



the
DISCIPLE'S
JOURNAL

One Year Guide for
Growing in Christ-like Character

CORE Discipleship is a faith-based, Christian organization. Our mission is to help you make disciples of Jesus. We provide a simple and reproducible discipleship process based on Jesus' "inner circle" or "core" comprised of Peter, James, and John. We also provide discipleship training and free discipleship resources as free downloadable eBooks.

Just like you, Father God is using the many events and circumstances of life's journey to mold and shape me into the person He desires. Occasionally, I've cooperated completely. It's in those rare moments when something extraordinary takes place - Heaven touches earth, mountains are moved, a part of me is transformed.

Through His infinite patience and unfathomable love I am learning to become the man He created me to be. As I daily surrender my life to Him through His precious Holy Spirit, I see more clearly life eternal.

My hope and prayer for you are that you too will discover God's purpose and become exactly what He has planned for you all along - His son or daughter.

May God grant that we become His disciples by His grace,

Doug Morrell

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Doug is a seasoned discipler and small group leader. Since graduating from Texas Tech University in 1984, he's worked in a dual capacity -- working within for-profit businesses around the country while also serving the church in various pastoral roles. Additionally, he and his wife Suzie are the founders/directors of CORE Discipleship, a ministry dedicated to making disciples who make disciples. Doug and Suzie have three children: Katheryn, Hannah, and Nathaniel.

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Seasoned travelers keep journals as reminders of events, places and people they have encountered along the way. As believers, we are sojourners with a more important destination and purpose. Heaven is our destination. Our goal is to become like Christ. Our pilgrimage is a rugged adventure through unfamiliar wilderness filled with difficulty, risk and surprise. Along the path, God reveals His character to show us our need. In this process called discipleship, we are formed, conformed and transformed into His Son's image. Over the years, we've searched for a journal that would provide a place for dedicated Bible meditation, daily journaling and prayer communion with God. We were unsuccessful, so after much prayer and work, we designed the first comprehensive Disciple's Journal. A book made for long walks in the wilderness.

From experience, we've learned to use all the tools contained in this Journal. These have provided the foundation from which God shows us our need. This scripture-filled one-on-one partnering produces fruit that lasts.

We hope you discover the Disciple's Journal to be a valuable tool to assist you as you travel along your journey. It's not something we take lightly. It's serious. But your guide, the Holy Spirit, is with you. He knows the way and has led countless thousands through before. Down the trail there are wonderful and fascinating adventures to embrace. Do so with zeal and with the heart of a warrior. Nothing less will do. Most importantly, enjoy the trip as you go. Every turn in the road. Each new experience. As you go, record your thoughts. You'll find, as we have, that the Journal becomes an indispensable companion. Adventure awaits.

The Journal contains five keys with corresponding icons. Together, these five elements will help outfit you for your journey. Youth groups, home groups, cell groups, adult groups, family or friends will benefit from its application.



a weekly character study of Jesus,



a daily journal entry section,



words of wisdom,



daily instruction of Jesus,



and prayer needs, teaching notes & accountability checklist.



The Disciple's Journal

A One Year Guide For Believers

Guidelines For Growing In Christlike Character

Christ-Centered Character:

1. Perseverance vs. Giving Up

Regardless of situation, living a life of faith knowing the certainty of victory. Galatians 6:9

2. Patience vs. Restlessness

Going through hardship with joy knowing that God is bringing about His promise in me. Romans 5:3-4

3. Courage vs. Faint Heartedness

Regardless of opposition, purposing to accomplish God's desires in His timing. II Timothy 4:7-8

4. Friendliness vs. Loneliness

Joyfully opening my home and sharing my life with other believers. Hebrews 13:2

5. Forgiveness vs. Rejection

Erasing past offenses committed against me, knowing that my prayers for forgiveness are unanswered until I do. Ephesians 4:32

6. Truthfulness vs. Deception

Depositing into others the truthful reporting of events because it will yield future rewards. Ephesians 4:25

7. Dependability vs. Inconsistency

Honoring commitments and my word even when it is costly to do so. Psalm 15:4

8. Gratitude vs. Unthankfulness

Expressing to God and others that what they are doing is bringing me closer to Christ. I Corinthians 4:7

9. Self-Control vs. Self-Indulgence

Absolute obedience to the first prompting of God's Spirit. Galatians 5:24-25

10. Humility vs. Pride

Knowing that my accomplishments have come through God and others. James 4:6

11. Responsibility vs. Unreliability

Doing what God and others expect of me. Romans 14:12

12. Contentment vs. Covetousness

Knowing that God has given everything I need today for true joy. I Timothy 6:8

13. Gentleness vs. Harshness

Cherishing and loving others as a loving mother does for her own. I Thessalonians 2:7

14. Generosity vs. Stinginess

Knowing that everything belongs to God and I am to use it as He instructs, to His glory. II Corinthians 9:6

15. Purity vs. Impurity

Being so obedient to God's Word and conformed to His character that others begin to see Him and not me. II Peter 1:5

16. Boldness vs. Fearfulness

Having confidence, knowing that what I am doing or saying is empowered by God through the Holy Spirit. Acts 4:29

17. Encouragement vs. Discouragement

Gathering together to share our faith and to strengthen one another in the Lord. Hebrews 3:13

18. Availability vs. Self-centeredness

Making my entire life secondary to those I am called to serve and build up in the Lord. Philippians 2:20-21

19. Attentiveness vs. Unconcern

Honoring a person above myself by giving them my full, undivided attention. Hebrews 2:1

20. Peace vs. Anxiety

Keeping my sights and my efforts focused on eternal values and not the temporal. John 6:27

21. Wisdom vs. Natural Inclinations

Viewing everything through God's global perspective and responding accordingly. Proverbs 9:10

22. Compassion vs. Indifference

Demonstrating love in my daily life by bearing other's suffering. I John 3:17

23. Fairness vs. Injustice

Adopting mercy, justice, humility and faithfulness as my core virtues. Micah 6:8

24. Enthusiasm vs. Apathy

An outward expression of joy based on the inner peace of God. I Thessalonians 5:16, 19

25. Initiative vs. Unresponsiveness

Seeing what needs to be done and doing it before I am asked to do it. Romans 12:21

26. Diligence vs. Slothfulness

Seeing each task before me as given by Jesus and giving all my strength and energy to accomplish it. Colossians 3:23

Keys To Living A Disciple's Life

27. Thoughtfulness vs. Callousness

Allowing God's Spirit to show me how I should respond to the feelings and needs of those around me. Romans 12:15

28. Efficiency vs. Disorganization

Maintaining everything around and about me so that it is ready for God's immediate use when He desires. I Corinthians 14:40

29. Discretion vs. Simple Mindedness

Making choices each day that bring honor to God. Proverbs 22:3

30. Joy vs. Self Pity

Overflowing with the fruit of the Spirit each day so that true enthusiasm is realized. Psalm 16:11

31. Optimism vs. Pessimism

Seeing everything as an opportunity for growth through God's perspective. Romans 12:2

32. Obedience vs. Willfulness

Freedom to express myself in creative ways knowing that I am under the protection of God. II Corinthians 10:5

33. Reverence vs. Disrespect

Recognizing that my response, not the situation, is what God wants me to see so that I can become more like Jesus. Proverbs 23:17-18

34. Faith vs. Presumption

Having an established conviction regarding things God is doing and believing He will see it through based on His promises. Hebrews 11:1

35. Alertness vs. Unawareness

Awareness of what is going on around me and being prepared to respond in Christ's character. Mark 14:38

36. Cautiousness vs. Rashness

Moving in God's timing so that all I do achieves maximum success. Proverbs 19:2

37. Decisiveness vs. Double Mindedness

Making tough decisions based on God's Word, His Will and His Way. James 1:5

38. Deference vs. Rudeness

Respecting and honoring those around me to the degree that my freedom is limited. Romans 14:21

39. Discernment vs. Judgment

Learning to think God's thoughts, esteeming what He esteems and despising what He despises. I Samuel 16:7

40. Flexibility vs. Resistance

Setting my agenda each day on Christ's agenda, and not my own. Colossians 3:2

41. Loyalty vs. Unfaithfulness

Giving up the comforts, joys, and desires of my life in exchange for others. John 15:13

42. Love vs. Selfishness

Giving to others without hesitation knowing that I will not be repaid or profit in this world in any way. I Corinthians 13:3

43. Meekness vs. Anger

Realizing that my life is not my own and God is in control. Psalm 62:5

44. Persuasiveness vs. Contentiousness

Persuading others to believe, but doing so with kindness and gentleness. II Timothy 2:24

45. Punctuality vs. Tardiness

Honoring others and showing love by being on time as promised. Ecclesiastes 3:1

46. Resourcefulness vs. Waste-fulness

Knowing that God tests my ability to receive true riches based on my use of material possessions. Luke 16:10

47. Sincerity vs. Hypocrisy

Sincerely loving others without having a hidden agenda. I Peter 1:22

48. Thriftiness vs. Extravagance

Maintaining godly stewardship and faithfulness in all things. Luke 16:11

49. Thoroughness vs. Incompleteness

Paying attention to the details knowing that I will not receive more until I am responsible with the little. Proverbs 18:15

50. Tolerance vs. Prejudice

Regardless of maturity, seeking to maintain unity with other believers in my thoughts, attitudes, love, spirit and purpose. Philippians 2:2

51. Blamelessness vs. Condemnation

Realizing that I am holy and blameless in God's sight. Ephesians 1:4

52. Spirit Filled vs. Walking In The Flesh

Living each day controlled and guided by the Holy Spirit. Galatians 5:16



Weekly Character Study:

On the left side of alternating pages you'll first find a Discipleship Study designed to help you discover and develop the character and instruction of Jesus. For the Character Studies:

- A. Definition. Look up the word in a dictionary and copy the definition onto your study page.
- B. Everyday Life Example. Relate the character quality to a situation in your life such as sports activities, social situations, family relationships, etc.
- C. Positive Biblical Example. Read all the passages listed. Then summarize one of them. Don't try to tell the whole story; just tell how the character quality is demonstrated.
- D. Negative Biblical Example. Follow the same procedure as you would for the positive example. This time tell how the character quality is lacking.
- E. My Own Life. Sections A, B, C, and D will help you understand the character quality and bring the Scriptures to life. Now, apply this information to your own life. Before you try to answer the questions, stop and ask God to build this quality into your life.
 - Answer the questions in as much detail as necessary. Only a few lines are provided on the study page, so use extra paper if you need more room to write.
 - Design a project that will help to develop each character quality in your life. The project must include a goal and some practical steps to fulfill that goal. For instance, if you have been intending to repaint your room since last May, commit yourself to finishing the job by next month. You will learn more about Perseverance.
 - A study of character qualities is of little value unless the qualities are actually built into your life. Study, by itself, will not do the job. You must experience God's power in your life to build character. That's why the projects are so important.
- F. Memorization. Several verses are listed. Look up all the verses and choose the one that applies best to your life. Copy it carefully on the study sheet, word-for-word. Learn it word-for-word, memorizing the reference as well.
- G. Self-evaluation. The questions in this section are designed to help you see areas in your life in which God has worked, or in which work needs to be done. Be very honest with yourself. Your success in your journal is not measured by "right" answers, but by the changes accomplished in your life. The more honest your answers, the more apt you are to make necessary changes. You do not need to write out answers, but spend some time just thinking.

Note: The study pages will usually require about sixty minutes to complete. You can either complete each page in one sitting or divide it over the week. Keeping a record of time spent on each lesson will not only encourage you to spend sufficient time each day before the Lord, but, when you finish this journal 12 months from now, you can look back and see how many hours you have invested in working toward God's goal for you: "Conformed to the image of his Son."



Words Of Wisdom:

There are 31 chapters in the Book of Proverbs. Each day read one chapter corresponding to the appropriate day of the month. Example: if today is the 23rd, read the entire 23rd chapter of Proverbs.



Daily Journal Entry:

This is not a diary. It is a Spiritual Journal. Jot down a few lines each day about what God is doing in your life. Over time, you will begin to see how God is at work in your life and all around you.



Christ's Commands & Instructions:

These are the Words Of Life. Make this your weekly purpose.



Prayer Requests:

Jot down your prayers, those for your family/friends, brothers & sisters in Christ, church/city/state/country and how God responds. You will learn that God cares for you and loves to spend time with you.



LESSON 1: PERSEVERANCE

- A. Definition of perseverance: _____

- B. An example from my everyday life: _____

- C. A positive example from the Bible: Gen. 6:11-22; 29:22-28; Matt. 10:16-22; Heb. 12:1-3. _____
- D. A negative example from the Bible: Matt. 13:20-21; 26:69-75; 2 Tim. 4:9, 10. _____
- E. Thinking about perseverance in my own life:
1. When have I persevered? _____

 2. In what situation did I fail to persevere? _____

 3. What problem in my life could God use to build perseverance? _____

 4. Who can be a Christian model for me of perseverance? _____
 5. How can I develop this quality in my life? _____

- F. A scripture verse I will memorize to help build perseverance into my life: Matt. 24:13; Rom. 8:37; 1 Cor. 13:7; 15:58; 2 Tim. 2:3; Heb. 12:2; James 1:4. _____

- G. Self-evaluation:
1. Do I finish books I begin reading? _____
 2. Can others depend on me to carry out an assignment to its completion? _____
 3. Have I established clear goals for my spiritual life? _____
 4. Am I able to set aside distractions in order to reach those goals? _____
 5. Do I have a goal in life I am willing to die for? _____
 6. Do my goals affect my daily life in a perceptible way? _____
 7. Do I have negative examples of those who did not persevere that can be a warning to me? _____
 8. Am I in control of my daily activities so that I do not bounce randomly from one activity to the next? _____

 9. Have I considered what I want to be five years from now? Ten years from now? _____
 10. Would people close to me consider me a persevering person? _____
 11. How long can I go without yielding to temptation in an area of personal weakness? _____
 12. Have I developed the habit of daily prayer? _____
 13. How long have I gone without missing a day of reading Scripture and praying? _____
 14. What appealing distractions have I given up in order to meet my personal goals? _____

 15. Do pressures challenge me to motivation or do I feel like quitting when things get difficult? _____
 16. Am I cooperating with the One who endured the cross to give me the spirit of endurance? _____



Sunday:

Monday:

Tuesday:

Wednesday:



Words Of Wisdom: read a chapter from the Book of Proverbs corresponding with today's date (for example, if today is the seventh, read chapter seven from the Book of Proverbs.)



Prayer Needs/Requests & How God Responded: _____

Notes From This Week's Fellowship/Teaching: _____

Personal Accountability Checklist: (if in a group, have someone else check you)

- I completed the character or command promise study.
- I read a chapter from the Book Of Proverbs each day.
- I journaled each day.



