it back for you. Let your children know in those situations that it is the just thing to do. Children will pick up character traits more easily when they see a good model from parents! ☺



LESSON

12

# FAMILY DISCIPLESHIP TIME

## Kind Heart: Being Nice to Others

**Objective:** Students learned that being nice to others helps us become more like Jesus.

**Bible Verse:** Luke 6:31 *“Do to others as you would have them do to you.”* (NIV)

**Bible Story:** Jesus is Kind to the Children (Mark 10:13-16)

### Action Steps:

- 1. Bible Time:** As a family, read *Jesus is Kind to the Children*, and talk about ways Jesus showed kindness to the children and how you can show kindness to others too.
- 2. Scripture Memory:** Practice singing or reciting the memory verse each day as a family.
- 3. Practice:** Remind your children to be kind in specific ways. Practice smiling and saying hello to people you see. Practice using a kind tone to siblings and parents, and model what that would sound like for them. Pray together as a family that God would give you all kind hearts, so others will know the love of Jesus. **Place stickers or checkmarks next to KIND on your Character Trait Sticker Chart every time you catch your children displaying a kind heart.**
- 4. Model:** Demonstrate a kind heart by using a kind tone with your kids, even when frustration levels rise. Show kindness to them in little ways and tell them you are practicing kindness as well. Children will pick up character traits more easily when they see a good model from parents! ☺



LESSON

13

# FAMILY DISCIPLESHIP TIME

## Loving Heart: Showing You Care About Someone

**Objective:** Students learned that showing we care about someone helps us become more like Jesus.

**Bible Verse:** John 3:16 *“For God so loved the world that He gave His only Son. (Jesus!)”* (ESV)

**Bible Story:** Jesus Loves the World and Comes to Earth (Matthew 1, Luke 1 and 2)

### Action Steps:

**1. Bible Time:** As a family, read *Jesus Loves the World and Comes to Earth*, and talk about the reasons why it was so loving that God gave us Jesus.

**2. Scripture Memory:** Practice singing or reciting the memory verse each day as a family.

**3. Practice:** Remind your children that of all the character traits we are learning, love is the most important! If we love others, then we will be kind, generous, helpful, etc. Think of some ways you can show love to each other this week; for example, tell each other, “I love you,” give hugs, spend time together, or help each other. Pray together as a family that God would give you all a loving heart toward others; and ask God to give you an idea of how you can love someone outside your family this week. **Place stickers or checkmarks next to *LOVING* on your Character Trait Sticker Chart every time you catch your children displaying a loving heart.**

**4. Model:** Demonstrate a loving heart to your children and spouse by giving them hugs, affirming words, spending time with them, serving them in some way, and giving little love gifts. Let them know that you wanted to show them love while you do these things. Children will pick up character traits more easily when they see a good model from parents! ☺



LESSON

14

# FAMILY DISCIPLESHIP TIME

## Meek Heart: Putting Others Before Yourself

**Objective:** Students learned that putting others before ourselves helps us to become more like Jesus.

**Bible Verse:** Matthew 11:29 *“Learn of Me, for I am meek.”* (ASV)

**Bible Story:** Jesus is Meek to the Woman Caught in Sin (John 8:1-11)

### Action Steps:

- 1. Bible Time:** As a family, read *Jesus is Meek to the Woman Caught in Sin*, and talk about how Jesus was humble and gentle with the lady who had sinned, and how we can be like that with others too.
- 2. Scripture Memory:** Practice singing or reciting the memory verse each day as a family.
- 3. Practice:** Remind your children that tattling is not showing a meek heart. If they are old enough to work things out, teach and encourage them to do so before running to you to intervene. If they need help, teaching them to come whisper quietly the problem rather than yelling negative things about their sibling would demonstrate a meek heart. Another option is to talk to your child about boasting, giving examples and how this is the opposite of a meek heart. Tell your children that when they win a game, focus on telling those that didn't win “good job” rather than boasting that they won. **Place stickers or checkmarks next to MEEK on your Character Trait Sticker Chart every time you catch your children displaying a meek heart.**
- 4. Model:** Demonstrate a meek heart by using a gentle tone, refraining from talking negatively about people, and modeling good game etiquette whether you win or lose. Children will pick up character traits more easily when they see a good model from parents! ☺



