



Character Values
based on
'The Lord's Prayer'

Matthew Ch 6 v 9-13;
(King James Version)

Introducing you to Five Character Values to be found in The Lord's Prayer

This booklet is to remind all of us of the wonderful and all-inclusive prayer given to us by Our Lord, Jesus Christ, and hence it is called 'The Lord's Prayer'.

Most of us know this prayer so well that we tend to say it by memory without thinking of what it really means and the values to be found within the whole prayer.

We hope that this booklet will help you think more about the actual content of The Lord's Prayer and enable you to say the prayer with more meaning and how it can benefit you through the character values that are to be found within it.

INDEX

Introduction	Page 2
Index	Page 3
Respect	Page 4
Responsibility	Page 6
Appreciation	Page 8
Forgiveness	Page 10
Self-Control	Page 13
Summary	Page 15

RESPECT:-

*‘Our Father which art in heaven,
hallowed be thy name.’*

- Think about respect, for God, our Creator, Father and Lord.
- Therefore, respect for all we are and have, and our environment i.e. nature, life, nature’s chain.
- Respect for parents, elders and teachers

Who and what do you respect?

- Have respect for yourself.
- Respect others.
- Respect the environment

Gaining respect:-

- Listen and learn about others.
- Be genuine in your attitude.
- Encourage dialogue
- Share knowledge.
- Give truthful advice.
- Respect other's views.
- Keep to agreements.

Advantages of respect:-

- You have a sense of responsibility.
- You gain confidence.
- Respect encourages peace in any environment.
- Other people respect you.

RESPONSIBILITY

‘Thy Kingdom come, thy will be done on earth, as it is in heaven’

Think about how we all have a responsibility to see this world become more like a heavenly kingdom, by our own actions and behaviour.

Responsibility covers many areas:-

- Family responsibilities
- Moral responsibility
- Legal responsibility
- Media responsibility
- Social responsibility

Responsibility has to be learnt:-

- Take responsibility for your own actions
- Admit when you make mistakes
- Use the good example of others
- Listen, learn and move forward

Results of responsibility: -

- It is the link between ‘patience’ and ‘self-control’.
- You gain self-respect and confidence.
- You send positive ripples to others.

APPRECIATION

‘Give us this day our daily bread.’

Think about our daily needs and how we already have our ‘daily bread’ and the need for everyday appreciation and thanks to God for all we are and have.

What makes you feel thankful?

- The food you eat
- Your family members
- People who help and teach you
- Beauty of nature
- The wonder of life
- Modern facilities and communications

Showing appreciation:-

- Talk to each other about things you are thankful for.
- Hug family members / close friends to show you appreciate their care.
- Remember to say ‘Thank you’.
- Help others so they can appreciate you!

Results of showing appreciation:-

- You appreciate life more.
- You will be happier.
- Family relationships improve.
- You spread positive ripples.

FORGIVENESS

‘Forgive us our debts, as we forgive our debtors.’

Discuss with a friend about ‘forgiveness’ and ‘forgiving’ – receiving and giving forgiveness.

- Have you ever done or said something you are sorry about?
- Has anyone offended you?

WHAT DO YOU WANT TO DO ABOUT IT?

Asking Forgiveness:-

- Speak to the person face to face.
- Use the magic words – ‘I am sorry’ or ‘Please forgive me’.
- Send a note of apology or a suitable card if you can not speak to the person you offended.
- If the situation is complex then ask a friend, who knows you both, to go with you when you want to ask for forgiveness.
- If it is impossible to contact the other person involved, then pray over the matter. If you are sincere the matter will be resolved.

Results of Forgiving:-

- Forgiving someone who has offended or hurt you is a gracious gift.
- Forgiving is a peace offering, it ‘clears the air’ and heals emotional wounds.
- Forgiving **GIVES YOU** peace of mind instead of negative feelings.

QUOTES:-

“There is so much good in the worst of us, and so much bad in the best of us That it ill behoves any one of us to find any fault with the rest of us.”

Unknown author

SELF CONTROL

‘And lead us not into temptation but deliver us from evil’

- Think about the ‘freedom of choice’ that you have.
- The importance of taking right decisions.
- Understand the importance of positive messages.
- Take care with how you talk to others.
- Learn how to control your behaviour and speech.
- ‘Golden Rule’ – do unto others as you want them to do to you.

Gaining self-control

- Know yourself.
- Believe in yourself.
- Learn when to say ‘no’.
- Follow your instincts.
- Take firm action.

Results of self-control:-

- You gain self-respect (not pride).
- Others respect you.
- It is the key to your own progress.
- You send out positive ripples.
- You encourage peace.

SUMMARY OF ALL

*‘For thine is the kingdom, the power
and the glory, for ever and ever.
Amen’*

Acknowledge God’s authority and
power in your life.

This booklet is one of several resources produced by
The Character Well;
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