LESSON 2: PATIENCE

A. Definition of patience: _____

B. An example from my everyday life: _____

C. A positive example from the Bible: Gen. 39:19-23; Job 1:13-22; Matt. 27:11-14; James 5:7-11. _____

D. A negative example from the Bible: Num. 20:1-12; 1 Sam. 13:8-14; Luke 10:38-42. _____

E. Thinking about patience in my own life:

1. When have I clearly been patient? _____

2. In what situation did I fail to be patient? _____

3. What are some symptoms I display that show I am being impatient? _____

4. What problem in my life could God use to build patience? _____

5. Who can be a Christian model for me of patience? _____

6. How can I develop this quality in my life? _____

F. A scripture verse I will memorize to help build patience into my life: Eccles. 7:8; Rom. 5:3; 12:12; 1 Cor. 13:4, 7. _

G. Self-evaluation:

1. Am I able to accept unfavorable circumstances calmly? _____

2. Do I complain when plans do not go my way? _____

3. Is my life being lived out at a pace I can relax with, or do I always seem to be in a hurry and just a little behind? _____

4. Can I handle red lights, long lines, short delays, or do I quickly get angry or irritated? _____

5. Do I wait until I have enough money to buy something or am I constantly borrowing? _____

6. Am I more concerned for God's will to be done than my own desire to be fulfilled? _____

7. Am I easy to get along with when going through a difficult time or do people avoid me? _____

8. Do I relax when my plans have not worked out? Can I maintain self-control when situations change my plans? _

9. Am I willing to go through trying times in order to develop patience? _____

10. Do I recognize obstacles as opportunities for God to build His character into me? _____

11. Have I thanked God for the lessons He has taught me through suffering? _____



LESSON 3: COURAGE

- A. Definition of courage: _____

- B. An example from my everyday life: _____

- C. A positive example from the Bible: 1 Sam. 17:33-37; Dan. 3:16-18; 6:10-24; Acts 4:13-21. _____
- D. A negative example from the Bible: Num. 13:27-33; Matt. 26:69-74; John 19:12-16. _____
- E. Thinking about courage in my own life:
1. When have I clearly been courageous? _____

 2. In what situation did I fail to be courageous? _____

 3. What problem in my life could God use to build courage? _____

 4. Who can be a Christian model for me of courage? _____
 5. How can I develop this quality in my life? _____

- F. A scripture verse I will memorize to help build courage into my life: Josh. 1:9; Ps. 23:4; 27:1; Prov. 28:1; 29:25; Phil. 4:13; 2 Tim. 1:7; 1 John 4:18. _____

- G. Self-evaluation:
1. Does my courage depend only on my past success? _____
 2. Do I often have to stand alone for what I believe? _____
 3. Do my friends view me as courageous? _____
 4. Do I look for opportunities to show courage? _____
 5. Do I choose to be "one of the gang" when I should stand alone? _____
 6. Have I avoided God-given opportunities because I lack courage? _____
 7. Do others look to me for strength when danger threatens? _____
 8. Am I confident that fears I now have will eventually be dealt with, or do I expect them to plague me the rest of my life? _____
 9. Am I satisfied with who I am or do I envy people who are more courageous than I? _____
 10. Have I been able to talk about my fears with someone close to me who can help me? _____
 11. If people really knew me as I am, would they accept me? _____
 12. Have I heard people I respect reveal the fears they have battled with? _____
 13. Do I believe God has specific answers for the struggles I face? _____
 14. Am I at the point where I am ready to trust God? (This may mean demonstrating the trust by seeking out help from a counselor). _____
 15. Have I acquainted myself with examples of courage in the Bible so that my faith can be built through the Word of God? _____



LESSON 4: FRIENDLINESS

- A. Definition of friendliness: _____

- B. An example from my everyday life: _____

- C. A positive example from the Bible: Gen. 18:1-8; Luke 10:29-37; 10:38; 14:7-14. _____
- D. A negative example from the Bible: 1 Sam. 25:9-13; 2 Sam. 10:1-5; Luke 9:51-56; John 1:11; James 2:1-6. _____
- E. Thinking about friendliness in my own life:
1. When have I clearly been friendly? _____

 2. When, or to whom, have I failed to be friendly? _____

 3. Whom would God want me to be more friendly toward? _____

 4. Whom have I been friendly to that I should not have been? _____

 5. What problem in my life could God use to make me more friendly? _____

 6. How can I develop this quality in my life? _____

- F. A scripture verse I will memorize to help build friendliness into my life: Prov. 18:24; Luke 15:2; Rom. 12:13; Heb. 13:2; 1 Pet. 4:9. _____

- G. Self-evaluation:
1. Does my outward appearance indicate friendliness? _____
 2. Do I enjoy being friendly? _____
 3. Am I friendly out of love for others or for my own personal gain? _____
 4. Does my friendliness depend on how friendly others are? _____
 5. Am I friendly at all times or only when I feel "on top of the world"? _____
 6. Am I honest enough to admit why I am not friendly in some circumstances? _____
 7. When others in my group are unfriendly, do I prefer to conform, or can I be friendly on my own initiative? _____
 8. Do I enjoy being part of a friendly group? _____
 9. Have unpleasant encounters made me wary of strangers? _____
 10. Does color, race, or creed restrict my friendliness? _____
 11. Am I more friendly on "home territory" or can I be friendly away from home? _____
 12. Do I have a desire to be friendly but feel inhibited? _____
 13. Do I enjoy seeing people suffer when I am unfriendly? _____
 14. Does God give me the right to be unfriendly toward certain people? _____
 15. Do my moods radically affect my friendliness? _____
 16. Am I cooperating with God to become a person who can be friendly to all people? _____



Sunday:

Lined writing area for Sunday.

Monday:

Lined writing area for Monday.

Tuesday:

Lined writing area for Tuesday.

Wednesday:

Lined writing area for Wednesday.



Words Of Wisdom: read a chapter from the Book of Proverbs corresponding with today's date (for example, if today is the seventh, read chapter seven from the Book of Proverbs.)



LESSON 5: FORGIVENESS

- A. Definition of forgiveness: _____

- B. An example from my everyday life: _____

- C. A positive example from the Bible: Gen. 50:15-21; 1 Sam. 24:10-13; Luke 23:34; Acts 7:54-60. _____
- D. A negative example from the Bible: Gen. 27:41-45; Jonah 3:10-4:2; Matt. 18:21-35.
- E. Thinking about forgiveness in my own life:
1. When have I been forgiving? _____

 2. When have I been unforgiving? _____

 3. What problem in my life could God use to make me more forgiving? _____

 4. Who can be a Christian model for me of forgiveness? _____

 5. How can I develop this quality in my life? _____

- F. A scripture verse I will memorize to help build forgiveness into my life: Prov. 19:11; Matt. 5:7; 6:12 or 14; Eph. 4:32. _____

- G. Self-evaluation:
1. Do I release those who offend me by telling God I forgive them? _____
 2. Do I seek forgiveness from those I offend? _____
 3. When I say, "I forgive you," or "That's all right," do I feel forgiveness in my heart or am I only mouthing the words? _____
 4. Would I rather forgive than be forgiven? _____
 5. When I ask God to forgive me, do I believe He does? _____
 6. Do I carry the burden of an unforgiven sin? _____
 7. Is there anyone I have refused to forgive? _____
 8. Can Christians live full lives without forgiving? _____
 9. Do forgiving people appear weak in today's society? _____
 10. Has my attempt to forgive someone led to further conflict with that person? _____
 11. Am I quick to ask for forgiveness or do I usually feel the other person needs to do so first? _____
 12. Do I know anyone who seems able to forgive others regardless of what is done to him? Would I like to emulate that person? _____
 13. Have I ever observed the destructive results of a person's unwillingness to forgive? _____
 14. Can I name three people to whom I have said in the last six months, "Would you forgive me?" _____

 15. Can I name three people whom I have forgiven during the last six months? _____



Sunday:

Monday:

Tuesday:

Wednesday:



Words Of Wisdom: read a chapter from the Book of Proverbs corresponding with today's date (for example, if today is the seventh, read chapter seven from the Book of Proverbs.)



Prayer Needs/Requests & How God Responded: _____

Notes From This Week's Fellowship/Teaching: _____

Personal Accountability Checklist: (if in a group, have someone else check you)

- I completed the character or command promise study.
- I read a chapter from the Book Of Proverbs each day.
- I journaled each day.



LESSON 6: TRUTHFULNESS

- A. Definition of honesty: _____

- B. An example from my everyday life: _____

- C. A positive example from the Bible: Gen. 31:36-42; 43:11, 12; Matt. 26:59-64. _____

- D. A negative example from the Bible: Gen. 26:9-11; 2 Sam. 11:1-27; Esther 7:1-10; John 12:6; Acts 5:1-10. _____
- E. Thinking about honesty in my own life:
1. When have I been honest when it was not easy to do so? _____

 2. In what situation did I fail to be honest? _____

 3. What problem in my life could God use to build honesty? _____

 4. Who can be a Christian model for me of honesty? _____

 5. How can I develop this quality in my life? _____

- F. A scripture verse I will memorize to help build honesty into my life: Ps. 15:2; 19:14; 25:5; Prov. 21:6; John 14:6; 14:17; Eph. 4:15; Phil. 4:8. _____

- G. Self-evaluation:
1. Do people consider me an honest person? _____
 2. Am I honest toward my parents/authorities? _____
 3. Am I honest when I know I will be punished? _____
 4. Am I honest when it may cost me popularity, a friend, a sense of security, a good grade or promotion? _____
 5. Do I ever carry burdens because of dishonesty? _____
 6. Do I mean what I say every time I make a statement? _____
 7. Am I prone to exaggerate? _____
 8. Do I enjoy freedom in my life because I am honest before God in all that I do? _____
 9. Do dishonest people cause trouble in my life? _____
 10. Do honest people bother me? _____
 11. Is honesty a virtue I believe in, but not to the point of practicing it in all situations? _____
 12. Do I demand honesty from others but not expect it from myself? _____
 13. Most of us have been undercharged or have received too much change when making a purchase. Do I enjoy returning money in those situations? _____
 14. Is it harder for me to be honest when I am alone? For instance, a boss wants eight hours of hard work. Do I try to get by with less when he is not around? _____
 15. Have I rationalized dishonesty so that I don't feel as bad about it (e.g., calling an untruth a "white lie")? _____
 16. Do I feel deep sorrow for the times I've been dishonest? _____
 17. Is it more important for older people to be honest than young people? Do I have different standards for different ages? _____



Sunday: _____

Monday: _____

Tuesday: _____

Wednesday: _____



Words Of Wisdom: read a chapter from the Book of Proverbs corresponding with today's date (for example, if today is the seventh, read chapter seven from the Book of Proverbs.)



LESSON 7: DEPENDABILITY

- A. Definition of dependability: _____

- B. An example from my everyday life: _____

- C. A positive example from the Bible: Gen. 6:5-8; 7:1-5; Ruth 1:15-18; Matt. 24:42; 25:13; Phil. 2:19-23. _____
- D. A negative example from the Bible: 2 Sam. 3:26-30, 39; Matt. 25:21-30; 2 Tim. 4:9-11. _____
- E. Thinking about dependability in my own life:
1. When have I been dependable? _____

 2. In what situation did I fail to be dependable? _____

 3. What problem in my life could God use to make me more dependable? _____

 4. Who can be a Christian model for me of dependability? _____
 5. How can I develop this quality in my life? _____

- F. A scripture verse I will memorize to help build dependability into my life: Prov. 20:6; 28:20; Luke 16:10; 1 Cor. 4:2; Col. 3:22; Rev. 2:10. _____

- G. Self-evaluation:
1. Am I just as dependable when my teacher (or boss, parent, friend, pastor, etc.) is not around as when he/she is? _____

 2. Do I finish what I have started for someone else? _____
 3. Do I return things I borrow, or must the owners ask me for them? _____
 4. Do I refrain from talking about others, or do I gossip freely? _____
 5. Can people count on me to do a job if I promise I will? _____
 6. Do I loyally support those in authority over me? _____
 7. Do I adjust to the goals, desires and plans of those God puts over me, or do I resist until I get my way? _____
 8. Do I follow my Christian convictions even when I will face negative consequences? _____
 9. Do I ever take advantage of other people? _____
 10. Am I slow to believe a word of criticism about someone else or do I accept everything I hear? _____
 11. Do I give excuses when I have not been dependable? Do I rationalize why the job was not done or not done right? _____
 12. Am I faithful in attending meetings I am committed to? Do I come on time? _____
 13. Do people take me seriously when I say I plan to do something? Am I a person of my word? _____
 14. Can God count on me to follow through with assignments He gives me such as witnessing to a neighbor? _____



Sunday:

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Words Of Wisdom: read a chapter from the Book of Proverbs corresponding with today's date (for example, if today is the seventh, read chapter seven from the Book of Proverbs.)



LESSON 8: GRATITUDE

- A. Definition of gratitude: _____

- B. An example from my everyday life: _____

- C. A positive example from the Bible: 2 Sam. 2:5-7; Dan. 2:17-23; Rom. 16:1-12; Phil. 1:3-7. _____
- D. A negative example from the Bible: Gen. 31:36-42; Ex. 17:1-4; Luke 17:11-18. _____
- E. Thinking about gratitude in my own life:
1. When have I shown gratitude in a specific way? _____

 2. In what situation did I fail to show gratitude? _____

 3. What problem in my life could God use to build gratitude? _____

 4. Who can be a Christian model for me of gratitude? _____
 5. How can I develop this quality in my life? _____

- F. A scripture verse I will memorize to help build gratitude into my life: Ps. 107:1; Phil. 4:6; Col. 3:17; 1 Thess. 5:18; Heb. 13:15. _____

- G. Self-evaluation:
1. Have I ever thanked my mother for all the trouble and effort she went through in bearing me and caring for me? _____
 2. Have I ever thanked my mother for all the clothes she has washed, the meals she has cooked, the beds she has made, and the prayers she has prayed? _____
 3. Do I regularly thank my mother and father for driving me to all my activities? _____
 4. Have I ever thanked my father for supporting the family so well? _____
 5. Is there a teacher who has meant a great deal to me, either recently or in years past? Have I thanked him/her? _____
 6. Is there a friend who has been particularly good to me, at present or in the past? Have I said "thank you" for his/her kindness? _____
 7. Is there someone who has helped me in my spiritual life, someone who challenged or encouraged me to get close to God? Have I thanked him or her? _____
 8. Do I thank God for the blessings He brings to me...food, shelter, life, forgiveness, friends, a future, a free country, opportunity, challenges, work, health, etc.? _____
 9. Am I able to thank God for difficult times that have taught me important lessons? _____
 10. Would people who know me well consider me a thankful person, or would they say I tend to grumble, complain, criticize? _____
 11. Is it easy for me to say, "I appreciate you"? _____
 12. Can I think of anyone who might be resentful toward me because I forgot to say, "Thank you"? _____



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LESSON 9: SELF-CONTROL

- A. Definition of self-control: _____

- B. An example from my everyday life: _____

- C. A positive example from the Bible: Gen. 39:6-18; 2 Sam. 16:5-13; 1 Kings 19:9; Dan. 1:8-16. _____
- D. A negative example from the Bible: Gen. 3:1-7; Num. 20:7-12; 2 Sam. 13:1-19; 1 Kings 21:1-7. _____
- E. Thinking about self-control in my own life:
1. When have I shown self-control in a specific way? _____

 2. In what situation did I fail to show self-control? _____

 3. What problem in my life could God use to build self-control? _____

 4. Who can be a Christian model for me of self-control? _____
 5. How can I develop this quality in my life? _____

- F. A scripture verse I will memorize to help build self-control into my life: Prov. 16:32; 25:28; 1 Cor. 9:25; Gal. 5:16, 24; 1 Thess. 5:22; Titus 2:12. _____

- G. Self-evaluation:
1. Does my language always reflect self-control? _____
 2. Do people find it difficult to make me upset? _____
 3. What people have I wounded through careless words? _____
 4. Do I control my appetite? _____
 5. When I am tempted to compromise God's standards, do my convictions usually win out over my natural desires? _____
 6. Has my self-control developed in the last year? _____
 7. We are often encouraged to "tell it like it is." Do I know when it is wise and unwise to do so? _____
 8. Would those of the opposite sex who know me well say I demonstrate self-control? _____
 9. Our society tells us, "Enjoy yourself." Do I generally sacrifice moral standards to do that? _____
 10. Am I happier when under restraint or when free to do as I please? _____
 11. Have I made self-control a primary goal (although many consider it unimportant)? _____
 12. Are God's limitations for my personal liberties worth obeying? _____
 13. Can I agree with the statement: To be truly free is to be in control of my appetites and habits, not to be under their control? _____
 14. Most of us have felt much guilt about areas in which we've lacked self-control. Am I presently carrying guilt for this reason? _____
 15. Is it possible to gain victory over those areas that have defeated me? _____



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Words Of Wisdom: read a chapter from the Book of Proverbs corresponding with today’s date (for example, if today is the seventh, read chapter seven from the Book of Proverbs.)