LESSON

15

# FAMILY DISCIPLESHIP TIME

## Neat Heart: Cleaning Up and Keeping Things in Order

**Objective:** Students learned how cleaning up and keeping things in order can help us to be more like Jesus.

**Bible Verse:** 1 Corinthians 14:40 *"But everything should be done in a way that is right and orderly."* (ERV)

**Bible Story:** Jesus Creates the World in a Neat and Orderly Way (Genesis 1:1-27)

### Action Steps:

- 1. Bible Time:** As a family, read *Jesus Creates the World*, and talk about ways Jesus was neat and orderly and how crazy the world would be if everything didn't have an order.
- 2. Scripture Memory:** Practice singing or reciting the memory verse each day as a family.
- 3. Practice:** Remind your children that when they clean up toys right after they are done playing with them, they are having a neat heart. Encourage your children to do this throughout the week. To work on being orderly, you could have your children help you organize a junk drawer, cabinet, or closet that needs reorganizing. Remind your children that when we work hard to keep things neat and orderly, we are not being lazy, and this pleases Jesus. **Place stickers or checkmarks next to NEAT on your Character Trait Sticker Chart every time you catch your children displaying a neat heart.**
- 4. Model:** Demonstrate a neat heart by picking up items and keeping things organized, and let your children know that you are working on a neat heart too. Children will pick up character traits more easily when they see a good model from parents! 😊



LESSON

16

# FAMILY DISCIPLESHIP TIME

## Obedient Heart: Doing What You are Told Quickly and Cheerfully

**Objective:** Students learned that doing what we are told quickly and cheerfully helps us to become more like Jesus.

**Bible Verse:** Colossians 3:20 *“Children, obey your parents in everything, for this pleases the Lord.”* (NIV)

**Bible Story:** Jesus is Obedient to His Parents at the Temple (Luke 2:41-52)

### Action Steps:

**1. Bible Time:** As a family, read *Jesus is Obedient to His Parents at the Temple*, and talk about what Jesus could have said if He wasn't obedient. Talk about times when your parents ask you to leave when you are having fun and the right and wrong thing to do.

**2. Scripture Memory:** Practice singing or reciting the memory verse each day as a family.

**3. Practice:** Practice obeying quickly and cheerfully. One way to practice this concept is to tell your children that when you call their names, they stop what they are doing, come right away, and say, “Yes, Mom/Dad.” Then you give them an instruction when they are focused. You could make this a game at first, like Simon Says to practice. Give them lots of praise and remind them that God created them to obey their parents, and it will help them learn to obey God. Pray as a family that God will give you all obedient hearts to please the Lord. **Place stickers or checkmarks next to OBEIDENT on your Character Trait Sticker Chart every time you catch your children displaying an obedient heart.**

**4. Model:** Let your kids know sometimes you are doing something to obey God, when you are faithfully doing the laundry each week, serving at Sunday school, or inviting a family over for dinner. This will help them see a picture of what it is like to obey God. Children will pick up character traits more easily when they see a good model from parents! ☺



LESSON  
17

# FAMILY DISCIPLESHIP TIME

## Prayerful Heart: Talking to God

**Objective:** Students learned that talking to God makes us more like Jesus.

**Bible Verse:** Romans 12:12 *“Pray all the time.”* (ERV)

**Bible Story:** Jesus is Prayerful and Teaches Us to Pray (Matthew 6:9-15, Luke 11:1-4)

### Action Steps:

**1. Bible Time:** As a family, read *Jesus is Prayerful and Teaches Us to Pray*, and talk about the different parts of the Lord’s prayer and what they mean.

