

## Character Trait October 24th – 28<sup>th</sup> is Determination Proverbs 11:3, “The integrity of the upright guides them”

**Character:** the qualities built into an individual's life that determine their responses, regardless of circumstances.

**Determination:** Overcoming obstacles in order to reach my goal.

**Derivation:** De•ter•mi•na•tion n 1: firmness of purpose, resoluteness, purposefulness; 2: the process of establishing something; 3: the controlling or deciding of something's nature or outcome

**Weekly Verse:** II Timothy 4:7 “I have fought the good fight, I have finished the race, I have kept the faith.”

**Bible Story:** Hebrews 11:1 to 12:2 describes for us how people of faith also need to have determination.

**Quote:** "Setting goals takes desire, but completing them takes determination.”

**Application:** Perhaps you've seen a child struggle with a task that is just above his or her current ability. As a parent or caregiver, it can be difficult to watch the struggle, and you may be tempted to step in and help to ensure the child doesn't fail. However, this kind of rescue is less likely to teach children determination and more likely to teach them that they are unable to accomplish the task on their own! Instead, try these ideas:

Encourage them to stick with tasks a little bit longer. It's tempting to give up on something difficult, particularly when frustration starts to set in. Encourage children to keep trying and to stick with a task beyond their first impulse to give up.

Provide help without taking over. When a child asks you for help with a task, don't take that as a cue to take over for them and finish what they were doing. Instead, find the appropriate amount of assistance to give that helps the child but doesn't completely take away the difficulty of the task.

Teach them to manage failure. Help children manage their disappointment and failure by praising their effort, reminding them that their value is not found in their accomplishments, and helping them construct a plan to keep working towards their goal.

Demonstrate determination. One of the most effective ways children learn is by observing the important adults in their lives – you! Make sure you are sharing your goals with your children and demonstrating your determination to accomplish them, especially when your efforts aren't successful at first.

### Discussion Questions:

1. When was the last time you felt like giving up but someone encouraged you to keep trying?