LESSON 10: HUMILITY

- A. Definition of humility: _____

- B. An example from my everyday life: _____

- C. A positive example from the Bible: Luke 1:26-56; 7:1-10; John 1:19-28; 3:28-30; Phil. 2:3-11. _____
- D. A negative example from the Bible: Isa. 14:12-17; Dan. 4:30-34; Luke 18:9-14. _____
- E. Thinking about humility in my own life:
1. When have I been humble? _____

 2. When have I failed to be humble? _____

 3. What problem in my life could God use to build humility? _____

 4. Who can be a Christian model for me of humility? _____

 5. How can I develop this quality in my life? _____

- F. A scripture verse I will memorize to help build humility into my life: Ps. 138:6; Prov. 11:2; Matt. 5:3; 23:12; 1 Pet. 5:5, 6. _____

- G. Self-evaluation:
1. Do I quickly accept blame or do I tend to pass it on to others? _____
 2. How often do I say, "Please forgive me; I was wrong"? _____
 3. Am I a good listener, or do I shape my own comments while the other person talks? _____
 4. Do I desire that others receive what is rightfully theirs – attention, glory, a special favor – or would I rather receive it? _____
 5. Do I willingly accept tasks assigned to me? _____
 6. Am I content with the gifts God has given me? _____
 7. Do I accept God's judgments joyfully, as a means of learning true humility, or do I sulk when I get "spanked"? _____

 8. Would those close to me consider me a humble person? _____
 9. Do I accept jobs that are difficult for me because I want to learn to trust God, or do I pull back because I don't think I can do them? _____
 10. Am I able to see my physical defects as marks of divine ownership? _____
 11. Do I think a great deal about my reputation, my status in the group? Do I ever consider the reputation of Christ? Which is more important to me? _____
 12. Do I freely give praise to others who deserve it? _____
 13. Do I compliment others freely or am I always waiting for others to compliment me? _____



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LESSON 11: RESPONSIBILITY

- A. Definition of responsibility: _____

- B. An example from my everyday life: _____

- C. A positive example from the Bible: Gen. 41:37-45; Ruth 1:11-13; Esther 4:13-17; Matt. 25:14-23. _____
- D. A negative example from the Bible: Gen. 3:8-13; 4:8-10; 25:29-34; Ex. 32:21-24; Matt. 27:24, 25. _____
- E. Thinking about responsibility in my own life:
1. When have I been responsible? _____

 2. When have I failed to be responsible? _____

 3. What problem in my life could God use to build responsibility? _____

 4. Who can be a Christian model for me of responsibility? _____
 5. How can I develop this quality in my life? _____

- F. A scripture verse I will memorize to help build responsibility into my life: Gal. 6:5; 1 Pet. 4:10. _____

- G. Self-evaluation:
1. Do I accept responsibility for my actions at all times? _____
 2. Do I accept responsibility for my failures, or do I tend to make excuses? _____
 3. Do I enjoy being responsible for other people's actions? _____
 4. When I have not acted responsibly, do I feel angry toward myself? _____
 5. When I look at my responsibilities, do I tend to worry? _____
 6. Do I think more about my responsibilities than about my rights? _____
 7. Do I take care of other people's property as I would my own? _____
 8. Is being "my brother's keeper" more important than my freedom of speech? _____
 9. Do people in authority entrust me with extra responsibilities? _____
 10. Do I seek additional responsibility or do I avoid it? _____
 11. Am I responsible to keep scheduled appointments and to be on time? _____
 12. Do I carry out my jobs properly when my superiors are not present? _____
 13. Do I avoid making rash promises? _____
 14. Do I keep promises I make? _____
 15. Am I cooperating with God to make myself more responsible? _____



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Prayer Needs/Requests & How God Responded:

Notes From This Week's Fellowship/Teaching:

Personal Accountability Checklist: (if in a group, have someone else check you)

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LESSON 12: CONTENTMENT

- A. Are you basically a content person? Instead of answering with a yes or no, respond by writing several sentences about yourself. Before writing, ask yourself, “Am I satisfied with life – with myself, my family, my future, my gifts? Or am I discontented?”: _____

- B. Explain (in four sentences or more) why you feel you are, or are not, a contented person: _____

- C. Are you developing in contentment? Explain: _____

- D. Study the following passages. What do they teach you about contentment? Num. 11:1-15; Rom 9:19-21; Phil. 4:10-13; 1 Tim. 6:6-9. _____

- E. Give a definition of contentment: _____

- F. Who is the most contented person you know? Memorize Phil. 4:11: “Not that I complain of want; for I have learned, in whatever state I am, to be content.” _____
- G. Self-evaluation:
1. Do I expect to be contented regardless of what happens to me? _____
 2. Do I experience contentment in disturbing situations? _____
 3. Am I contented only when things go “my way”? _____
 4. Is my contentment contagious? _____
 5. Do I view contented people as being lazy? _____
 6. Are Christians the only contented people in our world? _____
 7. Does my present life-style encourage contentment? _____
 8. Would I have to change my life-style to become a contented person? _____
 9. Am I willing to change my life-style in order to experience contentment? _____
 10. If I am not content, do I know why I am not? _____
 11. Do I envy people who have more possessions than I? _____
 12. Do I have enough (of whatever it takes) to be content? _____
 13. Do I ever feel resentment toward God for holding back some of His blessings from me? _____
 14. Do I believe God is a Father who loves to give me good gifts, or do I believe God is stingy and overbearing? _____
 15. Am I cooperating with God to bring me to the place where I will be able to say, “I have learned in whatever state I am to be content”? _____



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LESSON 13: GENTLENESS

- A. Definition of gentleness: _____

- B. An example from my everyday life: _____

- C. A positive example from the Bible: Isa. 40:11; 42:1-3; Matt. 11:28-29; Luke 7:36-50; 10:38-42; John 8:1-11; 1 Thess. 2:7-8. _____
- D. A negative example from the Bible: Num. 20:2-13; 2 Sam. 18:10-15; 19:1-8; 1 Kings 21:5-14; Luke 9:51-56. _____
- E. Thinking about gentleness in my own life:
1. When have I been gentle? _____

 2. In what situation did I fail to be gentle? _____

 3. What problem in my life could God use to build gentleness? _____

 4. Who can be a Christian model for me of gentleness? _____
 5. How can I develop this quality in my life? _____

- F. A scripture verse I will memorize to help build gentleness into my life: Ps. 25:9; 37:11; Matt. 5:5; 11:29; James 3:17. _____

- G. Self-evaluation:
1. Do I associate gentleness with weakness? _____
 2. Are females more gentle than males? _____
 3. Do I enjoy being with small children? _____
 4. Am I comfortable with the elderly? _____
 5. If I am gentle, will I be accepted in my peer group? _____
 6. Do gentle people attract me? _____
 7. Do I avoid harsh and abusive people? _____
 8. Do I become more gentle when I spend time worshiping Jesus? _____
 9. Do I excuse myself when I am harsh or unkind? _____
 10. Is the ability to stifle true emotion a character strength? _____
 11. Do I harden my heart? _____



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Prayer Needs/Requests & How God Responded:

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LESSON 14: GENEROSITY

- A. Definition of generosity: _____

- B. An example from my everyday life: _____

- C. A positive example from the Bible: Ex. 36:2-7; Luke 7:44; 8:3; 10:33-37; 21:1-4; 2 Cor. 8:1-7. _____
- D. A negative example from the Bible: Hag. 1:2-9; Mal. 3:8-12; Matt. 25:31-46; 26:6-13. _____
- E. Thinking about generosity in my own life:
1. When have I been generous? _____

 2. In what situation did I fail to be generous? _____

 3. What problem in my life could God use to build generosity? _____

 4. Who can be a Christian model for me of generosity? _____
 5. How can I develop this quality in my life? _____

- F. A scripture verse I will memorize to help build generosity into my life: Ps. 41:1; Prov. 11:24, 25; 13:7; 19:6; 28:27; Eccles. 11:1; Luke 6:38; 12:34; 2 Cor. 9:6. _____

- G. Self-evaluation:
1. Do I enjoy giving away things that are precious to me? _____
 2. Do I like to surprise people with special gifts? _____
 3. Do the material needs of others move me to give sacrificially? _____
 4. Has tithing become a spiritual adventure for me? _____
 5. Am I supposed to wait until I am a certain age before I start giving consistently to the work of the Lord? _____
 6. Do I know anyone who has a special gift of giving? Have I noticed if he is a happy person? _____
 7. Would those who know me well consider me a generous person? _____
 8. Am I hospitable? Do I enjoy making people feel at home in my house and treating them as honored guests? _____
 9. Am I as generous with time as I am with money? _____
 10. Do I know what motivates me to be generous? _____
 11. Am I more generous to friends than to family members? _____
 12. Do I wait for someone else to offer to pay the check when a group of us eat out together? _____
 13. Am I generous with a tip when it is appropriate? _____
 14. Are there areas in which I am especially selfish? _____
 15. Am I generous to people that do not appeal to me? _____
 16. Do I want to become more generous with my time, money, and possessions? _____



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LESSON 15: PURITY

- A. Definition of purity: _____

- B. An example from my everyday life: _____

- C. A positive example from the Bible: Gen. 39:6-18; Luke 1:26-37; John 8:34-47; 1 Cor. 13. _____
- D. A negative example from the Bible: Judg. 16:1-6, 15-17; 2 Sam. 11:1-27; 13:1-14; Matt. 14:1-12. _____
- E. Thinking about generosity in my own life:
1. When have I shown strength in the area of purity? _____

 2. How have I shown weakness in this area? _____

 3. What problem in my life could God use to make me pure in thought, word and deed? _____

 4. Who can be a Christian model for me of purity? _____
 5. How can I develop this quality in my life? _____

- F. A scripture verse I will memorize to help build purity into my life: Matt. 5:8; Phil. 4:8; 1 Tim. 1:5, 5:22; James 4:8. _____

- G. Self-evaluation:
1. Do I strive to keep myself holy "as my Heavenly Father is holy"? _____
 2. Do I sacrifice popularity to maintain my purity? _____
 3. Am I willing to reject immoral thoughts, etc., so that I can present a pure body, soul and spirit to God? _____
 4. Thinking about pure water: am I an iceberg, a clear mountain stream, a muddy creek, or a stagnant mire? _____
 5. Do my thoughts ever become clouded with smutty jokes or immoral fantasies? _____
 6. Do I have a friend to whom I can confess problems of impurity? _____
 7. Do I consider myself guilty of impure actions even if no one sees me? _____
 8. Does God expect me to be as pure as He expected people to be in Bible times? _____
 9. Do I use God's standard for purity? _____
 10. Have I changed any doctrinal positions because of moral problems? _____
 11. Does the thought of being pure sound attractive or prudish to me? _____
 12. Are my friends committed to holy living? _____
 13. Do I want to marry someone with high moral standards? _____
 14. Do I want to be a marriage partner with high moral standards? _____
 15. Am I convinced that personal purity is possible in our society? _____
 16. Can God forgive all my impurity? _____
 17. Am I cooperating with God to make myself "pure in heart"? _____



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Prayer Needs/Requests & How God Responded:

Notes From This Week's Fellowship/Teaching:

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LESSON 16: BOLDNESS

- A. Definition of confidence: _____

- B. An example from my everyday life: _____

- C. A positive example from the Bible: 1 Sam. 14:6-15; 1 Kings 17:1; 18:17-19; Ps. 27; Dan. 6:19-23; Acts 27:21-26. _____

- D. A negative example from the Bible: Gen. 3:8-13; 20:8-12; 1 Sam. 28:3-7; Mark 6:14-29. _____
- E. Thinking about confidence in my own life:
1. When have I been confident? _____

 2. In what situation did I fail to be confident? _____

 3. What problem in my life could God use to build confidence? _____

 4. Who can be a Christian model for me of confidence? _____
 5. How can I develop this quality in my life? _____

- F. A scripture verse I will memorize to help build confidence into my life: Prov. 3:25-26; 14:26; Heb. 4:16; 10:35; Phil. 4:13; 1 John 3:21; 5:14. _____

- G. Self-evaluation:
1. Whom do I know that is confident because he knows how to trust God? _____
 2. Whom do I know that is confident because he is naturally gifted in a certain area? _____
 3. In what areas am I confident? _____
 4. What is the basis of my confidence? _____
 5. Am I basically a fearful or confident person? _____
 6. When do I most lack confidence? _____
 7. Is there a relationship in my life between sin and loss of confidence? _____
 8. Do I build up people's confidence in themselves? _____
 9. Do I desire to be a confidence builder? _____
 10. Has my home been a place where my confidence has been built? _____
 11. What kind of fears do I allow to control me? _____
 12. Do my friends build me up in a positive way? _____
 13. Can I name four people who love me no matter what I do? _____
 14. Do I habitually tear myself down? _____
 15. Do people who are more confident than I make me jealous? _____
 16. Am I cooperating with God to make me a confident person? _____



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Prayer Needs/Requests & How God Responded: _____

