

## **Practice 1: Knowledge**

Rory was out on the neighborhood playground when his friend, Amy, came to hang out with him. She looked exhausted and worried, and he wondered if he could help.

“What’s up, Amy? You look worried about something,” Rory said.

“Yes!” She cried, throwing her hands up. “My mom said that I could play with her wedding ring this morning, and I dropped it somewhere here at the park. I came back to look for it again before she noticed.” Amy looked near tears at this point, and Rory could understand her concern.

“How about I help you look?” he asked, then had an idea. “You know, the Bible says that God is where we get our wisdom. Maybe we can pray about it? Take a moment to think about where you were playing, and then we can try to find it.”

Amy sniffled and looked up at Rory. “That’s a good idea. Let’s try that.”

After telling Rory about where she had played, a half an hour of looking through the grass, and a couple more prayers, they were able to find Amy’s mom’s ring. Rory went with her to bring it back, because he knew she was scared that her mom would be mad at her. But when she gave her the ring back and apologized, her mom looked at her and smiled.

“Accidents happen, Amy. Now we know not to play with it outside anymore. I’m so proud of you for remembering that praying can help us know more when we are worried like this.”

**“The Lord is the source of wisdom; knowledge and understanding come from his mouth” Proverbs 2:6**

**Give each player the “letter” sticker- Prayer, Scripture, Reading, etc. are great ways to gain more knowledge when we have a problem to solve.**



## **Practice 2: Honesty**

The bell rang for lunch, and everyone hopped out of their seats to rush to the door. As Mickey got up to grab his packed lunch, he found a \$5 bill on the ground. He looked around but didn't see who might have dropped it.

"What are you looking at, Mickey?" his friend Rose asked him. He showed her the money.

"I found this on the ground, but I don't know whose it could be."

"Well, why don't you just keep it?" Rose asked. "I mean, if someone dropped it, it must not be important for them to have. You can save it or spend it on something you want." Mickey thought about it for a second, but it made his stomach sick, because he knew it wasn't really *his* money. He looked up at the teacher who was at her desk, not paying attention to their conversation.

"No," Mickey told Rose. "I don't think that's honest or kind to the person who dropped it. Who knows if it was their lunch money, or if they need it for something else? It obviously was an accident that they left it here." Maybe Mickey wouldn't figure out whose money it was, but he knew someone who could. He brought the money up to his teacher and explained what happened.

When he got home later, Mickey's dad pulled him aside. "Your teacher emailed and told us what you did today. I'm so proud of you for being honest, and I know that God is too. Walking in truth is one of the most important things you can do as His child."

**"It always gives me joy when I hear that my children are following the way of truth" (3 John 1:4)**

**Give each player the "flashlight" sticker- When we are honest and truthful, we can be a light for God's love and Truth.**



### Practice 3: Resilience

David had been so excited about playing football again this year, but his dreams were shattered when he broke his leg at tryouts. In the hospital with his parents, he felt tears come to his eyes. He didn't want to be so upset, but he'd been looking forward to this since last year's season had ended. He had no idea what he was supposed to do next, or how to fix any of this. Suddenly, his future felt like a mystery he couldn't solve.

"Knock, knock!" he heard from behind the curtain. His dad opened it, and his coach, Jack, came into the room. Coach Jack saw David's face, and his own softened in response. "I know this is so hard for you, David," he said. The tears started falling down David's face, and the Coach came around the bed to put his hand on David's shoulder.

"Just because you can't play right now doesn't mean you can never play, and in the meantime, I have an idea." David's tears stopped, and he looked up curiously at his coach.

"What's your idea?" he asked.

"I was thinking that until your leg heals, you could help me coach and help the players with keeping up a good attitude. I think that breaking your leg is going to help you build resilience, and you can show your teammates that even when things get hard, they can keep going."

David's dad cut in. "I think that's a great idea, son," he said. "I think it would be a wonderful way to show how God never wants us to quit, and this means you can still be a part of the team." David thought about it for a few minutes, and then smiled at how easily his problem was solved.

"I'd love to, Coach Jack," he said. "Thank you for believing in me!"

**"We must not get tired of doing good. We will receive our harvest of eternal life at the right time. We must not give up" (Galatians 6:9).**

**Give each player the "Keys" sticker- When things are hard, don't give up. Try all the keys until you find the one that works.**



## Practice 4: Courage

Peter's church class was going on an overnight trip to help pack meals and hand them out at a kitchen downtown. He hadn't decided whether or not to go yet, because even though he loved to help people, he'd never been away from home for something like this before. The only time he stayed away from his parents was at sleepovers with friends, and he was nervous to try something so different.