**2. Scripture Memory:** Practice singing or reciting the memory verse each day as a family.

**3. Practice:** Pray each day with your children and consider writing down your prayers in a notebook. Review the answered prayers and thank God for them. Remind your children they can talk to God whenever they feel like it, because God loves them so much and wants to hear what they have to say. **Place stickers or checkmarks next to PRAYERFUL on your Character Trait Sticker Chart every time you catch your children displaying a prayerful heart.**

**4. Model:** Let your kids know when you pray and pray out loud with them for different situations throughout the day. It can be as easy as, “Thank you, Lord, for this beautiful day!” Children will pick up character traits more easily when they see a good model from parents! ☺



LESSON

18

# FAMILY DISCIPLESHIP TIME

## Quiet Heart: Being Still and Not Making Noise

**Objective:** Students learned that being still and quiet helps us to be more like Jesus.

**Bible Verse:** Ecclesiastes 3:7 "[There is] a time to be quiet and a time to speak." (NLT)

**Bible Story:** Jesus is Quiet Before the Rulers (Matthew 27:11-31)

### Action Steps:

- 1. Bible Time:** As a family, read *Jesus Is Quiet Before the Rulers*, and talk about why Jesus needed to be quiet, ultimately to pay the price for our sins. Talk about times when we need to be quiet, like when parents are talking to other adults, going to the library, etc. (You may want to explain that God doesn't want us to be quiet if someone is hurting us (like in this story of Jesus). If someone is hurting us, we should always yell and get help.)
- 2. Scripture Memory:** Practice singing or reciting the memory verse each day as a family.
- 3. Practice:** For younger children, if they have difficulty being quiet and still, one way to practice self-control is by having them fold their hands and sit on the couch at home. Set the timer for one minute and call it "quiet hands time." Practice each day and work up to five minutes or more. Praise them for their practice! Then when you need them to be quiet or still in situations like at the check-out counter or in church, all you have to say is "quiet hands," and they will know what to do. For older children, practice having them be quiet in certain situations that you know are difficult for them. Remind your child that there are times when God wants us to be quiet, but there are times when God wants us to speak be loud and have fun too. **Place stickers or checkmarks next to QUIET on your Character Trait Sticker Chart every time you catch your children displaying a quiet heart.**
- 4. Model:** Practice being quiet with your kids during moments like going into the library or sitting in church. When they know you are "practicing" with them, it will make it more fun! Children will pick up character traits more easily when they see a good model from parents! ☺



LESSON

19

# FAMILY DISCIPLESHIP TIME

## Responsible Heart: Taking Care of What God Has Given You

**Objective:** Students learned that taking care of what God has given them will help them become more like Jesus.

**Bible Verse:** Matthew 28:19 “Go and make disciples of all nations.” (NIV)

**Bible Story:** Jesus Shares Responsibility in the Great Commission (Matthew 28:19-20)

### Action Steps:

- 1. Bible Time:** As a family, read *Jesus Shares Responsibility in the Great Commission*, and talk about what responsibility Jesus had on earth and what responsibility He gave His followers. Discuss ways that your family can be a part of making disciples.
- 2. Scripture Memory:** Practice singing or reciting the memory verse each day as a family.
- 3. Practice:** Talk to your children about how they can have a responsible heart this week. Pick one or two different things that they will be responsible for, such as cleaning up their toys or helping with dishes. Also, to practice our responsibility of making disciples/sharing the love of Jesus, think of a way you can do that this week as a family. **Place stickers or checkmarks next to RESPONSIBLE on your Character Trait Sticker Chart every time you catch your children displaying a responsible heart.**
- 4. Model:** Show your kids how you “practice” being responsible when you do the laundry or clean/do yard work. You can even share with your kids that you do not always enjoy your chores, but you know that it pleases God when we take care of our things, so you do so with a happy heart. Children will pick up character traits more easily when they see a good model from parents! ☺



LESSON  
20

# FAMILY DISCIPLESHIP TIME

## Secure Heart: Trusting That God Loves and Takes Care of You

**Objective:** Students learned that trusting God's love for us, and trusting Him to take care of us helps us become more like Jesus.

