

Table of Contents

A Letter from Pastor Chris 3

Part One: The Decline of Family Core Values

1. The Crisis of Absolutes 5
2. The Crisis of Addiction 6
3. The Crisis of Media 7

Part Two: Understanding Family Core Values

1. What Family Core Values Are 8
2. What Family Core Values Do 8
3. Why Family Core Values Matter 9

Part Three: Know Your Family Core Values

1. Family Core Values are Identified 12
2. Family Core Values are Shared 12
3. Family Core Values Audit 13

Conclusion: Taking Action

1. Something 15

Appendix A: Core Values List

1. Something 16

A Letter from Pastor Chris

Dear Friend,

It is the desire of the Kids Point and Student Point Ministries of Grace Point Church to come alongside parents and partner with them in the gospel. These ministries exist as much for the parents as they do the children and students they serve. That's why this seminar exists.

Most parents desire to instill morals and values in the lives of their children. However, parents struggle with identifying what their core values are. We hear cliché statements like, "You've got to pick your battles," but how do you discern which battles are worth having?

Before jumping into the seminar, think back to your teen years.

- What rules (or traditions) did your family have?
- Do you have the same rules (or traditions) for your family?
- What rules (or traditions) do you have for your family that you DID NOT have when you were younger?

Have fun with this!

It is my prayer that your families will be stronger, and Christ will be honored.

for the Gospel,

A handwritten signature in black ink, appearing to read 'Chris', with a stylized, cursive flourish.

Pastor Chris

PART ONE:

The Decline of Family Core Values

1. THE CRISIS OF _____

“Americans have always viewed the state of U.S. morals more negatively than positively. But the latest figures are the worst to date, with a record-high of 49 percent rating values as poor and a record-tying-low 14 percent rating them as excellent or good.” Gallup, “About Half of Americans Say U.S. Moral Values are ‘Poor’” (June 1, 2018). The same article reports that 77 percent now say moral values in the country are getting worse.

“The values that young people are prone to embrace today are often consistent with Christian beliefs but are not based on biblical foundations. For instance, while young Americans have adopted values such as goodness, kindness, and tolerance, they remain skeptical of the Bible, church traditions, and rules of behaviors based upon religious teaching.” Barna Research Group, Barna Update Newsletter (December 3, 2007).

The word often used to describe the cultural changes is “postmodern.” Part of the meaning of postmodernism is that things are changing so fast that nothing is “modern.” Things are out-of-date quickly. Postmodernity includes the philosophical view that absolutes do not exist. There is no objective meaning, only subjective meaning. Meaning is defined by each individual.

Truth is no longer viewed as an absolute. What is “true for you,” may not be “true for me.” “Truth” has been redefined and is no longer a constant, but is a variable based upon personal experience. The problem is that we are redefining words and they have lost their original meaning.

Here is how today’s young people understand truth: If you like chicken, that’s your truth. However, I may not like chicken. Therefore, it is not true for me. Their conclusion: all truth is subjective to personal experiences or preferences.

The truth of the Bible is therefore viewed as subjective. It is important for young people to discover that truth is an absolute constant.

Discussion Questions:

- How do you explain absolute truth? What examples would you use?

2. THE CRISIS OF _____

Not all teenagers abuse drugs or alcohol. However, most teenagers know someone who does because the prevalence and availability are at an all-time high.

According to The Recovery Village, "In the United States, high school students abuse alcohol more than any illicit drug. Not surprisingly, it causes the most harm, and underage alcohol use is responsible for 119,000 emergency department visits and 4,300 death each year among people under the age of 21." The Recovery Village, "Drug Use in High School" (August 13, 2019).

Surveys conducted in 2018-2019 show:

- 58.5% of 12th graders had tried alcohol
- 30% of high schoolers drank in the last month
- 13% binge drank (consuming four or more alcoholic beverages in a row)
- 16% rode in the car of someone who had been drinking
- 6% drove after drinking

Marijuana is the most commonly used illicit drug among teenagers. With the legalization of marijuana and cannabis products in many states, it is now easily accessible to high school students.

According to the National Library of Medicine, the potency of marijuana has risen significantly over the past two decades (1995-2014). In other words, this is not the same marijuana joint of the 1970s or 1980s. (cf. *Biol Psychiatry*, 2016 Apr 1: 79(7); 613-619).

