

Making God's values our values

Parents: The following section is a summary of Dr. Russell Hall's Video and a challenge to use values in helping your children make choices that reflect biblical values.

Effective parenting should focus on two key components: the child's long-term development and the parenting process, rather than just short-term immediate results. Focusing on Values as a family is a great way to do just that. Values are the qualities people want to embody, the principles they aim to live by, and are the foundation for relationships, and decision-making in families.

A compass analogy presents values as providing direction for life's journey, unlike goals which are specific destinations. The benefits of value-based parenting include providing clear direction for the family, creating a positive environment, and helping navigate challenges.

Compass Activity: In your October Bag, you have a compass. When you are ready to play, find the paper copy of the instructions in your activity bag. It is also online in the Resources section under a walking activity. Scripture teaches us the importance of living out our values.

Key aspects of values:

1. They are behaviors, not just words
2. They are freely chosen
3. They are ongoing life directions, not achievable goals
4. They involve moving towards positives rather than away from negatives

Using values is not a way to control our children's behavior. It's a direction the family moves in together.

Parents must live out their values first, before expecting children to live out their values. Therefore, parents must lead by example, living out the values they want to see in the family. When the children don't follow the parents' example, at the moment, parents have to stay the course of their values for them to have any meaning in the home.

Values Challenge: What are your personal and family values?

When you are ready, play the **Planting Values Game** as a family. Listen to your children's responses. Play the game (as often as you or the children desire) to familiarize yourselves with the meaning of the values.

On a different day, have each family member use the same cards to sort their values into piles of, Most Important to Me, Somewhat Important to Me, or Not Important to Me. You may need to sit with each child to help them decide their most important 5 values. For children not at a developmental age to participate, the parents can simply choose 5 family values and begin to

share the importance of their choices.

You can also use a digital card-sort at [Values card sort](#) or [ACT card sort](#). These are other online options for teens or parents. You can also find these on our website under resources. Remember the key aspects of values #1-4 found at the beginning of this page when discussing values.

Once each person has chosen the 5 most important values, write each person's name and values on paper and put them up in a common place like the refrigerator or on a wall where the whole family can see them. Look at each person's values and notice how they align with their behaviors or needs. Re-engage with these values during challenging moments in family life.

Choose an evening to discuss as a family:

- What are common values your family shares?
- What are values that may lead to conflicts in relationships?
- Notice what these identified values tell you about yourself or your family.
- In what ways can you move your family from values to living out virtues

Use the identified values as a directional guide in choices and behaviors just as you would use a compass on a journey.