**Bible Verse:** Psalm 56:3 *"When I am afraid, I will trust in you."* (HCSV)

**Bible Story:** Jesus is Secure in God's Love When Baptized (Matthew 3:13-17)

### Action Steps:

- 1. Bible Time:** As a family, read *Jesus Is Secure in God's Love When Baptized*, and talk about how Jesus knew that God loved Him. Discuss how you can know God loves you.
- 2. Scripture Memory:** Practice singing or reciting the memory verse each day as a family.
- 3. Practice:** Whenever bad things happen throughout the week, remind your children that God is still there. Your family can trust God to take care of you and help you through whatever difficult situations you find yourself in because He loves you. These could be momentary trials such as falling and getting hurt to bigger situations, such as a family struggling financially. If your children feel left out sometimes, remind them the most important thing is that God loves them, and His love matters more than what other people think. **Place stickers or checkmarks next to SECURE on your Character Trait Sticker Chart every time you catch your children being secure in God's love.** (*This trait may be harder to observe, so consider asking your child questions throughout the week such as, "Who loves you more than anyone?" and "Whose love matters most?" etc. and give a sticker for correct answers.*)
- 4. Model:** Show your kids how you practice being secure by saying things like, "I may be having a bad day, but I know my Heavenly Father will get me through it." Or, "That person wasn't acting very kind to me, but I am glad that Jesus loves me even when others don't act loving." Children will pick up character traits more easily when they see a good model from parents! 😊



LESSON

21

# FAMILY DISCIPLESHIP TIME

## Truthful Heart: Speaking What Is True and Not Lying

**Objective:** Students learned that speaking what is true helps us to become more like Jesus.

**Bible Verse:** Leviticus 19:11 *“Do not lie.”* (NIV)

**Bible Story:** Jesus Tells His Disciples He IS the Truth (John 14:2-7)

### Action Steps:

- 1. Bible Time:** As a family, read *Jesus Tells His Disciples He IS the Truth*, and talk about how we can know what is true in life. Discuss ways that your kids can have a truthful heart this week and times when it is difficult to tell the truth.
- 2. Scripture Memory:** Practice singing or reciting the memory verse each day as a family.
- 3. Practice:** Review with your children how truth comes from God, and the Bible is our book to find out about truth. Remind them of the importance of telling the truth even when you may get in trouble. If your children confess something they did, praise them for telling the truth, (even though you still may choose to correct them for what they did wrong). **Place stickers or checkmarks next to TRUTHFUL on your Character Trait Sticker Chart every time you catch your children displaying a truthful heart.**
- 4. Model:** Show your kids how you practice being truthful. When tricky situations arise where it may be difficult to tell the truth, share with your kids, if appropriate, how you chose to speak truth even though it was hard or share previous examples from your life. Children will pick up character traits more easily when they see a good model from parents! ☺



LESSON

22

# FAMILY DISCIPLESHIP TIME

## Unwavering Heart: Saying No to Those Who Tempt Us to Disobey

**Objective:** Students learned that saying no to temptation helps us become more like Jesus.

**Bible Verse:** Proverbs 1:10 *"If sinful men entice you, do not give in to them."* (NIV)

**Bible Story:** Jesus is Unwavering and Says No to Peter (Matthew 16:20-23)

### Action Steps:

- 1. Bible Time:** As a family, read *Jesus is Unwavering and Says No to Peter*, and discuss why Jesus rebuked/said no to Peter's request. Discuss ways that your kids can have an unwavering heart when around peers who may not have the same family values as your family.
- 2. Scripture Memory:** Practice singing or reciting the memory verse each day as a family.
- 3. Practice:** Talk with your children about some rules you are working on, like sitting quietly while waiting for food at a restaurant or cleaning up toys when they are finished playing. When you know other kids will be around that may not follow the same rule, remind your children to still obey the rule, even if their friends/siblings are not doing it. An unwavering heart is not being negatively influenced by other friends. Remind them that Jesus loves an unwavering heart, and when we follow our parents' rules, even when our friends or siblings are not following those rules, we are being like Jesus. **Place stickers or checkmarks next to UNWAVERING on your Character Trait Sticker Chart every time you catch your children displaying an unwavering heart.**
- 4. Model:** Show your kids how you practice being unwavering. If your children ask you to do something that you know would not please God, let them know that God would not want you to do that because..., and you want to have an unwavering heart. Share other situations from your life if appropriate as well. Children will pick up character traits more easily when they see a good model from parents! 😊