Notes From This Week's Fellowship/Teaching: _____

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LESSON 17: ENCOURAGEMENT

- A. Definition of encouragement: _____

- B. An example from my everyday life: _____

- C. A positive example from the Bible: Neh. 2:17-20; 1 Sam. 23:15-18; Matt. 3:16, 17; 26:6-13; Luke 3:21, 22; Phil. 1:3-11. _____
- D. A negative example from the Bible: Num. 13:25-33; 1 Kings 12:20; Luke 15:25-32. _____
- E. Thinking about encouragement in my own life:
1. When have I given encouragement to someone? _____

 2. When have I especially needed encouragement? _____

 3. What problem in my life could God use to make me an “encourager”? _____

 4. Who can be a Christian model for me of encouragement _____
 5. How can I develop this quality in my life? _____

- F. A scripture verse I will memorize to help build encouragement into my life: Ps. 143:3; Matt. 3:17; John 14:1; 1 Thess. 5:11; 5:14; Heb. 3:13; 10:24. _____

- G. Self-evaluation:
1. Do my words of encouragement easily outweigh words of correction or criticism? _____
 2. Do people become more cheerful around me? _____
 3. Would my family consider me an encouraging person? _____
 4. Is it easy for me to praise others? _____
 5. Am I careful to ask forgiveness of others when I have given a negative report or discouraging word? _____
 6. Have I been diligent to encourage those I associate with – children, students, employees, husband/wife, brothers, sisters, fellow church members? _____
 7. Have I been diligent to encourage those God has placed over me – teachers, employers, elders, ministers, church leaders, civil servants, government leaders? _____
 8. Do I pass along only good news and swallow gossip, or do I delight in sharing bad news? _____
 9. Does my conversation with friends generally build people up? _____
 10. Do I think more about giving praise than receiving it? _____
 11. Do I desire to become an “encourager”? _____
 12. Am I able to encourage those who have hurt me? Can I “bless those who persecute” me as Jesus commands? _____

 13. Have I recognized how encouraging God is to His whole creation? To me? _____
 14. Do patient people bother me? _____
 15. Do I avoid jobs that will test my patience? _____
 16. Has my impatience caused me to be unpopular? _____
 17. Am I patient enough in my personal prayer time so that God has a chance to communicate with me? _____



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LESSON 18: AVAILABILITY

- A. Definition of availability: _____

- B. An example from my everyday life: _____

- C. A positive example from the Bible: Gen. 12:1-9; Matt. 4:18-22; Luke 1:26-38; 18:15-16; Acts 6:1-8. _____
- D. A negative example from the Bible: Gen. 3:9-10; Ex. 4:1-17; Jonah 1:1-4; Matt. 25:14-30; 2 Tim. 4:9, 10. _____
- E. Thinking about availability in my own life:
1. When have I been most available to the Lord or others? _____

 2. In what situation did I fail to be available? _____

 3. What problem in my life could God use to build availability? _____

 4. Who can be a Christian model for me of availability? _____
 5. How can I develop this quality in my life? _____

- F. A scripture verse I will memorize to help build availability into my life: Isa. 6:8; Luke 1:38; 16:10; Rom. 6:13; 12:1, 6; 1 Cor. 4:2. _____

- G. Self-evaluation:
1. Have I shown to my parents, friends, associates that I am available to them? _____
 2. Do people often call on me for help? _____
 3. Am I using my gifts to build up the body of Christ? _____
 4. Have I arranged my priorities so that I am able to say "yes" to legitimate needs? _____
 5. Am I free from the tyranny of time so that I don't have to keep telling everyone how busy I am? _____
 6. Do I willingly accept assignments given to me? _____
 7. Am I willing to say "yes" to jobs that are beyond me, knowing that God will give me grace? _____
 8. Do I spend time listening to God so that I am sensitive to what He wants me to do? _____
 9. Am I able to view interruptions as opportunities to meet needs, or do I allow them to frustrate me? _____
 10. Have I relinquished my own goals so that I can pursue God's? _____
 11. Have I said to God, as Isaiah did, "Here am I, send me"? _____
 12. Has God won the battle in my life over whose will is going to reign, God's or mine? _____
 13. Have I dealt with the guilt of not being available for someone when I knew God wanted me to be? _____
 14. Am I satisfied with my present level of availability to God and to others? _____



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LESSON 19: ATTENTIVENESS

- A. Definition of attentiveness: _____

- B. An example from my everyday life: _____

- C. A positive example from the Bible: Ex. 18:19-24; Ps. 34; John 10:1-5; Rev. 3:15-22.
- D. A negative example from the Bible: Num. 22:15-35; Prov. 29:12; Isa. 7:10-15; Matt. 13:10-17; 16:21-25; John 6:58-61. _____
- E. Thinking about attentiveness in my own life:
1. When have I been attentive? _____

 2. In what situation did I fail to be attentive? _____

 3. To whom would God want me to be more attentive? _____

 4. What problem in my life could God use to build attentiveness? _____

 5. How can I develop this quality in my life? _____

- F. A scripture verse I will memorize to help build attentiveness into my life: Ps. 25:5; 40:1; Prov. 12:15; 23:12; 23:22; Mark 4:23; Heb. 2:1. _____

- G. Self-evaluation:
1. Would those close to me consider me to be a good listener? _____
 2. Am I a good listener? Do my facial expressions and other gestures show that I am listening intently? _____
 3. When I am spoken to, do I stop what I am doing, look and listen? _____
 4. Do I always look at the person who is speaking to me or do I glance away to other people or other distractions? _____

 5. Are there certain people I pay more attention to than others? Do I know why? _____

 6. How hard do my authorities (parents/employer) have to work to gain my attention? _____
 7. Do I listen to another person without wishing he would stop so that I could say something more interesting? _____
 8. Do I listen carefully when assignments are given to me so that the information is clear? _____
 9. Do I ever make others uncomfortable by looking at my watch when they are talking? _____
 10. Have I cultivated the practice of responding to the inner voice of the Holy Spirit? _____
 11. Do my personal prayer times include times of quiet meditation and listening to God? _____
 12. Have I told God that I will do whatever He tells me to do if He makes it clear to me? _____
 13. Do I have a recent testimony of how Scripture has spoken to me? _____



Sunday: _____

Monday: _____

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Wednesday: _____



Words Of Wisdom: read a chapter from the Book of Proverbs corresponding with today's date (for example, if today is the seventh, read chapter seven from the Book of Proverbs.)



LESSON 20: PEACE

- A. Definition of peace: _____

- B. An example from my everyday life: _____

- C. A positive example from the Bible: Ps. 27:1-6; Luke 1:26-38; 2:25-32; John 14:25-31; Acts 27:21-25. _____

- D. A negative example from the Bible: 2 Sam. 15:1-13; Matt. 2:13-18; 26:69-75; 27:1-7; Luke 8:22-25. _____
- E. Thinking about peace in my own life:
1. When have I demonstrated the quality of peace in a difficult time? _____

 2. In what situation did I fail to demonstrate peace? _____

 3. What problem in my life could God use to develop peace? _____

 4. Who can be a Christian model for me of peace? _____
 5. How can I develop this quality in my life? _____

- F. A scripture verse I will memorize to help build peace into my life: Isa. 26:3; Matt. 5:9; John 14:27; 16:33; Rom. 5:1; 12:18; Phil. 4:7. _____

- G. Self-evaluation:
1. Am I able to maintain peace even when circumstances are not peaceful? _____
 2. When there are conflicts in relationships between my friends, do I help to restore peace? _____
 3. Do I resist a critical, divisive spirit that destroys peace? _____
 4. Am I willing to experience personal hurts in order to maintain peace? _____
 5. Do I understand peace in the same way the Scriptures explain it? _____
 6. Am I aware of those situations that usually rob me of peace? _____
 7. Am I taking steps to deal with the root problem? _____
 8. Do others consider me to be a peaceful individual? _____
 9. Is this motto healthy: "Peace at any price"? _____
 10. Is the kind of peace I am seeking really attainable? _____
 11. Do I know how to attain that peace? _____
 12. Does reading God's Word contribute to my inner peace? _____
 13. Am I sometimes "uncomfortable" when everything seems peaceful? _____
 14. Do I really want to be a peaceful person who brings peace to others? _____
 15. Am I cooperating with God to make myself a person of peace? _____



Sunday: _____

Monday: _____

Tuesday: _____

Wednesday: _____



Words Of Wisdom: read a chapter from the Book of Proverbs corresponding with today's date (for example, if today is the seventh, read chapter seven from the Book of Proverbs.)



LESSON 21: WISDOM

- A. Definition of wisdom: _____

- B. An example from my everyday life: _____

- C. A positive example from the Bible: Gen. 37:39-45; 1 Kings 3:23-28; Dan. 2:17-24, 46-49; Matt. 22:15-45; Luke 2:41-52. _____
- D. A negative example from the Bible: Gen. 3:1-7; Ex. 32:1-3; 1 Sam. 25; Luke 12:15-21; Rom. 1:18-32. _____
- E. Thinking about wisdom in my own life:
1. When have I been wise? _____

 2. In what situation did I fail to be wise? _____

 3. What problem in my life could God use to build wisdom? _____

 4. Who can be a Christian model for me of wisdom? _____
 5. How can I develop this quality in my life? _____

- F. A scripture verse I will memorize to help build wisdom into my life: Prov. 1:7; 4:5; 24:3; Col. 2:3; James 1:5, 6; 3:13. _____

- G. Self-evaluation:
1. Try to remember the last three decisions you made. Were they wise ones? _____
 2. Do I seek advice from wise people to help me with major decisions? _____
 3. Do I consider my parents to be wiser than I am? _____
 4. Am I gaining in wisdom or in foolishness? _____
 5. Do I envy people who seem to make wise choices consistently? _____
 6. Does wisdom receive higher priority in my life than "happiness"? _____
 7. Does reading and study increase wisdom? _____
 8. Are people today generally wiser than people were 2,000 years ago? _____
 9. Can I be successful without being wise? _____
 10. Do I depend upon the Holy Spirit to guide me when making a decision? _____
 11. Do I seek direction from the Scriptures when faced with alternatives? _____
 12. Do I respect the advice of my parents, teachers, or pastor? _____
 13. Am I convinced that the wisdom of the Bible is superior to the wisdom of this world? _____
 14. Am I teachable? Do I readily listen to advice? _____
 15. In conversation, am I interested in receiving wisdom from others or giving mine? _____
 16. Am I convinced that all true wisdom comes from God? _____
 17. Am I cooperating with God to make myself a wise person? _____



Sunday:

Monday:

Tuesday:

Wednesday:



Words Of Wisdom: read a chapter from the Book of Proverbs corresponding with today's date (for example, if today is the seventh, read chapter seven from the Book of Proverbs.)



LESSON 22: COMPASSION

- A. Definition of compassion: _____

- B. An example from my everyday life: _____

- C. A positive example from the Bible: 2 Sam. 9:1-13; Luke 10:25-37; 15:18-24; 18:35-43; 1 Cor. 13; 1 John 4:7-21. _____
- D. A negative example from the Bible: 1 Kings 12:12-15; 21:5-15; Matt. 18:23-35; John 19:1-16. _____
- E. Thinking about compassion in my own life:
1. When have I been compassionate? _____

 2. In what situation did I fail to be compassionate? _____

 3. What problem in my life could God use to build compassion? _____

 4. Who can be a Christian model for me of compassion? _____
 5. How can I develop this quality in my life? _____

- F. A scripture verse I will memorize to help build compassion into my life: Prov. 10:12; Mark 12:29; John 15:12; Rom. 12:10; 1 Cor. 16:14; Col. 3:14; 1 John 4:18-21. _____

- G. Self-evaluation:
1. When I feel compassionate, do I take positive action? _____
 2. Do I serve people out of compassion or out of duty? _____
 3. Does my pride sometimes prevent me from showing compassion? _____
 4. Do I ever consider a person weak if he or she shows compassion? _____
 5. Are girls generally more compassionate than boys? _____
 6. Do I feel guilty when I have refrained from showing compassion? _____
 7. Does the misery of others usually produce feelings of compassion in me? _____
 8. Do I sense conviction when I see people exhibiting much more compassion than I do? _____
 9. Am I willing to inconvenience myself to show compassion to someone in need? _____
 10. Am I able to show compassion to people whose problems irritate me? _____
 11. In what ways do I express compassion? _____
 12. Is loving others one of my chief goals in life? _____
 13. Am I cooperating with God to make myself an instrument of His perfect love? _____



Sunday: _____

Monday: _____

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Wednesday: _____



Words Of Wisdom: read a chapter from the Book of Proverbs corresponding with today's date (for example, if today is the seventh, read chapter seven from the Book of Proverbs.)



LESSON 23: FAIRNESS

- A. Definition of fairness: _____

- B. An example from my everyday life: _____

- C. A positive example from the Bible: Lev. 19:13-18; Deut. 16:18-20; Acts 10:23-48; 15:6:11; Rom. 2:2-16. _____
- D. A negative example from the Bible: Isa. 53:1-12; Amos 5:11, 12; Luke 23:39-43; James 2:1-9. _____
- E. Thinking about fairness in my own life:
1. When have I been fair? _____

 2. In what situation did I fail to be fair? _____

 3. What problem in my life could God use to build fairness? _____

 4. Who can be a Christian model for me of fairness? _____
 5. How can I develop this quality in my life? _____

- F. A scripture verse I will memorize to help build fairness into my life: Prov. 17:26; John 7:24; Acts 10:34; Rom 2:11; 10:12; James 2:1. _____

- G. Self-evaluation:
1. Do I expect others to be fair to me? _____
 2. How do I react when other people are treated unfairly? _____
 3. Do I experience greater fairness at home or with friends? _____
 4. Has God dealt fairly with your family? _____
 5. Is my life a testimony to the fairness of God? _____
 6. Do I believe that "all is fair in love and war"? _____
 7. Do different circumstances require varying degrees of fairness? _____
 8. Do I desire to be fair at all times? _____
 9. Do I consider God's answers to my prayers unfair? _____
 10. Am I treated fairly within my family, church, or school? _____
 11. Do I object to apparently unfair situations? _____
 12. How can fairness apply to international affairs? _____



Sunday: _____

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Words Of Wisdom: read a chapter from the Book of Proverbs corresponding with today's date (for example, if today is the seventh, read chapter seven from the Book of Proverbs.)