Surveys conducted in 2018-2019 show:

- 16% of 12th graders have used marijuana in the past month
- 1% of 6th graders have used marijuana in the past month
- 10% of high schoolers earning As as grades currently use marijuana as opposed to 48% of those earning Ds or Fs.

Other surveys indicate:

- Every day, over 500 American children between the ages of 10 and 14 begin using illicit drugs
- Every day, over 1000 American children between the ages of 10 and 14 begin drinking alcohol
- 54% of 12th graders have used illicit drugs at least once
- There are between 3-5 million teenage alcoholics in America today (10% of the teenage population)

Discussion Questions:

- How often do you speak to your children about drugs and alcohol?

3. THE CRISIS OF _____

The Census Bureau's 2016, "National Survey of Children's Health," studied 40,000 kids ages 2 to 17 revealed that approximately 20% of 14 to 17-year-olds spend seven or more hours a day in front of a screen. There are some correlations between screen time and the diagnosis of depression and anxiety.

By the time a student graduates high school, the average child will have viewed 23,000 hours of television. That's compared to 11,000 hours in the classroom.

According to "Enough Is Enough" (www.enough.org):

- Children under the age of 10 account for 1 in 10 visitors to porn video websites
- "Internet pornography has become sex education for many children." 60% of students watched porn in order to learn more about sex.
- Only 12% of parents know their teens are accessing pornography.
- 97% of boys and 80% of girls age 16-20 have watched pornography online.
- 46% of teenagers say, "sending sexual or naked photos or videos is part of everyday life for teenagers nowadays."

Pornography consumption among adolescents has contributed to the confusion of sexual identity and sexual behavior among teens.

Discussion Questions:

- If your child asked, "Why is pornography wrong (or a sin)?" How would you respond?

PART TWO:

Understanding Family Core Values

1. What Family Core Values _____.

Core values are the principles that guide your thinking and your behavior.

A. Core values are _____.

Family core values could be understood as the DNA that guides how you function as a family. Those core values are for the entire family. We don't have a different list for parents and a separate list for the children. The family unit shares the same core values with one another.

B. Core values are _____ - _____. Because core values are what guide our thinking and our behavior, core values are not up for debate.

Parents often say, "You've got to pick your battles." Here's my only caution that I have shared with countless parents through the years... "Core values should never make their way to the battlefield. And if they do, the real core value will win the battle."

My son played trumpet in his high school marching band. If you've ever done the "band parent" thing, then you know about the band competitions, the concession stands, the fundraisers, the half-time show at home football games. I was working on my doctorate at the time. I don't think I attended a single football game that I didn't have a book and highlighter with me. Concession stands were not my core value. Spending time with my son, my family, that was and is my core value.

C. Core values are _____.

Don't allow temporary events (such as band or sports) or even circumstances to become your core values. Those things should be environments that help you teach core values, not replace your core values. If the activity ever came into conflict with one of our core values, we already knew which to choose.

If the core values that you identify are not evident in your family, then they are nothing more than a wish list or at best something that you might aspire to see as core values.

Discussion Questions:

- What is a non-negotiable core value that you desire to instill in your children? Have you communicated the importance of this value?

2. What Family Core Values _____.

Core values are the principles that _____ your thinking and your behavior. In other words, core values give direction to your life.

A. Core values _____ us in our decision-making processes.

Have you ever picked out your clothes the night before? Whatever the occasion, picking out your clothes ahead of time made things quicker and easier the next morning to get ready. Core values are similar. It is making the decision ahead of time.

B. Core values _____ us of what's important.

We all need to be reminded of what's important. We have a tendency to drift away from what matters most.

C. Core values _____ us toward action.

Since our core values guide our behavior, they should inspire us toward the best possible action.

Discussion Questions:

- Consider the following passage from Luke 2:52...
"And Jesus grew in **wisdom** (e.g. intellectual/character) and **stature** (e.g. physical/health), and **favor with God** (e.g. spiritual/faith) **and men** (e.g. social/family/work)" Luke 2:52.
If I desire for my children to grow in wisdom, what might be a core value I should instill?

3. Why Family Core Values _____.

"See then that you walk circumspectly, not as fools but as wise, redeeming the time, because the days are evil. Therefore do not

be unwise, but understand what the will of the Lord is" Ephesians 5:15-17.

This passage gives us insight as to why core values matter. I want us to consider three actions steps concerning core values.

- A. _____ what core values are important to you (cf. Eph. 5:15).

"See then that you walk circumspectly, not as fools but as wise" Ephesians 5:15.