LESSON

23

# FAMILY DISCIPLESHIP TIME

## Virtuous Heart: Doing What God's Word Says

**Objective:** Students learned that doing what the Bible teaches helps us become more like Jesus.

**Bible Verse:** James 1:22 *"But don't just listen to God's Word. You must do what it says."* (NLT)

**Bible Story:** Jesus is Virtuous and Washes the Disciples' Feet (John 13:1-17)

### Action Steps:

- 1. Bible Time:** As a family, read *Jesus is Virtuous and Washes the Disciples' Feet*, and discuss why Jesus washed the disciple's feet. Think of ways that you can serve others that may not be enjoyable, like washing someone's feet, and how that shows the person love.
- 2. Scripture Memory:** Practice singing or reciting the memory verse each day as a family.
- 3. Practice:** Pray about what behavior each of your children really needs help with right now. For example, if one is having difficulty obeying, choose a related verse, such as the one we learned, "Children, obey your parents in everything, for this pleases the Lord." Read the verse you found with your child and talk about how we need not just to hear the verse but follow it in order to have a virtuous heart. Then give your child a specific goal this week to follow the verse. Praise them or perhaps a reward for having a "virtuous" heart. **Place stickers or checkmarks next to VIRTUOUS on your Character Trait Sticker Chart every time you catch your children displaying a virtuous heart.**
- 4. Model:** Pray about a way you can serve others or your family this week and talk about how you are practicing having a virtuous heart this week with your children. Children will pick up character traits more easily when they see a good model from parents! 😊



LESSON  
24

# FAMILY DISCIPLESHIP TIME

## Wise Heart: Making Good Choices

**Objective:** Students learned that making good choices helps us become more like Jesus.

**Bible Verse:** Proverbs 2:6 *"For the Lord gives wisdom."* (NIV)

**Bible Story:** Jesus is Wise and Answers the Pharisees Questions (Matthew 12:9-14)

### Action Steps:

- 1. Bible Time:** As a family, read *Jesus is Wise and Answers the Pharisees Questions*, and discuss how Jesus showed He was wise. Talk about how we can learn to be wise like Jesus and pray and ask God for wisdom.
- 2. Scripture Memory:** Practice singing or reciting the memory verse each day as a family.
- 3. Practice:** Throughout the day, as different situations come up, ask your children what a wise choice would be. For example, if your children have some schoolwork but want to play, and it's getting close to bed, ask them if it's wiser to play or finish their homework. Another example could be if it's wiser to eat a cookie for dinner or whatever healthy meal you are having. When praying with your children, take time to ask the Lord for wisdom in your everyday decisions, and remind each child that it is the Lord who gives us wisdom. **Place stickers or checkmarks next to WISE on your Character Trait Sticker Chart every time you catch your children displaying a wise heart.**
- 4. Model:** Talk about times when you are having trouble knowing what to do and how you are praying and asking God for wisdom. When God gives you wisdom, let your kids know! Children will pick up character traits more easily when they see a good model from parents! 😊



LESSON

25

# FAMILY DISCIPLESHIP TIME

## eXcellent Heart: Doing Your Very Best for God

**Objective:** Students learned that when we do our very best for God, it helps us become more like Jesus.

**Bible Verse:** Colossians 3:23 *"In all the work you are given, do the best you can."* (ERV)

**Bible Story:** Jesus is eXcellent and Heals the Ten Lepers (Luke 17:11-19)

### Action Steps:

- 1. Bible Time:** As a family, read *Jesus is eXcellent and Heals the Ten Lepers*, and discuss how Jesus showed He was excellent. Talk about different chores or activities your children do and how they can have an excellent heart when doing them.
- 2. Scripture Memory:** Practice singing or reciting the memory verse each day as a family.
- 3. Practice:** Review what it means to have an excellent heart with your children. Then throughout the week, encourage your children to have an excellent heart in all that they do. This could include things like cleaning up toys, putting on clothes alone, doing homework, or making a tower out of blocks. Remind them that we do our best work for God, and the Lord is pleased and proud of us when we try our best for Him. **Place stickers or checkmarks next to EXCELLENT on your Character Trait Sticker Chart every time you catch your children displaying an eXcellent heart.**
- 4. Model:** Talk about times when you may not feel like doing a certain chore, but you want to have an excellent heart for Jesus, so you are going to do it anyway. When kids see that we struggle with having godly character too, it will help them know they are not alone and that we aren't perfect. Children will pick up character traits more easily when they see a good model from parents! ☺



