

# FAMILY FAITH BUILDER

## Character Lessons for Practical Application of Faith

# POSITIVITY



### Maintaining a good attitude, even when faced with difficulty

As believers, it should be easy for us to be Positive and Optimistic as we know the gift of salvation and the promise our heavenly home. Our faith in God and his steadfastness is not a blind faith that anything we pray for we receive and that earthly riches are bestowed on those who do good things. Our faith is knowledge that no matter what happens, God can use it in our lives to teach and strengthen us. We know he is bigger than any problem we face and will support us through everything.

This month, let go and let God.

#### *To Practice Positivity I Will:*

- Practice gratitude
- Do good things for others
- Make time to play and relax
- Understand that obstacles are there to challenge me
- Think good thoughts

Any others appropriate to your family?

#### *God's Word on Positivity*

*Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.*

*Philippians 4:8*

*Do you not know that you are God's temple and that God's Spirit dwells in you?*

*1 Corinthians 3:16*

*Giving thanks always and for everything to God the Father in the name of our Lord Jesus Christ.*

*Ephesians 5:20*

*For we walk by faith, not by sight.*

*2 Corinthians 5:7*

*Continue steadfastly in prayer, being watchful in it with thanksgiving.*

*Colossians 4:2*

*Jesus said, "Because you have so little faith. Truly I tell you, if you have faith as small as a mustard seed, you can say to this mountain, 'Move from here to there,' and it will move. Nothing will be impossible for you."*

*Matthew 17:20*

#### **Bathsheba Teaches us about Positivity**

The relationship between Bathsheba and King David did not begin well, but she later became his loyal wife and mother of King Solomon. She made sure that her son Solomon became King instead of one of David's older sons. Women had few rights in ancient times. Despite being mistreated, she learned to love David and saw a promising future for Solomon. Often circumstances seem stacked against us, but if we keep a positive attitude and our faith in God, we can find meaning in life.



**Rocks in your Socks** - For this activity you will need lollipops and small pebbles to put inside everyone's shoes. After everyone has the pebbles in their shoes give them a lollipop (popsicle, ice cream bar, etc.) to eat and have them walk around the house. Ask them to describe how they feel. In most cases, everyone will focus on how the pebbles felt rather than how they enjoyed the lollipops.

Explain that whenever they are having a rough time with something, to pause and reconsider what good things they could be missing. You can use the following story to illustrate or choose one from your family history.

A family had several visiting relatives and had planned a day of fun outside but the weather that day was cold and rainy and they couldn't go outside. To save the day, they set up some of the outdoor games in the basement. When they were done with those, Mom set up several different board games in the living room. She set a timer to ring every few minutes and the youngest at each game had to switch around the room and trade places. They all had fun being together and making up new things. Now, whenever the families get together they talk about how fun that day turned out and how many great memories they made. If they had had a regular day outside, it may not have stood out in their minds.



POSTER IDEA:

## Positivity

**Maintaining a good attitude,  
even when faced with  
difficulty.**



*"I can do all things through him  
who strengthens me."  
Philippians 4:13*

**Do you believe you  
have the strength?**

Dear Jesus,

We praise you for your goodness and mercy and thank you for the example of Positivity in your life. We remember how you were confident in the plan that God had laid out for you. Help us to be grateful for all your blessings and to share those blessings by doing good things for others. Remind us that it is important to make time to play and relax and to think good thoughts. Teach us to believe that obstacles are there to teach and challenge us and that you will always be there to guide us. Help us to act in all things in harmony with the will of the Father.

Amen.

### Other ways to teach character in the home:

- Display the character quality and definition in a prominent place such as on the refrigerator or let each child decorate it for their bedroom door.
- At the dinner table ask if anyone noticed anyone (not just family members) demonstrating the character quality (or not demonstrating it).
- Point out news stories where character was or was not involved.
- During car trips, challenge the kids by describing scenarios and having them identify if it describes being the quality or being the opposite.
- Praise with character by recognizing the character quality involved rather than the achievement.
- For more ideas visit [www.charactercincinnati.org/faith.php](http://www.charactercincinnati.org/faith.php)

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For more activities that can be adapted for family use, visit

[www.charactercincinnati.org/quality\\_resource.php?q=Positivity](http://www.charactercincinnati.org/quality_resource.php?q=Positivity)