The wise person knows what core values are guiding their walk. That word "circumspectly" carries the idea of "giving great thought and consideration." The Bible is saying that we should pay close attention to the things that are giving direction to your life. That's your core values!

"For the ear tests words as the palate tastes food. Let us choose justice for ourselves; let us know among ourselves what is good" Job 34:3-4.

In other words, before we can make the right choice (choose justice), our ears must test words and we must give thought and consideration to what is good.

How do you respond when your palate tastes something terrible? Your palate guides your behavior. Our ears test words. They should give thought and consideration to how we behave.

When you give great thought and consideration to your core values, your parenting will be stronger, your marriage will be stronger, your life will be richer.

- B. _____ the things that conflict with your core values (cf. Eph. 5:16).

"Redeeming the time, because the days are evil" Ephesians 5:16.

What does that mean? "Redeeming the time, because the days are evil." It means... make good use of every opportunity you get. The days are evil and they will conflict with your core values.

If you know what your core values are, then you know when something conflicts with those core values. Make good use of your time. Abandon the things that are not going to help

you pass on the core values or live out your core values in your own life.

“And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God” Romans 12:2.

Don't conform to the world. Make sure your mind is focused on your core values and abandon everything that conflicts with those core values.

C. _____ daily time to your core values (cf. Eph. 5:17).

“Therefore do not be unwise, but understand what the will of the Lord is” Ephesians 5:17.

Core values are not something you can turn on and off like a switch. Since they are the principles that drive our thinking and behavior, as long as we are thinking and doing stuff... we have core values. The question is, “Are they core values that demonstrate a life that desires God and His purposes as your highest priority?”

Discussion Questions:

- What stands out to you from the passage in Ephesians 5:15-17?

PART THREE:

Knowing Your Family Core Values

1. Family Core Values are _____.

If you want, you can be ticked off 24-hours a day. There is always something to be mad about. But nobody wants to live in a house like that.

I've often had conversations with parents who use the phrase, "You've got to pick your battles," as an excuse for not doing the things they know they should. That is why I add the caveat that core values should never make their way to the battlefield.



Core values are the principles that guide our thinking and our behavior. In other words, they give direction to your life.

Action Step: Decide what core values are important to your family.

Ephesians 5:15, "See then that you walk circumspectly, not as fools but as wise."

The wise man knows what core values are guiding his walk. That word "circumspectly" carries the idea of giving great thought and consideration." The Bible is saying "pay close attention to the things that are giving direction to your life." That's core values.

There are hundreds of words that describe core values. However, identifying your family core values should be more than just selecting a few words from a list. Your personal core values are often closely related to your passions. These questions can help you develop your list of both personal and family core values.

Have each member of the family consider their personal core values:

- A. What has been one of the greatest experiences of your life?
- B. Of what are you most proud?

- C. What makes you angry?
- D. What is one of your favorite quotes?
- E. What do others say I am passionate about?

As a family answer the following questions. This activity can be a great opportunity for your family to share memories.

- A. What things do we enjoy doing as a family?
- B. What things do we do amazingly well as a family?
- C. What things do we need to improve as a family?
- D. When was a time our family was at our absolute best?
- E. When is our family at our worst?

Discussion Questions:

- Seminar Discussion Question: Get in groups of four and answer one of the questions above. For each of your answers, ask “why?” Why was this the greatest experience of my life? Why does this make me angry? Why is this my favorite quote? Your answer to the question of “why” will begin to identify your core values.
- Family Discussion Question: As a family, ask “why?” for each of the above questions.

2. Family Core Values _____.

There are hundreds of words to choose from that describe core values. While we provide a list in the back of this handbook, it is not an exhaustive list and may not include your actual core values. Use the list of values as a guide to help identify your range of options.

Action Step: Eliminate the things that conflict with your core values.

Ephesians 5:16, “Redeeming the time, because the days are evil.”

The idea here is to make good use of every opportunity you get. The days are evil, and they will conflict with your core values.

A. List Your Core Values

Using Core Values List (Appendix A) in the back of this handbook, circle the words that you believe best reflect your core values. Your list may consist of 10 to 20 core values.

B. Group Your Core Values

Work through your list and group the values into common themes. With your core values placed into groups, select a word that best encompasses the group.

For example, if you selected and grouped the words: honesty, truth, and integrity. You might choose the word "integrity" as it represents the group. See Appendix B.

C. Articulate Your Core Values

Create short statements that communicate each of your core values. Look through the examples of Family Core Values in Appendix C.