LESSON

26

# FAMILY DISCIPLESHIP TIME

## Yearning Heart: Desiring to Know God and Be with Him

**Objective:** Students learned that desiring to know God and longing to be with Him makes us more like Jesus.

**Bible Verse:** Psalm 84:2 *"My soul yearns [and] even faints for the courts of the Lord."* (NIV)

**Bible Story:** Jesus Yearns for Heaven and Tells His Disciples (Mark 1:35, John 14:2-4)

### Action Steps:

**1. Bible Time:** As a family, read *Jesus Yearns for Heaven and Tells His Disciples*, and discuss how Jesus was longing for God. Discuss your longing to meet Jesus one day face-to-face and things you are looking forward to about Heaven.

**2. Scripture Memory:** Practice singing or reciting the memory verse each day as a family.

**3. Practice:** Discuss with your children one or more ways they can practice being yearning for Jesus and practice this week. These may include spending time with God (daily quiet time/devotion time, journaling, praying, worshiping, going to church, etc.) to grow in a relationship with Him. Consider starting a morning devotion time for your family if you do not already do so. Pray with your children and encourage them to tell Jesus how much they love Him and are excited to meet Him in Heaven one day! **Place stickers or checkmarks next to YEARNING on your Character Trait Sticker Chart every time you catch your children displaying a yearning heart for Jesus/God/Heaven.**

**4. Model:** Show your kids how you spend time with God (have a personal devotion time) or start doing so if you haven't been consistent with this. Let your children know when you are longing to be filled with God's peace, love, patience, etc. Children will pick up character traits more easily when they see a good model from parents! 😊



LESSON

27

# FAMILY DISCIPLESHIP TIME

## Zealous Heart: Being Excited About God

**Objective:** Students learned that being excited about God will help them become more like Jesus.

**Bible Verse:** Philippians 4:4 *“Rejoice in the Lord always; again, I will say, rejoice.”* (ESV)

**Bible Story:** Jesus is Zealous and Enters Jerusalem on a Donkey (Luke 2:41-51 and Matthew 21:7-9, 15-16)

### Action Steps:

- 1. Bible Time:** As a family, read *Jesus is Zealous and Enters Jerusalem on a Donkey*, and discuss how the people showed that they were zealous for Jesus. Discuss reasons why your family can be zealous for Jesus.
- 2. Scripture Memory:** Practice singing or reciting the memory verse each day as a family.
- 3. Practice:** Review what it means to have a zealous heart for God, to be excited about God and following His commands. Remind the kids that God has given them excitement for Him, and that is a good thing! Put on some worship music for your kids and tell them they can practice having a zealous heart by singing, dancing, or playing instruments to God and Jesus. Discuss how they can let their excitement about Jesus show to others, so other people will want to know Him too! **Place stickers or checkmarks next to ZEALOUS on your Character Trait Sticker Chart every time you catch your children displaying a zealous heart for Jesus.**
- 4. Model:** Allow your kids to see your excitement for God by talking about what great things He is doing in your life and the lives of others. During Bible time, discuss the amazing things God has done with excitement and awe. Children will pick up character traits more easily when they see a good model from parents! ☺



LESSON

28

# FAMILY DISCIPLESHIP TIME

## Cheerful Heart: Being Joyful and Sharing That Joy with Others

**Objective:** Students learned that being joyful and sharing joy with others makes us become more like Jesus.

**Bible Verse:** Proverbs 17:22 *"A cheerful heart is good medicine, but a crushed spirit dries up the bones."* (NIV)

**Bible Story:** Jesus Has a Cheerful Heart Toward the Lost Sheep (Luke 15:3-7)

### Action Steps:

**1. Bible Time:** As a family, read *Jesus Has a Cheerful Heart Toward the Lost Sheep* and discuss why Jesus was so happy when he found His lost sheep and is happy when people turn back to Him after they have sinned.

