

# VALUES JOURNAL PROMPTS

## Instructions:

Use the following questions and corresponding scriptures to help you outline your family values and what you want to pass on to future generations. As you begin to define the core values, aim to create a list of your top 10 and then prayerfully narrow it down to your top 5. You can also set a few days out during the week that you are dedicated to journaling the answers to these prompts and having reflection conversations with your spouse or children to have them also weigh in.

## VALUES PROMPT #1

### Scripture: 1 Peter 2:9

*But you are a chosen people, a royal priesthood, a holy nation, God's special possession, that you may declare the praises of him who called you out of darkness into his wonderful light.*

### Prompt #1:

As a family that is chosen and God's special possession, what is one thing you want your family to be known for? If you could hear what people have said about your family line for at least 7 generations, what would you hope they say about you and your lineage?

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## VALUES PROMPT #2

**Scripture: John 13:35**

*By this everyone will know that you are my disciples, if you love one another.*

### **Prompt #2:**

What is a marker of “love” you want most in your family line?

How do you want to serve others and show up in the world as disciples?

Ex: Honor - you always show honor and value for God’s children.

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## VALUES PROMPT #3

### **Scripture: Deuteronomy 6:6-7**

*These commandments that I give you today are to be on your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up.*

### **Prompt #3:**

Most children learn from example, so what do you hope they learn from you when it comes to living a life of faith?

For children you can ask them, “what are ways you see faith lived out in our home?” Is there a word that can encompass this? (Ex: Steadfast, devotion, etc.)

How would you want to see this passed down to future generations?

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## VALUES PROMPT #4

### Scripture: Galatians 5:22-23

*But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control...*

#### Prompt #4:

Galatians lists off attributes of the spirit. As you think about the “fruit” of the spirit, create a list of “fruit” that you want your family to have. List as many words as you can think of in the following areas:

1. Character (ex: authentic, truthful, compassionate, dependable, etc.)
2. Faith (stewardship, God's word, wisdom, prayer, etc.)
3. Aspirational (Determination, creative, resilient, bold, curious, etc.)

From the list, begin to circle the top 10 that mean the most to you.

If you could select just 5 out of the 10 for your core set of values, what would they be? Why do those 5 mean so much to you?

#### My Top 5 Values:

- 1.
- 2.
- 3.
- 4.
- 5.

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## VALUES PROMPT #5

### Scripture: John 15:5

*I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.*

### Prompt #5:

The values you have listed in the previous question should be values that reflect Christ but also require the Holy Spirit's help to live out. What are Bible verses that you can anchor each value to? Once you have your values defined, what will help you keep your values front and center?

**Value 1:** \_\_\_\_\_

*Anchor Verse:*

**Value 2:** \_\_\_\_\_

*Anchor Verse:*

**Value 3:** \_\_\_\_\_

*Anchor Verse:*

**Value 4:** \_\_\_\_\_

*Anchor Verse:*

**Value 5:** \_\_\_\_\_

*Anchor Verse:*