Discussion Questions:

- What is creating tension in your home because it conflicts with your core values?

3. Family Core Values are _____.

There is a popular quote that declares, "More is caught than taught." The point of the adage is that teaching is only part of the equation. The term used by psychologist is "observational learning." It is not enough to list core values; they must be lived.

Action Step: Dedicate daily time to your core values.

Ephesians 5:17, "Therefore do not be unwise, but understand what the will of the Lord is."

Core values are not something you can turn on and off like a switch. Since they are the principles that drive our thinking and behavior, as long as we are thinking and doing stuff – we have core values. The question is, "Do those core values reflect the will of God?"

When you know your core values and your family shares those same core values, your parenting will be stronger, your marriage will be stronger, and your life will be richer.

"Leading by example" is one of the strongest tools in your parenting toolbox.

Discussion Questions:

- What is a core value that you learned by observing someone else?

CONCLUSION:

Taking Action

Remember: _____ **is better than nothing.**

This is a very important point: Don't be discouraged because you are not the perfect parent.... or if you think you've blown it in the past. None of us are perfect parents, but all of us can be a little better than we are right now. Something you've heard or thought about during this seminar has made good sense to you. You thought to yourself, "I can do that. I'd like to do that." So do it! Don't think you have to do everything we've talked about during this seminar. Just do something. And remember that "something is better than nothing." All of us can do something. Right?

God will bless that. He is in the business of taking the little things we do and blessing them. Just like He took a few loaves and fishes and fed a multitude, He is able to take those few little things that we do right and use them to do some incredible things in the lives of our kids.

Discussion Questions:

- What is one thing you heard during this seminar that you would like to implement in your parenting?

Things to Consider:

- If you are looking for a church, Grace Point Church is here for you! Visit us online at www.GracePointLKN.com for more information.

APPENDIX A:

Core Values List

Review the list of core values below and identify your top 10.

Acceptance	Connection	Excellence
Accountability	Consistency	Fairness
Accuracy	Contentment	Faith
Achievement	Contribution	Fame
Adaptability	Conviction	Friendships
Adventurous	Cooperation	Fun
Ambition	Courage	Generosity
Authentic	Courtesy	Grace
Authority	Creativity	Gratitude
Awareness	Credibility	Growth
Beauty	Curiosity	Happiness
Boldness	Decisive	Hard Work
Bravery	Dedication	Health & Fitness
Calm	Dependability	Honesty
Candor	Determination	Honor
Challenge	Devotion	Hope
Charity	Discipline	Humility
Cleanliness	Discovery	Humor
Comfort	Education	Imagination
Commitment	Efficiency	Improvement
Common Sense	Empathy	Independence
Communication	Empowered	Influence
Community	Endurance	Integrity
Compassion	Environment	Innovation
Community	Equality	Joy
Confidence	Ethical	Justice

Kindness	Professionalism	Spontaneous
Knowledge	Purpose	Stability
Lawful	Quality	Stewardship
Leadership	Realistic	Success
Liberty	Recognition	Status
Love	Recreation	Teamwork
Loyalty	Reputation	Thankful
Maturity	Respect	Thorough
Motivation	Responsibility	Thoughtful
Optimism	Reverence	Trust
Order	Satisfaction	Truth
Organization	Security	Understanding
Passion	Self-Respect	Unity
Patience	Selfless	Valor
Peace	Service	Vision
Potential	Sharing	Welcoming
Present	Sincerity	Wisdom
Productivity	Skill	

APPENDIX B:

Core Values Category Suggestions

Group your core values into broader categories. See the examples below.

Others-Focused

Acceptance

Comfort

Compassion

Empathy

Grace

Kindness

Respect

Welcoming

Achievement

Competence

Hard Work

Leadership

Skill

Success

Christ-Like

Community

Devotion

Ethical

Generosity

Humility

Loyalty

Maturity

Selfless

Service

Stewardship

APPENDIX C:

Family Core Values Statement

With your core values identified, determine how you will communicate them as a family. Here are some examples.

OPTION A: Spells out your family name DORTCH

D – Devoted to Christ

O – Organized

R – Relational

T – Thankful

C – Committed

H – Honest

OPTION B: Spells out a word: SELF

S – Selfless

E – Empowered

L – Leadership

F – Faith

OPTION C: Create a sentence

Selflessly empowering others through leadership and faith.

OPTION D: Create your own!