LESSON 24: ENTHUSIASM

- A. Definition of enthusiasm: _____

- B. An example from my everyday life: _____

- C. A positive example from the Bible: 2 Sam. 6:12-15; Neh. 2:17-20; John 2:13-17; Phil. 3:4-14. _____
- D. A negative example from the Bible: 1 Kings 19:4-10; Matt. 16:21-23; Luke 9:51-56; Rom. 10:1-4. _____
- E. Thinking about enthusiasm in my own life:
1. When have I been enthusiastic? _____

 2. In what situation did I fail to be enthusiastic? _____

 3. What problem in my life could God use to build enthusiasm? _____

 4. Who can be a Christian model for me of enthusiasm? _____
 5. How can I develop this quality in my life? _____

- F. A scripture verse I will memorize to help build enthusiasm into my life: Matt. 5:16; Rom. 12:11; 1 Cor. 10:31; 15:58; Gal. 6:9; Col. 3:23. _____

- G. Self-evaluation:
1. Do my attitude and countenance show that I enjoy my work? _____
 2. At home, do I have a positive spirit that makes me fun to be around, or am I a "sourpuss"? _____
 3. Do I motivate others by getting excited about things they are involved in? _____
 4. Do I greet others in a friendly manner when we meet? _____
 5. Do I usually see disappointments as opportunities for God to "work all things for good"? _____
 6. Can I distinguish true enthusiasm from emotional fervor? _____
 7. Am I able to "rejoice with those who rejoice"? Am I genuinely happy when others succeed, even if they surpass my accomplishments? _____
 8. Am I free in worship, or do I feel afraid to express my joy to God? _____
 9. Does my enthusiasm result in positive involvement, or does it end with emotional expression? _____
 10. Do enthusiastic people make me more enthusiastic or do they irritate me? _____
 11. Am I secure in my enthusiasm? Can I be comfortable with my own enthusiasm? _____
 12. Do I feel that people in general could use more enthusiasm in their lives? _____
 13. Am I capable of generating more enthusiasm than I do now? _____
 14. Am I willing to cooperate with God in becoming a more enthusiastic person? _____
 15. On an "enthusiasm scale" of one to ten, where would I place myself? _____
 16. Where would I like to be on the scale? _____



Sunday: _____

Monday: _____

Tuesday: _____

Wednesday: _____



Words Of Wisdom: read a chapter from the Book of Proverbs corresponding with today's date (for example, if today is the seventh, read chapter seven from the Book of Proverbs.)



LESSON 25: INITIATIVE

- A. Definition of initiative: _____

- B. An example from my everyday life: _____

- C. A positive example from the Bible: Gen. 1, 2; 1 Kings 9:10-28; Neh. 2; Matt. 14:22-33; Mark 2:1-5. _____

- D. A negative example from the Bible: Matt. 25:14-30; Luke 16:1-9; John 19:1-16; 2 Thess. 3:6-13. _____
- E. Thinking about initiative in my own life:
1. When have I shown initiative? _____

 2. In what situation did I fail to show initiative? _____

 3. What problem in my life could God use to build initiative? _____

 4. Who can be a Christian model for me of initiative? _____
 5. How can I develop this quality in my life? _____

- F. A scripture verse I will memorize to help build initiative into my life: Gen. 1:1; Prov. 22:29; Eccles. 9:10; Phil. 3:14; 4:13. _____

- G. Self-evaluation:
1. Do I take responsibility for my own spiritual growth and not depend excessively upon others? _____
 2. Do I make good use of my time? _____
 3. Do I have hobbies that I enjoy? _____
 4. When I see jobs that are not getting done, do I feel like doing them? _____
 5. Do I attempt to make my friends successful in something? _____
 6. Do I like to set goals and try to reach them? _____
 7. When I have a "thousand things to do," am I able to choose one thing and do it, or do I get so discouraged I do nothing? _____
 8. Am I convinced initiative is a mark of godliness? _____
 9. Do I consider it my responsibility to encourage others? _____
 10. Can I finish a job without having to be reminded or prodded? _____
 11. Do I look for opportunities to witness about Jesus? _____
 12. Am I especially creative in certain areas of my life? _____
 13. Do I give special attention to new people who come to my church? _____
 14. Do I carry out assignments or chores before being told? _____
 15. Am I convinced God will develop initiative in me? _____



Sunday: _____

Monday: _____

Tuesday: _____

Wednesday: _____



Words Of Wisdom: read a chapter from the Book of Proverbs corresponding with today's date (for example, if today is the seventh, read chapter seven from the Book of Proverbs.)



Prayer Needs/Requests & How God Responded: _____

Notes From This Week's Fellowship/Teaching: _____

Personal Accountability Checklist: (if in a group, have someone else check you)

- I completed the character or command promise study.
- I read a chapter from the Book Of Proverbs each day.
- I journaled each day.



LESSON 26: DILIGENCE

- A. Definition of diligence: _____

- B. An example from my everyday life: _____

- C. A positive example from the Bible: Prov. 6:6-11; 31:10-31; Ruth 2:1-13; Mark 13:32-36; Acts 9:36-39. _____
- D. A negative example from the Bible: Prov. 24:30-34; 26:13-16; Matt. 25:1-13; Mark 14:32-42. _____
- E. Thinking about diligence in my own life:
1. When have I been diligent? _____
 2. In what situation did I fail to be diligent? _____
 3. What problem in my life could God use to make me more diligent? _____
 4. Who can be a Christian model for me of diligence? _____
 5. How can I develop this quality in my life? _____
- F. A scripture verse I will memorize to help build diligence into my life: Prov. 10:4; 13:4; Mark 13:33; Rom. 12:11; 1 Thess. 4:11; 2 Thess. 3:12; 2 Tim. 3:16. _____

- G. Self-evaluation:
1. Do I consider myself diligent? _____
 2. Do my parents consider me diligent? _____
 3. Is getting out of bed on time quite easy for me? _____
 4. Am I diligent when the boss is not around? _____
 5. Do I enjoy doing a job to the best of my ability? _____
 6. Do people more diligent than I am make me feel guilty? _____
 7. Do I see diligence as a positive quality or do I say when I see someone working hard, "Who is he trying to impress"? _____
 8. Do I feel that diligent people are happier than lazy people? _____
 9. Are the people I consider successful diligent? _____
 10. Have I confessed laziness in my life? _____
 11. Do I consider laziness a serious enough problem to be repented of, or does it rank low on my priorities? _____
 12. Do I work with a sense of accountability to others, especially to God? _____
 13. Do I have a daily devotional time? _____
 14. Am I diligent in my work because I desire to honor God? _____
 15. Do I carry out responsibilities in detail? _____
 16. Do I want God to make me more diligent? _____



Sunday: _____

Monday: _____

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Words Of Wisdom: read a chapter from the Book of Proverbs corresponding with today's date (for example, if today is the seventh, read chapter seven from the Book of Proverbs.)



LESSON 27: THOUGHTFULNESS

- A. Definition of thoughtfulness: _____

- B. An example from my everyday life: _____

- C. A positive example from the Bible: Matt. 27:57-61; Mark 8:22-26; Luke 7:36-50; John 19:25-27; Phil. 1:19-30. _____
- D. A negative example from the Bible: Gen. 31:1-16; 1 Sam. 25:1-13; Jonah 4:1-11; Mark 10:13-16; Luke 15:25-32. _____
- E. Thinking about thoughtfulness in my own life:
1. When have I shown thoughtfulness? _____
 2. In what situation did I fail to be thoughtful? _____
 3. What problem in my life could God use to build thoughtfulness? _____
 4. Who can be a Christian model for me of thoughtfulness? _____
 5. How can I develop this quality in my life? _____
- F. A scripture verse I will memorize to help build thoughtfulness into my life: Matt. 10:42; Rom. 15:1, 2; Phil. 2:3, 4; Col. 3:14; 1 Pet. 3:7; 4:9; 1 John 3:18. _____

- G. Self-evaluation:
1. Do I remember the little details in people's lives that others tend to forget – birthdays, recent illnesses, prayer requests, favors? _____
 2. Am I usually aware of when close friends are hurting? _____
 3. Is meeting the needs of others more important to me than meeting my needs? _____
 4. Do people seem to appreciate me because I am thoughtful? _____
 5. Do I enjoy giving little "surprises" to others? _____
 6. Do I often think about helping people in need? _____
 7. Am I able to avoid critical thinking and complaining? _____
 8. Do I resent being "stepped on" once in a while? _____
 9. Have I ever confessed a lack of thoughtfulness? _____
 10. Do I show appreciation to thoughtful people? _____
 11. Is my thoughtfulness often inhibited by my laziness? _____
 12. Is my thoughtfulness consistent? _____
 13. Do I attempt to meet others' needs myself rather than expect someone else to? _____
 14. Do I think of others even when I am in need? _____
 15. Can I remember the last time I showed thoughtfulness? _____
 16. Will I cooperate with God to make me a more thoughtful person? _____



Sunday: _____

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Words Of Wisdom: read a chapter from the Book of Proverbs corresponding with today's date (for example, if today is the seventh, read chapter seven from the Book of Proverbs.)



LESSON 28: EFFICIENCY

- A. Definition of efficiency: _____

- B. An example from my everyday life: _____

- C. A positive example from the Bible: Ex. 18:13-27; 35:30-36:7; Prov. 31:10-31; Luke 5:4-7; Acts 6:1-7; 1 Cor. 12:4-31; Eph. 4:11-16. _____
- D. A negative example from the Bible: Matt. 7:24-27; 25:14-30; Luke 13:6-9; 14:25-33; 15:11-17. _____
- E. Thinking about efficiency in my own life:
1. When have I been efficient? _____

 2. In what situation did I fail to be efficient? _____

 3. What problem in my life could God use to build efficiency? _____

 4. Who can be a Christian model for me of efficiency? _____
 5. How can I develop this quality in my life? _____

- F. A scripture verse I will memorize to help build efficiency into my life: Ps. 90:12; Luke 7:21; Eph. 4:23; 5:15, 16; Col. 4:5; 1 Pet. 4:10. _____

- G. Self-evaluation:
1. Do I keep my room clean and orderly? _____
 2. Am I on time for most of my appointments? _____
 3. Am I often saying to myself, "I just don't have enough time"? _____
 4. Do I enjoy keeping good records, lists of things to do, etc.? _____
 5. Have I established my three highest priorities in life? _____
 6. Does my daily schedule reflect my priorities? _____
 7. Do I try to organize each day, or do I take each thing as it comes at me? _____
 8. Do inefficient people frustrate me? _____
 9. Is efficiency important to me? _____
 10. Do I evaluate a task before I begin as well as after I finish? _____
 11. Do I consider the cost of inefficiency? _____
 12. Do I seek help to change an inefficient schedule? _____
 13. Do I believe God is efficient? _____
 14. Do I ever consider who pays for my inefficiency? _____
 15. Are my close friends efficiency-conscious? _____
 16. Would I like God to make me more efficient in my use of time? _____
 17. Am I willing to cooperate with God to develop efficiency? _____



Sunday: _____

Monday: _____

Tuesday: _____

Wednesday: _____



Words Of Wisdom: read a chapter from the Book of Proverbs corresponding with today's date (for example, if today is the seventh, read chapter seven from the Book of Proverbs.)



Prayer Needs/Requests & How God Responded:

Lined writing area for prayer needs and responses.

Notes From This Week's Fellowship/Teaching:

Lined writing area for notes from fellowship and teaching.

Personal Accountability Checklist: (if in a group, have someone else check you)

- I completed the character or command promise study.
- I read a chapter from the Book Of Proverbs each day.
- I journaled each day.



LESSON 29: DISCRETION

- A. Definition of discretion: _____

- B. An example from my everyday life: _____

- C. A positive example from the Bible: Dan. 1:8-16; Matt. 21:23-27; Luke 2:15-19; Acts 15:6-30; Rom 14:13-23. _____
- D. A negative example from the Bible: Judges 11:29-40; Eccles. 5:1-7; Matt. 19:16-26; Luke 1:8-23; Gal. 2:1-5, 11-16. _____
- E. Thinking about discretion in my own life:
1. When have I shown discretion? _____
 2. In what situation did I fail to show discretion? _____
 3. What problem in my life could God use to build discretion? _____
 4. Who can be a Christian model for me of discretion? _____
 5. How can I develop this quality in my life? _____
- F. A scripture verse I will memorize to help build discretion into my life: Prov. 10:19; Eccles. 8:5; Rom. 12:2, 9; Rom 14:19 or 22; 1 Cor. 2:14 or 15; 8:9; Heb. 4:12; 5:14. _____

- G. Self-evaluation:
1. When I choose my clothing, do I consider how people will respond? _____
 2. Do I think it is important to avoid the appearance of evil as well as evil itself? _____
 3. Are there activities which are not wrong in themselves but would be wrong for me? _____
 4. When evaluating an activity, do I ask, "What's wrong with it?" Or "What is God's best for me?" _____
 5. Do I want God's best, or do I just want to avoid doing what's wrong? _____
 6. Do I feel pressured to do things because my friends are able to do them? _____
 7. Do I think it is necessary to sometimes stand alone, even when I risk losing my friends? _____
 8. When faced with difficult decisions, do I usually make the right one? _____
 9. Do I listen carefully to the advice of those over me in the Lord? _____
 10. Am I good at keeping secrets? _____
 11. Do I have any secrets with the Lord? _____
 12. Is my life an example of the saying, "Fools rush in where angels fear to tread"? _____
 13. Do I have a standard for making judgments or decisions? _____
 14. Is that standard a Biblical one? _____
 15. Do I use the rule "When in doubt, don't"? _____
 16. Will I cooperate with God to increase my discretion? _____



Sunday: _____

Monday: _____

Tuesday: _____

Wednesday: _____



Words Of Wisdom: read a chapter from the Book of Proverbs corresponding with today's date (for example, if today is the seventh, read chapter seven from the Book of Proverbs.)



LESSON 30: JOY

- A. Definition of joy: _____

- B. An example from my everyday life: _____

- C. A positive example from the Bible: Ex. 14:1-21; 1 Sam. 1:19, 2:10; Luke 10:17-21; 15:22-32; Acts 16:19-34. _____
- D. A negative example from the Bible: Ruth 1:19-21; Job 3:1-19; John 11:17-44. _____
- E. Thinking about joy in my own life:
1. When have I been especially joyful? _____

 2. In what situation did I fail to be joyful? _____

 3. What problem in my life could God use to build joy? _____

 4. Who can be a Christian model for me of joy? _____
 5. How can I develop this quality in my life? _____

- F. A scripture verse I will memorize to help build joy into my life: Ps. 16:11; 33:21; Luke 10:20; John 15:11; Rom. 14:17; Eph. 5:18, 19; Phil 4:4. _____

- G. Self-evaluation:
1. Some people are always grouchy when they get up. How do I act? _____
 2. Am I joyful even when going through a difficult trial? _____
 3. Do I avoid periods of depression or self-pity? _____
 4. Does my joy depend on my relationship with God or on my circumstances? _____
 5. Is my joy fragile – easily subject to change? _____
 6. Does my family consider me a happy person? _____
 7. When people are around me, do they “brighten up”? _____
 8. Do I enjoy making other people happy? _____
 9. Am I cheerful when I answer the phone, when I greet people on the street, or when I answer the door? _____
 10. Does my joy reveal itself in my day-to-day contacts (schoolmates, mailman, neighbors)? _____
 11. Do I make a point of being joyful when coming home or meeting friends? _____
 12. Do I sing, whistle, dance or express joy in some way during my daily chores? _____
 13. Do happy people annoy me? _____
 14. Do I usually assume that “smiley” people are insincere? _____
 15. Do I need more joy in my life? _____
 16. Do I dare allow God to fill me with overflowing joy? _____



Sunday:

Monday:

Tuesday:

Wednesday:



Words Of Wisdom: read a chapter from the Book of Proverbs corresponding with today's date (for example, if today is the seventh, read chapter seven from the Book of Proverbs.)



