

What Are My Family Values?

Have you ever really thought about what your values are? All of us have certain things we believe are important and necessary for living a good and significant life, and we live life according to them. The question is, have you ever taken the time to write out your values and think about why your values are important to you?

When it comes to raising kids, values help us determine the kind of people we can help them to become by focusing on the things we want to put a special emphasis on in our homes. Family values become an integral part of how we do life together as a family.

If you hope to leave a Godly legacy for your family, you must be intentional about what you want that legacy to look like. Think of it this way, if you were an archer aiming to hit the bullseye of a target, it would be pretty important to know where that target is located, right? Without knowing what/where the target is, you have about a 0% chance of hitting the target. Maybe you could get a close shot in archery, but when it comes to leaving a Godly legacy, nobody does that by accident.

Family values are like the target you're aiming to hit. What Godly characteristics are you most passionate about instilling in your kids? What target are you, as a family, aiming at and hoping to hit?

Answering these questions will help define the kind of family you want to be and the kind of legacy you will leave behind. To do this, you have to first identify and put into words what your values are. That's the goal of this worksheet!

Please note that this exercise will take about an hour to complete. If you're married, complete Part One of this worksheet individually and then move on to Part Two with your spouse.

Part One: What Do I Value?

(Complete this part of the exercise individually.)

A. Who do you hope your kids will become? Take 10 minutes and think about it and then write out what you come up with. List as many characteristics as you can. Don't reference anything to try to come up with ideas (that will come later). Pray and ask the Holy Spirit to spark ideas and give you direction.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____

(Once you are done, move on to exercise B. Continue to do this individually.)

B. Take 10 minutes and look over the list below. These are Godly values that we see spelled out in Scripture. These are the characteristics that God values and that He desires to see in the lives of His children. Where do you see connections or intersections between the characteristics you listed above and the Biblical Values listed below? Circle the Biblical Values on this page that connect with the characteristics you listed above. Also, feel free to underline any of them that jump off the page at you, even if there is not a direct connection to what you came up with above. Take time to read the Bible verses connected to the values you circle. Once you're done, move on to section C.

Important Note: This is only a short list of characteristics that we see throughout the Bible. If you are passionate about a characteristic you listed above, but you do not see a connection to the list below, take time to look through God's Word to ensure that it is a value that God would affirm you instill in your children. If so, list it in the "Other" category with a Scripture reference that affirms the value.

Biblical Values

Faith (Heb. 11:6)

Love (Matt. 22:37-40)

Childlikeness (Matt. 18:3-5)

Biblical Worldview (Heb. 4:12)

Tenderheartedness (Ephesians 4:32)

Hunger for Righteousness (Matthew 5:6)

Fear of God (Proverbs 9:10)

Dependance on God (Psalm 62:5-7)

Forgiveness (Ephesians 4:32)

Hopefulness (Isaiah 40:28-31)

Obedience (1 Samuel 15:22)

Respect (1 Peter 2:17)

Graciousness (Psalm 145:8)

Compassion (Colossians 3:12)

Mercy (Colossians 3:13)

Thoughtfulness (Philippians 2:3-4)

Kindness (Proverbs 11:17)

Others:

Generosity (1 Timothy 6:17-19)

Work Ethic (Colossians 3:23-24)

Service (Mark 9:35)

Selflessness (Philippians 2:3-4)

Learning (Psalm 25:4)

Self-Control (1 Corinthians 10:13)

Honesty (Proverbs 12:22)

Patience (Galatians 6:9)

Loyalty (Proverbs 17:17)

Joy (Romans 15:13)

Gentleness (Proverbs 15:1)

Justice (Micah 6:8)

Humility (Proverbs 11:2)

Integrity (Psalm 15:2,4)

Community (Hebrews 10:24-25)

Courage (2 Timothy 1:7)

Perseverance (James 1:2-4)

Others:

C. Out of all the values you circled (or added) above, designate your top seven core values in order of priority (1 being the most important):

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

D. Take 5 minutes and reflect on your lifestyle and how you spend your time. How well does your life reflect the seven core values you have listed above? Are the values you listed part of your everyday life?

Remember: Values are more caught than taught. Don't misunderstand, it's very important to TEACH values, but if they are not reinforced by ACTION, your actions will re-teach what you REALLY value.

As you reflect, feel free to write down any insights you have gained below:

Part Two: What Does Our Family Value?

(Complete this section with your spouse. If you are a single parent/guardian, skip to section E.)

A. Take 10 minutes and discuss your top seven core values together with your spouse. In what areas do you see overlap and agreement in your values? Are there any areas of disagreement? If so, dig into that conversation. Talk about how you need one another for balance.

B. Take 15 minutes and develop a cohesive list of your seven core values (in order of priority). This may mean eliminating some values from your list, but that's ok. You're deciding what is MOST important to your family – This doesn't mean that other values don't matter or aren't important. Write your top seven family values below, with the scripture reference that is connected to the value:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

C. Discuss with your spouse how you can teach and model your top values to your kids. You might even want to go as far as to pull out your calendar and schedule a family meeting with your kids to talk about your family values, what they mean, and how you can all live them out as a family. Remember, our kids will do what they see us live out!

D. Take some time to pray together as a couple. Then pray and ask God to give you the wisdom and boldness you need to help you live out your family values and lead your family well. And remember, you aren't alone: **Your church is for you and we're cheering you on as you help your kids become who God created them to be.**

E. For Single Parents/Guardians: Take time to pause and reflect. Ask yourself, “How can I teach and model these values for my family?”. Then pray and ask God to give you the wisdom and boldness you need to help you live out your family values and lead your family well. You might even want to go as far as to pull out your calendar and schedule a family meeting with your kids to talk about your family values, what they mean, and how you can all live them out as a family. Remember, our kids will do what they see us live out!

Finally, don't try to instill your family values on your own! Share your experience with this exercise, and your list of seven core family values, with a trusted friend or family member, and ask them to hold you accountable as you begin to live out these family values. And remember, you aren't alone: Your church is for you, and we're cheering you on as you help your kids become who God created them to be.