**2. Scripture Memory:** Practice singing or reciting the memory verse each day as a family.

**3. Practice:** Practice having a "cheerful heart" this week by cheering someone up when they feel sad or discouraged. This could include visiting someone who is sick or cheering up a sibling who got hurt or is feeling down. Think of something nice your child could do for that person and remind them to smile and be friendly to them to show a cheerful heart. Like our Bible verse says, a cheerful heart will be good "medicine" for them and will be showing them God's love. **Place stickers or checkmarks next to CHEERFUL on your Character Trait Sticker Chart every time you catch your children displaying a cheerful heart.**

**4. Model:** Practice cheering up your children when they are feeling down. When you are having a bad day, let your kids know that you are praying for God to help you have a cheerful heart and be intentional to practice cheerfulness during trying times with God's help. Children will pick up character traits more easily when they see a good model from parents! ☺



LESSON

29

# FAMILY DISCIPLESHIP TIME

## Sharing Heart: Giving Part of What You Have or Taking Turns

**Objective:** Students learned that sharing helps us become more like Jesus.

**Bible Verse:** Romans 12:13 *“Share with God’s people who need help.”* (ERV)

**Bible Story:** Jesus Shares His Best with Wedding Guests (John 2:1-10)

### Action Steps:

- 1. Bible Time:** As a family, read *Jesus Shares His Best with Wedding Guests*, and discuss how and why Jesus shared a special drink with the wedding guests. Talk about why it is good to share.
- 2. Scripture Memory:** Practice singing or reciting the memory verse each day as a family.
- 3. Practice:** Practice having a “sharing heart” this week by praying with your children and asking God what your children could share this week and see what comes to mind. This could involve sharing a toy with a sibling if your children need practice with this, or it could mean sharing something like food or clothing with someone in need. Remind your children that having a sharing heart is a way to show the love of Jesus to that person. **Place stickers or checkmarks next to SHARING on your Character Trait Sticker Chart every time you catch your children displaying a sharing heart.**
- 4. Model:** Practice sharing your time and possessions with your children and others. One example could be to invite a family over and share your food with them as a way to show your children how you are all practicing sharing with others. Children will pick up character traits more easily when they see a good model from parents! 😊



LESSON

30

# FAMILY DISCIPLESHIP TIME

**Thankful Heart:** Being Grateful for What You Have and the Help You Are Given

**Objective:** Students learned that being grateful for what you have helps us to become more like Jesus.

**Bible Verse:** Psalm 107:1 *"Give thanks to the Lord, for He is good. His love endures forever."* (NIV)

**Bible Story:** Jesus is Thankful Lazarus is Raised from the Dead (John 11:1-44)

## Action Steps:

**1. Bible Time:** As a family, read *Jesus is Thankful Lazarus is Raised from the Dead*, and discuss how Jesus was thankful BEFORE the miracle happened because He knew God was going to heal Lazarus. Discuss how your family can be thankful that God has a good plan, even when you can't see what His plan looks like right away.

**2. Scripture Memory:** Practice singing or reciting the memory verse each day as a family.

**3. Practice:** Take time to do some thankful prayers with your children this week maybe on the way to school or while eating breakfast in the morning. Go around and have each family member tell God three things they are thankful for to start your day. Also, remind your children to have a thankful heart throughout the week: when situations come up to practice saying "thank you" to people, such as when given a meal to eat, a gift, or help. **Place stickers or checkmarks next to THANKFUL on your Character Trait Sticker Chart every time you catch your children displaying a thankful heart.**

**4. Model:** Be intentional about thanking your family members and talking about your gratitude for God and how He has provided or helped you through different things. Children will pick up character traits more easily when they see a good model from parents! ☺