Prayer Needs/Requests & How God Responded:

Lined writing area for prayer needs and responses.

Notes From This Week's Fellowship/Teaching:

Lined writing area for notes from fellowship or teaching.

Personal Accountability Checklist: (if in a group, have someone else check you)

- I completed the character or command promise study.
- I read a chapter from the Book Of Proverbs each day.
- I journaled each day.



LESSON 31: OPTIMISM

- A. Definition of optimism: _____

- B. An example from my everyday life: _____

- C. A positive example from the Bible: Num. 14:4-10; Hab. 3:17-19; Mark 14:53-62; Rom. 8:28-39; Phil. 3:12-15; Philemon 4:22. _____
- D. A negative example from the Bible: Gen. 18:9-15; Num. 11:1-6; 13:25-33; John 5:2-9; 20:24-25. _____
- E. Thinking about optimism in my own life:
1. When have I been optimistic? _____

 2. In what situation did I fail to be optimistic? _____

 3. What problem in my life could God use to build optimism? _____

 4. Who can be a Christian model for me of optimism? _____
 5. How can I develop this quality in my life? _____

- F. A scripture verse I will memorize to help build optimism into my life: Gen. 50:20; Luke 21:18; John 16:33; Rom. 8:25, 28; Phil. 4:8; 1 Thess. 5:18; Heb. 11:1. _____

- G. Self-evaluation:
1. Do I see good in every day regardless of the problems? _____
 2. Do I usually think that life will be better in the future than it is now? _____
 3. Have I seen positive results from the difficulties I have gone through? _____
 4. Do I enjoy all kinds of weather? _____
 5. Do I help others to see what God can do through their suffering? _____
 6. Do pessimistic people irritate me? _____
 7. Do I really expect God to sustain me in all my difficulties? _____
 8. Am I confident in the abilities God has given me? _____
 9. Does the future excite me? _____
 10. Do I expect to have a good job, a good family, a successful marriage? _____
 11. Do I criticize optimistic people? _____
 12. Does my optimism increase when things are going well? _____
 13. Am I convinced that optimism fits the Christian life-style better than pessimism? _____
 14. Do I have a good reason to be optimistic about life? _____
 15. Have I confessed negativism in my life? Do I want God to deal with it? _____
 16. Am I cooperating with God to make myself optimistic? _____



Sunday:

Monday:

Tuesday:

Wednesday:



Words Of Wisdom: read a chapter from the Book of Proverbs corresponding with today's date (for example, if today is the seventh, read chapter seven from the Book of Proverbs.)



LESSON 32: OBEDIENCE

- A. Definition of obedience: _____

- B. An example from my everyday life: _____

- C. A positive example from the Bible: 2 Chron. 17:1-6; Acts 8:26-40; Phil. 2:1-11; James 1:22-25. _____
- D. A negative example from the Bible: Josh. 7:16-21; 1 Sam. 15:17-23; Jonah 1:1-3; Matt. 15:1-9; Heb. 3:7-19. _____
- E. Thinking about obedience my own life:
1. When have I been obedient? _____

 2. In what situation did I fail to be obedient? _____

 3. What problem in my life could God use to build obedience? _____

 4. Who can be a Christian model for me of obedience? _____
 5. How can I develop this quality in my life? _____

- F. A scripture verse I will memorize to help build obedience into my life: Prov. 19:16; Luke 11:28; John 14:15; 15:14; Eph. 2:10; 1 John 2:6; 2:17; 5:2. _____

- G. Self-evaluation:
1. Am I willing to do what God instructs regardless of the consequences? _____
 2. Would my parents/leaders say that I am an obedient child/servant? _____
 3. Do my teachers respect me because I have been obedient to them? _____
 4. Do I experience joy in carrying out the desires of those over me? _____
 5. Am I afraid of disobeying the will of God? _____
 6. Do I grieve over my disobedience rather than just shrug it off? _____
 7. Do I strive to be more obedient to the clear will of God in my life? _____
 8. Do I feel hurt when a friend disobeys the Lord? _____
 9. Do I have a clear conscience? Have I confessed disobedience and made any necessary restitution? _____
 10. Do I feel that obedience is always the best way? _____
 11. Do I expect others to obey me when I have a responsibility? _____
 12. Is laziness one reason I disobey? _____
 13. Do I argue to protect myself when I have disobeyed? _____
 14. Have I been able to conquer areas of persistent disobedience? _____
 15. If I were more obedient toward my parents/leaders, would it be easier for me to obey God in other areas? _____



Sunday:

Monday:

Tuesday:

Wednesday:



Words Of Wisdom: read a chapter from the Book of Proverbs corresponding with today's date (for example, if today is the seventh, read chapter seven from the Book of Proverbs.)



Prayer Needs/Requests & How God Responded:

Notes From This Week's Fellowship/Teaching:

Personal Accountability Checklist: (if in a group, have someone else check you)

- I completed the character or command promise study.
- I read a chapter from the Book Of Proverbs each day.
- I journaled each day.



LESSON 33: REVERENCE

- A. Definition of reverence: _____

- B. An example from my everyday life: _____

- C. A positive example from the Bible: Ex. 3:1-6; 1 Sam. 26:6-12; Ps. 34:1-14; Isa. 6:1-8; Rev. 4:6-11. _____
- D. A negative example from the Bible: 2 Sam. 16:20-23; Mal. 1:6-14; Matt. 21:33-43; Luke 23:39-43. _____
- E. Thinking about reverence in my own life:
1. When have I shown reverence? _____

 2. In what situation did I fail to be reverent? _____

 3. What problem in my life could God use to build reverence? _____

 4. Who can be a Christian model for me of reverence? _____
 5. How can I develop this quality in my life? _____

- F. A scripture verse I will memorize to help build reverence into my life: Josh. 24:14; Ps. 25:12; 46:10; Prov. 1:7; 8:13; Eph. 6:5; Heb. 12:29. _____

- G. Self-evaluation:
1. Do I respect traditions that are important to other people? _____
 2. Do I fear God when I have done wrong? _____
 3. Is worship a part of my daily schedule? _____
 4. Do I honor people much older than myself? _____
 5. Do I desire to be holy as God is holy? _____
 6. Do I regularly enjoy the presence of God with silence? _____
 7. Does my choice of slang expression demonstrate that I have a holy awe of God? _____
 8. Do I grieve when people take the Lord's name in vain? _____
 9. When I imagine God, do I see Him as great, majestic, awesome... a God to be feared? _____
 10. Am I selective with my reverence toward people? _____
 11. Do people need to earn my reverence? _____
 12. Do my close friends revere the things I revere? _____
 13. Are there ungodly things in my life that I revere? _____
 14. Do I desire to increase my reverence toward God and other people? _____
 15. Will I cooperate with God to increase this quality in my life? _____



Sunday: _____

Monday: _____

Tuesday: _____

Wednesday: _____



Words Of Wisdom: read a chapter from the Book of Proverbs corresponding with today's date (for example, if today is the seventh, read chapter seven from the Book of Proverbs.)



LESSON 34: FAITH

- A. Definition of faith: _____

- B. An example from my everyday life: _____

- C. A positive example from the Bible: 2 Kings 5:8-14; Matt. 15:21-28; 21:18-22; Luke 7:1-10; Acts 3:1-10. _____

- D. A negative example from the Bible: Matt. 6:25-34; 14:22-33; 17:14-20; Mark 6:1-6; James 1:5-8. _____
- E. Thinking about faith in my own life:
1. When have I shown faith? _____

 2. In what situation did I fail to show faith? _____

 3. What problem in my life could God use to build faith? _____

 4. Who can be a Christian model for me of faith? _____
 5. How can I develop this quality in my life? _____

- F. A scripture verse I will memorize to help build faith into my life: Ps. 40:4; 118:8; Matt. 21:22; 1 Cor. 2:5; Eph. 2:8; Heb. 11:1; James 1:6. _____

- G. Self-evaluation:
1. Have I seen many of my prayers answered? _____
 2. Do I pray because I believe God likes to answer prayers? _____
 3. When prayers are not answered, am I usually discouraged? _____
 4. Do I get excited about trusting God for all my needs? _____
 5. Am I confident that God will meet all my financial needs? _____
 6. Have I given sacrificially and seen God restore everything I'd given? _____
 7. Does my life and testimony encourage faith in others? _____
 8. Do trials increase my faith? _____
 9. Do I have more faith in my ability than in God's? _____
 10. Do testimonies of other people increase my faith? _____
 11. Is my faith weakened when others try to discourage me? _____
 12. Do I have faith to obey when God shows me a need that I should meet? _____
 13. Are my friends examples of faith-filled living? _____



Sunday: _____

Monday: _____

Tuesday: _____

Wednesday: _____



Words Of Wisdom: read a chapter from the Book of Proverbs corresponding with today's date (for example, if today is the seventh, read chapter seven from the Book of Proverbs.)



LESSON 35: ALERTNESS

- A. Definition of alertness: _____

- B. An example from my everyday life: _____

- C. A positive example from the Bible: Matt. 24:42; 24:34; 25:13; Mark 13:35; Acts 20:31; 1 Cor. 16:13; Col. 4:2; 1 Thess. 5:6; 1 Pet. 5:8. _____
- D. A negative example from the Bible: Matt. 26:40; Mark 14:37; Luke 12:39; Rev. 3:2; 3:3; 16:15. _____
- E. Thinking about faith my own life:
1. When have I shown alertness? _____

 2. In what situation did I fail to show alertness? _____

 3. What problem in my life could God use to build alertness? _____

 4. Who can be a Christian model for me of alertness? _____
 5. How can I develop this quality in my life? _____

- F. A scripture verse I will memorize to help build alertness into my life: Matt. 26:41; 1 Cor. 16:13; 1 Pet. 5:8. _____

- G. Self-evaluation:
1. Am I overcoming temptation by keeping watch and praying? _____
 2. Am I aware of the possibilities of temptation in my life? _____
 3. Do I recognize the subtleties of temptations in my life? _____
 4. Do I believe that God has given me all that I need to spiritually fight temptation? _____
 5. Am I being misled by confusing claims or speculative interpretations of what will happen in the last days? _____
 6. Am I afraid to tell people about Christ, despite what they might say or do to me? _____
 7. Am I standing firm by faith and not surprised by persecution? _____
 8. Am I morally alert, obedient to the commands for living found in God's Word? _____
 9. In times of great stress, we are vulnerable to temptation, even if we have a willing spirit. Do I pray to God, seek support of friends and loved ones, and focus on the purpose God has given me? _____
 10. Do I gather others around me by giving myself away to them? _____



Sunday:

Monday:

Tuesday:

Wednesday:



Words Of Wisdom: read a chapter from the Book of Proverbs corresponding with today's date (for example, if today is the seventh, read chapter seven from the Book of Proverbs.)



Prayer Needs/Requests & How God Responded: _____

Notes From This Week's Fellowship/Teaching: _____

Personal Accountability Checklist: (if in a group, have someone else check you)

- I completed the character or command promise study.
- I read a chapter from the Book Of Proverbs each day.
- I journaled each day.



LESSON 36: CAUTIOUSNESS

- A. Definition of cautiousness: _____

- B. An example from my everyday life: _____

- C. A positive example from the Bible: Prov. 8:34; Rom. 8:23; 1 Cor. 1:7; Heb. 11:10; Heb. 10:13; James 5:7. _____
- D. A negative example from the Bible: 1 Pet. 3:20; Ecc. 5:2; Is. 32:4. _____
- E. Thinking about faith in my own life:
1. When have I shown cautiousness? _____

 2. In what situation did I fail to show caution? _____

 3. What problem in my life could God use to build cautiousness? _____

 4. Who can be a Christian model for me of cautiousness? _____
 5. How can I develop this quality in my life? _____

- F. A scripture verse I will memorize to help build caution into my life: Heb. 10:13; Rom. 8:23; 1 Cor. 1:7. _____

- G. Self-evaluation:
1. Do I wait on the Lord before I make major decisions? _____
 2. Do I move quickly on decisions? _____
 3. When I am faced with a difficult decision, do I move out with having first prayed and waiting on God for a direction? _____
 4. What has been the result of decisions I've made without waiting on God? _____
 5. Do I move in God's timing or am I pushed along by those around me? _____
 6. Are the results of my life characterized by waiting on God? _____
 7. Are others encouraged by my example as I wait on God? _____
 8. Do I understand that there are varying levels of success dependent on God's timing? _____
 9. When God tells me to move out in faith, do I? _____
 10. Do I hesitate when God tells me it is His timing? _____
 11. Do I find it difficult to wait on God? Is he in a hurry? _____



Sunday:

Lined writing area for Sunday.

Monday:

Lined writing area for Monday.

Tuesday:

Lined writing area for Tuesday.

Wednesday:

Lined writing area for Wednesday.



Words Of Wisdom: read a chapter from the Book of Proverbs corresponding with today's date (for example, if today is the seventh, read chapter seven from the Book of Proverbs.)



LESSON 37: DECISIVENESS

- A. Definition of decisiveness: _____

- B. An example from my everyday life: _____

- C. A positive example from the Bible: Prov. 8:10; 12:24; 21:5; Joel 3:14. _____
- D. A negative example from the Bible: Prov. 10:4; 12:27; Ps. 119:113; James 1:8; 4:8.

- E. Thinking about decisiveness in my own life:
1. When have I shown decisiveness? _____

 2. In what situation did I fail to show decisiveness? _____

 3. What problem in my life could God use to build decisiveness? _____

 4. Who can be a Christian model for me of decisiveness? _____
 5. How can I develop this quality in my life? _____

- F. A scripture verse I will memorize to help build decisiveness into my life: James 1:8. _____

- G. Self-evaluation:
1. Am I a decisive person? _____
 2. Would those closest to me agree that I am a decisive person? _____
 3. Am I able to discern between good and evil? _____
 4. Do I know that when it comes to obeying God, there is no middle ground? _____
 5. Do I realize that I am either doing what God wants or I am undecided? _____
 6. Do I choose to obey God, and say with the psalmist, "I love your law."? _____
 7. Does my life and testimony show that I am decisive to others? _____
 8. Do I understand that to be double-minded is to be double-spirited? _____
 9. Am I decisively following God today? _____



Sunday: _____

Monday: _____

Tuesday: _____

Wednesday: _____



Words Of Wisdom: read a chapter from the Book of Proverbs corresponding with today's date (for example, if today is the seventh, read chapter seven from the Book of Proverbs.)