"So, do you think you're going to go with your class next week?" Peter's uncle asked him one night. Peter's shoulders sank because he still didn't know. He decided to be honest with his uncle, hoping maybe *he* could help him solve the mystery.

"I do really want to," he started, "but to be honest, I'm scared. You know I love to help people, but I've never done anything like this before. What if I mess up? What if I accidentally hurt someone when we are making the food, or what if I mess up the food, or what if I say the wrong thing to someone in line, or what if-

Peter's uncle cut him off. "Take a deep breath, kiddo," he said. "I understand. Sometimes it's hard to do what God might be telling us to do. But it doesn't mean we shouldn't do it - instead, we should trust that if it's the right choice, then it's going to be okay."

"But how do I *know* if it's what I'm supposed to do?" Peter asked miserably. This seemed like an impossible question to answer.

"Well, what does your heart tell you?" his uncle asked. Peter took a second and a few deep breaths to think about it.

"I think it's telling me I should go," he finally said. His uncle smiled.

"Then you should listen to your heart, be brave, and trust that this is what you're meant to do."

**"Remember, I commanded you to be strong and brave. Don't be afraid, because the Lord your God will be with you wherever you go" (Joshua 1:9).**

**Give each player the "footprints" sticker- When we are afraid, we can follow God and he will give us courage.**



## Practice 5: Self-Awareness

Jodie was terrified to bring her latest math test home. She had worked so hard on studying, but math had never been her best subject. Seeing the 'C-' on something she'd poured so much energy into made her feel like she wasn't good at anything.

Not knowing how her mom was going to react, Jodie unlocked the front door and walked into the kitchen.

"Hey honey!" her mom said brightly. Jodie's eyes fell to the ground, and she swallowed hard. "What's wrong, sweetheart?" her mom asked gently. Jodie lifted her eyes slowly.

"Mom, I'm so sorry. I studied so hard for my math test - you know I did, you watched me! - but I still did badly on it. I don't understand. Why can't I just be *better*?" she choked out. To her surprise, her mom pulled her into a big hug.

"Oh honey," she said, holding Jodie tightly, "Just because you aren't always good at something, doesn't mean you aren't *good*. God has made you such a special person, but no one can be great at everything. We all have our own strengths and weaknesses, but our weaknesses don't make us bad."

Jodie's heart almost stopped at what her mom said. Could it be true? Could this mystery be *that* easy to solve? Could she still be loved, and still have value if she wasn't good at everything she did?

"Are you sure, mom?" she asked hesitantly. Her mom pulled back and smiled at her.

"Without a doubt," she said. "You are loved just how you are, Jodie."

**"God has made us what we are. In Christ Jesus, God made us new people so that we would spend our lives doing the good things he had already planned for us to do" (Ephesians 2:10).**

**Give every player the "fingerprint" sticker- Our identity is in who God created us to be, not the sum of our actions. We are loved even when we fail.**



## **Practice 6: Humility**

Missy and her friend River were working on a project for history, and River was having a hard time with one of the questions. “Do you know how George Washington became our first President?” he asked Missy.

The problem was, she *didn't* know. But at the same time, she didn't want to look dumb. If River had asked her, he thought she must have the answer. For a second, Missy thought about lying and making something up. But she knew dishonesty wouldn't just hurt her friendship with River - it would also mean they wouldn't do well on their project.

“You know what,” she said slowly, “I don't know. Maybe we should ask Mr. Pink?” she suggested. Instead of looking at her like she was stupid, River almost looked relieved. Maybe she'd helped him feel like he wasn't dumb for not having the answer, either.

“That's a great idea!” he exclaimed, then called their teacher over. “Mr. Pink, we are having a hard time with this question. Could you help remind us how George Washington became the first President?”

Missy tensed up a little bit, worried that maybe Mr. Pink would be angry that they didn't remember, or even think they weren't smart for not having the answers. But to her surprise, her teacher's face lit up. “Thank you for asking!” he told them earnestly. “I know it can be hard asking questions when you don't know the answer. The good news is you don't always *have* to know. That's what I'm here for! It shows humility to tell someone that you need help, and I'm proud of you for doing so.”

**“Humble yourselves before the Lord, and he will lift you up.” (James 4:10).**

**Give each player the “Question mark” sticker- It is okay to not have all the answers. It's okay to ask for help.**