Prayer Needs/Requests & How God Responded:

Lined area for writing prayer needs and responses.

Notes From This Week's Fellowship/Teaching:

Lined area for writing notes from fellowship and teaching.

Personal Accountability Checklist: (if in a group, have someone else check you)

- I completed the character or command promise study.
- I read a chapter from the Book Of Proverbs each day.
- I journaled each day.



LESSON 38: DEFERENCE

- A. Definition of deference: _____

- B. An example from my everyday life: _____

- C. A positive example from the Bible: Ex. 2:25; Lev. 26:9; Ps. 119:6; 119:15; 1 Pet. 1:17 _____
- D. A negative example from the Bible: James 2:3; 2:9; Is. 43:23; Lam. 1:8; 1 Cor. 4:10. _____
- E. Thinking about deference in my own life:
1. When have I shown deference? _____

 2. In what situation did I fail to show deference? _____

 3. What problem in my life could God use to build deference? _____

 4. Who can be a Christian model for me of deference? _____
 5. How can I develop this quality in my life? _____

- F. A scripture verse I will memorize to help build deference into my life: Phil. 2:3. _____

- G. Self-evaluation:
1. Have I realized that sin is not just a private matter? _____
 2. Do I understand that everything I do affects others? _____
 3. Do I know that God created me to be interdependent, not independent? _____
 4. Do I get excited about trusting God for all my needs? _____
 5. Do I treat others with love, patience, and self-restraint? _____
 6. Do I honor my father and mother? _____
 7. Do I honor those who have been charged with my spiritual oversight? _____
 8. Do I consider others of more value than myself? _____
 9. If friends, neighbors, or family don't respect my Christian work, am I allowing their rejection to keep me from serving God? _____
 10. Do I use God as an excuse to avoid helping my family? _____
 11. Am I trying to raise my social status, whether by being with the right people, dressing for success, or driving the right car? _____
 12. Am I trying to impress people for all the wrong reasons? _____



Sunday: _____

Monday: _____

Tuesday: _____

Wednesday: _____



Words Of Wisdom: read a chapter from the Book of Proverbs corresponding with today's date (for example, if today is the seventh, read chapter seven from the Book of Proverbs.)



Be perfect therefore even as your Father which is in heaven is perfect. Matthew 5:48

Thursday: _____

Lined writing area for Thursday's reflection, consisting of multiple horizontal lines for text entry.

Friday: _____

Lined writing area for Friday's reflection, consisting of multiple horizontal lines for text entry.

Saturday: _____

Lined writing area for Saturday's reflection, consisting of multiple horizontal lines for text entry.



Prayer Needs/Requests & How God Responded: _____

Notes From This Week's Fellowship/Teaching: _____

- Personal Accountability Checklist: (if in a group, have someone else check you)***
- I completed the character or command promise study.
 - I read a chapter from the Book Of Proverbs each day.
 - I journaled each day.



LESSON 39: DISCERNMENT

- A. Definition of discernment: _____

- B. An example from my everyday life: _____

- C. A positive example from the Bible: 1 Kings 3:11; 2 Chron. 2:12; Ps. 119:125; Prov. 3:21; 17:10. _____
- D. A negative example from the Bible: Deut. 32:28; 32:29; Prov. 28:5; Amos 5:7. _____

- E. Thinking about discernment in my own life:
1. When have I shown discernment? _____

 2. In what situation did I fail to show discernment? _____

 3. What problem in my life could God use to build discernment? _____

 4. Who can be a Christian model for me of discernment? _____
 5. How can I develop this quality in my life? _____

- F. A scripture verse I will memorize to help build discernment into my life: 2 Cor. 10:7. _____

- G. Self-evaluation:
1. When you see someone who appears to be successful, are you impressed? _____
 2. Do you value those who have succeeded according to the world's standards? _____
 3. Do you judge by appearance alone? _____
 4. Does the way a person look reveal what they are really like or what their true value is? _____
 5. Does God judge from appearances? _____
 6. Are there areas in your life in which you are judging others based on their appearance? _____
 7. Do people unlike yourself make you feel uncomfortable? _____
 8. Are there certain groups of people you associate with more than others? _____
 9. Do I value that which God values? _____
 10. Would others agree that my life-style is in agreement with God's desires for me? _____



Sunday: _____

Monday: _____

Tuesday: _____

Wednesday: _____



Words Of Wisdom: read a chapter from the Book of Proverbs corresponding with today's date (for example, if today is the seventh, read chapter seven from the Book of Proverbs.)



LESSON 40: FLEXIBILITY

- A. Definition of flexibility: _____

- B. An example from my everyday life: _____

- C. A positive example from the Bible: Col. 3:1; 3:5; Col. 2:20; 1 Cor. 6:20; 7:23; Luke 12:33; 14:13. _____
- D. A negative example from the Bible: 2 Chron. 13:8; Is. 1:20; Acts 7:51; Mark 14:5; Matt. 19:21. _____
- E. Thinking about flexibility in my own life:
1. When have I been flexible? _____

 2. In what situation did I fail to demonstrate flexibility? _____

 3. What problem in my life could God use to build flexibility? _____

 4. Who can be a Christian model for me of flexibility? _____
 5. How can I develop this quality in my life? _____

- F. A scripture verse I will memorize to help build flexibility into my life: Col. 3:2. _____

- G. Self-evaluation:
1. Do I have as little desire for this world as a dead person has? _____
 2. Do I believe that my real home is where Christ lives? _____
 3. Is my perspective on my life here on earth the same as the worlds? _____
 4. Am I looking at life from God's perspective and seeking what He desires? _____
 5. Would others say that my mind is set on things above or present? _____
 6. Is my perspective on material goods the same as God's view of them? _____
 7. Do I acquire more and give it away or keep to myself? _____
 8. Do my possessions possess me? _____
 9. Is there anything I have which, if I lost it today, would bring me great discomfort? _____
 10. Am I attached to anything that is only temporary? _____
 11. Do I begin my day with my agenda or God's? _____
 12. Is my day scheduled around fulfilling my desires and meeting my needs of the needs of others? _____
 13. If Jesus asked, could you give up your house? your car? your level of income? your position on the ladder of promotion? Your answer reveals your true heart. _____



Sunday: _____

Monday: _____

Tuesday: _____

Wednesday: _____



Words Of Wisdom: read a chapter from the Book of Proverbs corresponding with today's date (for example, if today is the seventh, read chapter seven from the Book of Proverbs.)



LESSON 41: LOYALTY

- A. Definition of loyalty: _____

- B. An example from my everyday life: _____

- C. A positive example from the Bible: 1 Chron. 12:33; 1 Sam. 22:14; 2 Sam. 3:8; 1 Kings 12:20; 1 Chron. 12:29. _____

- D. A negative example from the Bible: Ps. 78:8; 78:37; Matt. 26:34; Prov. 30:9; Mark 14:31. _____
- E. Thinking about loyalty in my own life:
1. When have I shown loyalty? _____

 2. In what situation did I fail to show loyalty? _____

 3. What problem in my life could God use to build loyalty? _____

 4. Who can be a Christian model for me of loyalty? _____
 5. How can I develop this quality in my life? _____

- F. A scripture verse I will memorize to help build loyalty into my life: John 15:13. _____

- G. Self-evaluation:
1. Have I ever disowned Jesus? _____
 2. Do I stand for Christ even when situations are difficult? _____
 3. When friends or family seem to disagree with your faith, do you stand or fall? _____
 4. Do I say that I am devoted to Christ but my actions show something different? _____
 5. When others around me contradict my beliefs do I join them or resist the temptation? _____
 6. Have I realized that loyalty is proven in the face of persecution? _____
 7. Is my loyalty to Christ strong enough to stand up under intense trial? _____
 8. Would others agree that I take a stand for Christ? _____
 9. Do I understand that Jesus stays by my side even when I have endured so much that I seem to have no loyalty left? _____
 10. Am I one of those "whose names are in the book of life" marked for salvation through my loyalty in Christ? _____

 11. Am I on guard against spiritual dangers? _____
 12. Am I standing firm in the faith? _____



Sunday:

Monday:

Tuesday:

Wednesday:



Words Of Wisdom: read a chapter from the Book of Proverbs corresponding with today's date (for example, if today is the seventh, read chapter seven from the Book of Proverbs.)



LESSON 42: LOVE

- A. Definition of love: _____

- B. An example from my everyday life: _____

- C. A positive example from the Bible: Deut. 6:5; 7:9; Josh. 23:11; 1 Kings 3:3; Ps. 63:3; Matt. 5:44; 22:37; 22:39; John 13:34. _____
- D. A negative example from the Bible: Matt. 5:43; 5:46; 6:24; 23:6; 24:12; John 14:24; 1 Cor. 13:1. _____
- E. Thinking about love in my own life:
1. When have I shown love? _____

 2. In what situation did I fail to show love? _____

 3. What problem in my life could God use to build love? _____

 4. Who can be a Christian model for me of love? _____
 5. How can I develop this quality in my life? _____

- F. A scripture verse I will memorize to help build love into my life: 1 Cor. 13:4. _____

- G. Self-evaluation:
1. Am I able to give tough advice? _____
 2. Do I hedge around the truth? _____
 3. Is God my first love? Would my life bear witness? _____
 4. If I say I love God then do also I obey him? _____
 5. Do I love others just as Jesus loves God? _____
 6. Do I love the praise of men, selfish recognition, earthly belongings, or anything more than God? Would others agree? _____
 7. Is my love of others genuine or convenient? Serving or self serving? _____
 8. Am I trusting the Holy Spirit to help me show love to those for whom I may not feel love? _____
 9. Do I concentrate on all I can do to show my love for God and others? _____
 10. Am I loving my enemies by acting in their best interests; praying for them, and thinking of ways to help them?

 11. Am I living as Jesus taught? When I give money to others, do I consider it as a gift, or a loan? Do I live and give as though I am giving to God? Would others agree? _____



Sunday: _____

Monday: _____

Tuesday: _____

Wednesday: _____



Words Of Wisdom: read a chapter from the Book of Proverbs corresponding with today's date (for example, if today is the seventh, read chapter seven from the Book of Proverbs.)



LESSON 43: MEEKNESS

- A. Definition of meekness: _____

- B. An example from my everyday life: _____

- C. A positive example from the Bible: Ps. 45:4; 2 Cor. 10:1; 1 Cor. 4:10; Gal. 5:22, 23; Gal. 6:1; Col. 3:12. _____
- D. A negative example from the Bible: 2 Sam. 12:5; Prov. 15:1; 27:4; 29:11; Ecc. 7:9. _____
- E. Thinking about meekness in my own life:
1. When have I shown meekness? _____
 2. In what situation did I fail to show meekness? _____
 3. What problem in my life could God use to build meekness? _____
 4. Who can be a Christian model for me of meekness? _____
 5. How can I develop this quality in my life? _____
- F. A scripture verse I will memorize to help build meekness into my life: Eph. 4:2. _____

- G. Self-evaluation:
1. Would those closest to me say I exhibit the fruit of the Spirit? _____
 2. Am I considered to be gentle (reasonable, fair minded, and charitable) to those outside the church as well as those within? _____
 3. Do I imitate Christ's compassionate, forgiving attitude? _____
 4. Do I let the peace of Christ rule in my heart? _____
 5. Am I always thankful? _____
 6. Do I purpose to keep God's Word in me at all times? _____
 7. Am I living my life today as Jesus Christ's representative? _____
 8. Am I a relationship-builder? _____
 9. Am I obeying God with courage and doing what I know is right? _____
 10. Am I always ready to give an answer, gently and respectfully, when asked about my faith, life-style, or Christian perspective? _____
 11. Can others see my hope in Christ? _____
 12. Am I prepared to tell them what Christ has done in my life? _____
 13. Do I realize that God's warfare must be carried out with calm faith, humility before God, and hope in his deliverance? _____



Sunday: _____

Monday: _____

Tuesday: _____

Wednesday: _____



Words Of Wisdom: read a chapter from the Book of Proverbs corresponding with today's date (for example, if today is the seventh, read chapter seven from the Book of Proverbs.)



Prayer Needs/Requests & How God Responded: _____

Notes From This Week's Fellowship/Teaching: _____

Personal Accountability Checklist: (if in a group, have someone else check you)

- I completed the character or command promise study.
- I read a chapter from the Book Of Proverbs each day.
- I journaled each day.



LESSON 44: PERSUASIVENESS

- A. Definition of persuasive: _____

- B. An example from my everyday life: _____

- C. A positive example from the Bible: 1 Kings 22:21, 22; Matt. 28:14; 2 Cor. 5:11. _____

- D. A negative example from the Bible: Lev. 26:25; 2 Kings 5:7; Mark 6:19; Col. 3:13; Gal. 1:10 . _____
- E. Thinking about being persuasive in my own life:
1. When have I shown faith? _____

 2. In what situation did I fail to show persuasiveness? _____

 3. What problem in my life could God use to build persuasiveness? _____

 4. Who can be a Christian model for me of persuasiveness? _____
 5. How can I develop this quality in my life? _____

- F. A scripture verse I will memorize to help build persuasiveness into my life: 2 Tim. 2:24. _____

- G. Self-evaluation:
1. Is it difficult for me to forgive someone who has wronged me a little when God has forgiven me so much? _____
 2. Do I teach God's truth in kindness and gentleness, patiently and courteously explaining the truth? _____
 3. Do I quarrel or argue over unimportant details? _____
 4. Do I quarrel or have foolish discussions with other believers? _____
 5. Have I realized that arguments are confusing, useless, and even harmful? _____
 6. Have I caused strife and divisions by my meaningless quibbling over unimportant details?
 7. Do I study what the Word of God says so I can understand what it means or do I depend on what someone else tells me about God's Word? _____
 8. Is my life a living testimony of God's refining fire? _____
 9. Am I depending on the Holy Spirit as my teacher as I study the Bible, trusting him to plant truth in my mind, convince me of God's will, and remind me when I stray from it? _____



Sunday: _____

Monday: _____

Tuesday: _____

Wednesday: _____



Words Of Wisdom: read a chapter from the Book of Proverbs corresponding with today’s date (for example, if today is the seventh, read chapter seven from the Book of Proverbs.)



LESSON 45: PUNCTUALITY

- A. Definition of punctuality: _____

- B. An example from my everyday life: _____

- C. A positive example from the Bible: Gen. 18:14; Ex. 2:23; 9:5; Job 7:1; Dan. 11:29; Acts 9:38. _____

- D. A negative example from the Bible: Is. 48:9; Dan. 9:19; 1 Cor. 9:12; Gal. 5:7. _____

- E. Thinking about being punctual in my own life:
1. When have I shown punctuality? _____

 2. In what situation did I fail to show punctuality? _____

 3. What problem in my life could God use to build punctuality? _____

 4. Who can be a Christian model for me of punctuality? _____
 5. How can I develop this quality in my life? _____

- F. A scripture verse I will memorize to help build punctuality into my life: Ecc. 3:1. _____

- G. Self-evaluation:
1. Do I believe that God has a plan for all people including me? _____
 2. Have I yet discovered that God provides cycles of life, each with its work for me to do? _____
 3. Although I may face many problems that seem to contradict God's plan, have I allowed these problems to become barriers to believing in him, rather than opportunities to discover that, without God, life's problems have no lasting solutions? _____
 4. Have I realized that the secret to peace with God is to discover, accept, and appreciate God's perfect timing? _____

 5. Do I doubt or resent God's timing? _____
 6. Have I made decisions apart from God's counsel that has lead to despair, rebellion, or moving ahead without his wisdom? _____



Sunday: _____

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Words Of Wisdom: read a chapter from the Book of Proverbs corresponding with today's date (for example, if today is the seventh, read chapter seven from the Book of Proverbs.)



LESSON 46: RESOURCEFULNESS

- A. Definition of resourcefulness: _____

- B. An example from my everyday life: _____

- C. A positive example from the Bible: Gen. 44:1; Lev. 23:22; Luke 12:42; 16:2; 16:8; John 6:12; Titus 1:7. _____
- D. A negative example from the Bible: Matt. 26:8; Matt. 12:30; Mark 14:4; . _____

- E. Thinking about resourcefulness my own life:
1. When have I shown resourcefulness? _____

 2. In what situation did I fail to show resourcefulness? _____

 3. What problem in my life could God use to build resourcefulness? _____

 4. Who can be a Christian model for me of resourcefulness? _____
 5. How can I develop this quality in my life? _____

- F. A scripture verse I will memorize to help build resourcefulness into my life: Luke 16:10. _____

- G. Self-evaluation:
1. Do I agree that integrity often meets its match in money matters? _____
 2. Do I know that God calls me to be honest even in small details I could easily rationalize away? _____
 3. Have I realized that if I am not trustworthy with my money here (no matter how much or little I have), I will be unfit to handle the vast riches of God's kingdom? _____
 4. Am I letting my integrity slip in small matters? _____
 5. Is it important to choose my words well and to avoid reacting until I clearly understand what other people say? _____
 6. Is it often difficult to find people I can really trust? Am I someone others can trust? _____
 7. Is my life characterized by punctuality, responsibility, honesty, and hard work? _____
 8. The Bible begins with the majestic story of his creation of the universe, and it concludes with his creation of a new heaven and a new earth. Do I know God is trustworthy? _____



Sunday: _____

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Words Of Wisdom: read a chapter from the Book of Proverbs corresponding with today's date (for example, if today is the seventh, read chapter seven from the Book of Proverbs.)



LESSON 47: SINCERITY

- A. Definition of sincerity: _____

- B. An example from my everyday life: _____

- C. A positive example from the Bible: Acts 2:46; Rom. 12:9; 2 Cor. 6:6; 1 Tim. 1:5; 3:8; 2 Tim. 1:5; Heb. 10:22; James 3:7. _____
- D. A negative example from the Bible: Dan. 11:34; Matt. 23:28; Mark 12:15; Luke 12:1; Gal. 2:13; 2 Cor. 11:3; 1 Peter 2:1. _____
- E. Thinking about sincerity in my own life:
1. When have I shown sincerity? _____

 2. In what situation did I fail to show sincerity? _____

 3. What problem in my life could God use to build sincerity? _____

 4. Who can be a Christian model for me of sincerity? _____
 5. How can I develop this quality in my life? _____

- F. A scripture verse I will memorize to help build sincerity into my life: 1 Peter 1:22. _____

- G. Self-evaluation:
1. Do others consider me to be selfish or selfless? _____
 2. When I give to others, does my "sincere love" involve selfless giving? _____
 3. Am I taking my eyes off myself to meet others' needs? _____
 4. Do I get excited about trusting God for all my needs? _____
 5. By sacrificing his life, Christ showed that he truly loves me. Am I loving others by following his example and giving of myself sacrificially? _____



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Words Of Wisdom: read a chapter from the Book of Proverbs corresponding with today's date (for example, if today is the seventh, read chapter seven from the Book of Proverbs.)



LESSON 48: THRIFTINESS

- A. Definition of thriftiness: _____

- B. An example from my everyday life: _____

- C. A positive example from the Bible: Luke 16:1-13. _____

- D. A negative example from the Bible: Luke 16:14-31. _____
- E. Thinking about thriftiness in my own life:
1. When have I been thrifty? _____

 2. In what situation did I fail to show thriftiness? _____

 3. What problem in my life could God use to build thriftiness? _____

 4. Who can be a Christian model for me of thriftiness? _____
 5. How can I develop this quality in my life? _____

- F. A scripture verse I will memorize to help build thriftiness into my life: Luke 16:11. _____

- G. Self-evaluation:
1. Is my use of money a good test of the lordship of Christ in my life? _____
 2. Do I use my resources wisely because I know they belong to God, and not to me? _____
 3. Because I realize that money can be used for good or evil, am I using what God has given me for good? _____
 4. Do I understand that money has a lot of power, so I must use it carefully and thoughtfully? _____
 5. Am I using material goods in a way that fosters faith and obedience? _____
 6. Am I using the financial opportunities I have, not to earn heaven, but so that heaven will be a welcome experience for those I help? _____
 7. Do I use my money to help those in need or to help others find Christ? _____
 8. Do I realize that my earthly investment in people's lives will bring eternal benefit? _____
 9. Have I discovered that when I obey God's will, the unselfish use of possessions follows? _____
 10. Regardless the justification, has money or the pursuit of money taken God's place in my life? Would others agree that I spend more time with God than with other endeavors? _____



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Words Of Wisdom: read a chapter from the Book of Proverbs corresponding with today's date (for example, if today is the seventh, read chapter seven from the Book of Proverbs.)



LESSON 49: THOROUGHNESS

- A. Definition of thoroughness: _____

- B. An example from my everyday life: _____

- C. A positive example from the Bible: Deut. 19:18; Jos. 22:5; Ps. 64:6; 77:6; Prov. 10:4; 12:24; 21:5; 22:29; 2 Cor. 8:22; 2 Pet. 3:14. _____
- D. A negative example from the Bible: Prov. 12:27; 12:24; 15:19; 21:25; Matt. 25:26; Rom. 12:11. _____
- E. Thinking about thoroughness in my own life:
1. When have I shown thoroughness? _____

 2. In what situation did I fail to show thoroughness? _____

 3. What problem in my life could God use to build thoroughness? _____

 4. Who can be a Christian model for me of thoroughness? _____
 5. How can I develop this quality in my life? _____

- F. A scripture verse I will memorize to help build thoroughness into my life: Prov. 18:15. _____

- G. Self-evaluation:
1. Every day has 24 hours filled with opportunities to grow, serve, and be productive. Am I wasting time, letting life slip from my grasp? _____
 2. Am I refusing to be a lazy person, sleeping or frittering away the hours meant for productive work? _____
 3. Do I see time as God's gift and seize opportunities to live diligently for him? _____
 4. Do I make wise use of my possessions and resources? _____
 5. Waste has become a way of life for many who live in a land of plenty. Am I wasteful? _____
 6. Do I recognize that waste is poor stewardship? _____
 7. Am I making good use of everything God has given me, and prizing it? _____
 8. Am I faithful to complete even mundane tasks because I realize this is a great accomplishment? _____
 9. Do I know that diligence does not come naturally to most people; it is a result of strong character? _____
 10. Do I look for quick and easy answers or am I a diligent servant of God? _____



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Words Of Wisdom: read a chapter from the Book of Proverbs corresponding with today's date (for example, if today is the seventh, read chapter seven from the Book of Proverbs.)



LESSON 50: TOLERANCE

- A. Definition of tolerance: _____

- B. An example from my everyday life: _____

- C. A positive example from the Bible: Phil. 2:1-21. _____
- D. A negative example from the Bible: Prov. 6:14; 6:19; 1 Cor. 3:3; Phil. 2:3. _____

- E. Thinking about tolerance in my own life:
1. When have I shown tolerance? _____

 2. In what situation did I fail to show tolerance? _____

 3. What problem in my life could God use to build tolerance? _____

 4. Who can be a Christian model for me of tolerance? _____

 5. How can I develop this quality in my life? _____

- F. A scripture verse I will memorize to help build tolerance into my life: Gal. 3:28. _____

- G. Self-evaluation:
1. Do I live only to make a good impression on others or to please myself? _____
 2. Do I recognize that selfish ambition or vain conceit brings discord? _____
 3. Am I loving others and purposing to be one in spirit and purpose? _____
 4. Am I caring for the problems of others as if they were my problems? _____
 5. Would others say that I demonstrate Christ's example of putting others first? _____
 6. Am I so concerned about making a good impression or meeting my own needs that I strain relationships in God's family? _____
 7. Do I guard against any selfishness, prejudice, or jealousy that might lead to dissension? _____
 8. Am I prejudiced toward any person or group of people? _____
 9. Do I think, "I can cheat on this test; after all, I deserve to pass this class," or "I can spend all this money on myself--I worked hard for it," or "I can get an abortion; I have a right to control my own body." As a believer, do I have a different attitude, one that enables me to lay aside my rights in order to serve others? If I say I follow Christ Jesus, do I also live as he lived? _____
 10. Am I allowing differences to separate me from fellow believers? Do I know that if I am, that I am disregarding clear Biblical teaching? _____



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Words Of Wisdom: read a chapter from the Book of Proverbs corresponding with today's date (for example, if today is the seventh, read chapter seven from the Book of Proverbs.)



LESSON 51: BLAMELESSNESS

- A. Definition of blamelessness: _____

- B. An example from my everyday life: _____

- C. A positive example from the Bible: Gen. 44:10; Luke 1:6; John 3:17; 1 Cor. 1:8; Phil. 2:15; 1 Thess. 5:23; 1 Tim. 3:2; 3:10; Titus 1:7; 2 Pet. 3:14. _____
- D. A negative example from the Bible: Deut. 25:1; Prov. 12:2; Matt. 12:41; Mark 12:333; James 5:12; Jude 1:4. _____

- E. Thinking about blamelessness in my own life:
1. When have I been blameless? _____

 2. In what situation did I fail to show blamelessness? _____

 3. What problem in my life could God use to build blamelessness? _____

 4. Who can be a Christian model for me of blamelessness? _____
 5. How can I develop this quality in my life? _____

- F. A scripture verse I will memorize to help build blamelessness into my life: Rom. 8:1. _____

- G. Self-evaluation:
1. Do I focus more on the letter of the law than the spirit of the law? _____
 2. Do I truly believe that God has declared me not guilty and has offered me freedom from sin and power to do his will? _____
 3. Is my obedience from the heart, so that I may be called "upright in the sight of God"? _____
 4. My spirit, soul, and body refer not so much to distinct parts as to my entire being. Is God involved in every aspect of my life? _____
 5. Do I think that I can separate my spiritual life from everything else, obeying God only in some ethereal sense or living for him only one day each week? _____
 6. Is the Holy Spirit in control of all of me, not just a "religious" part? _____
 7. What would you like to be doing when Christ returns? _____
 8. Is there anything I am doing today that if Christ were to return at this very moment, I would be embarrassed? _____

 9. Many people don't want their lives exposed to God's light because they are afraid of what will be revealed. Am I living an examined life? Who is my confronter? _____



Sunday: _____

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Prayer Needs/Requests & How God Responded:

Lined writing area for prayer needs and responses.

Notes From This Week's Fellowship/Teaching:

Lined writing area for notes from fellowship and teaching.

Personal Accountability Checklist: (if in a group, have someone else check you)

- I completed the character or command promise study.
- I read a chapter from the Book Of Proverbs each day.
- I journaled each day.



LESSON 52: SPIRIT LED

- A. Definition of Spirit led: _____

- B. An example from my everyday life: _____

- C. A positive example from the Bible: Ex. 31:3; Matt. 3:16; 12:18; Luke 4:18; Luke 11:13; John 3:5; 4:24; 14:17; 16:13; Acts 2:17; Rom. 8:4; 1 Cor. 3:16; Gal. 3:2, 3; 5:22, 23. _____

- D. A negative example from the Bible: Matt. 26:41; Mark 14:38; Rom. 3:20; 7:18; 8:1; 8:8; 2 Cor. 10:3; Gal. 3:3; 5:16. _____

- E. Thinking about being Spirit led in my own life:
1. When have I been Spirit led? _____

 2. In what situation did I fail to be Spirit led? _____

 3. What problem in my life could God use to build my being Spirit led? _____

 4. Who can be a Christian model for me of being Spirit led? _____

 5. How can I develop this quality in my life? _____

- F. A scripture verse I will memorize to help build being Spirit led into my life: Gal. 5:16. _____

- G. Self-evaluation:
1. Have I received the Holy Spirit? _____
 2. Do I know that without the work of the Holy Spirit I cannot even see my need for new life? _____
 3. Am I living each day controlled and guided by the Holy Spirit? _____
 4. Am I daily consciously choosing to center my life on God, using the Bible to discover God's guidelines, and then follow the promptings of the Holy Spirit? _____
 5. When the Holy Spirit points out what is right, am I doing it eagerly? _____
 6. Do I use human plans and methods to win spiritual battles? _____
 7. Do I allow the Holy Spirit to turn my eyes away from my own performance and toward Jesus? _____
 8. Do I realize that I grow spiritually because of God's work in me by his Spirit, not by following special rules? _____
 9. Do I desire to have the qualities listed in Gal. 5:22, 23? _____
 10. Am I careful not to confuse my subjective feelings with the Spirit's leading? _____
 11. Have I realized that apart from the Holy Spirit working in my life, that it would be impossible to realize real fruit from the the previous 51 studies? _____



Sunday: _____

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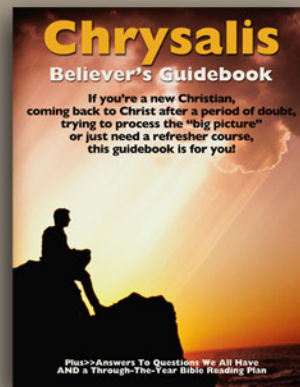
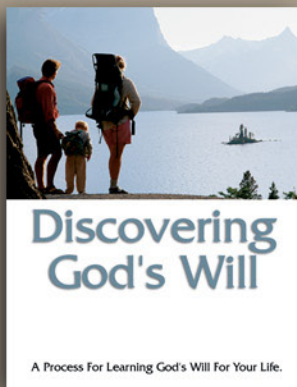
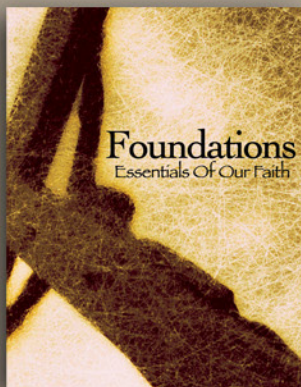
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May God grant that we become
His disciples by His grace,

Doug & Suzie Morrell
CORE Discipleship

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