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## Session Two: Behaviors

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### Description

Love isn't always easy. We might be angry at God about hurts or struggles we have faced. And, because we are imperfectly human, with faults and flaws, it can also be difficult to love people. We carry so much with us, joy and sadness, hurts and hopes. Those things, the whole of who we are, make us human and that humanity can be the thread that knits us all together. But sometimes, instead of tenderness we can judge, ignore, or even show hatred toward others through our actions – or lack of action.

How is your family doing at love?

In this session you will examine your family's **current** behaviors as they relate to your core values. The best antiseptic is sunlight so it can be helpful to bring things out into the light and take a good look at them.

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### Materials Needed

Last session's poster board with your core values and sticky notes on it. One new poster board or large sheet of paper. One piece of paper and a pen or pencil for each member of the family, one green pen and one red pen for marking the poster board.

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### Handouts

None

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## What would these core values look like?

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### Read aloud the quote or scripture

“The best way to find yourself, is to lose yourself in the service of others.”  
- Mahatma Gandhi

### Questions for discussion (10 minutes)

1. Is there a family you know that seems to live-out some of your family’s core values? If so, how do you know this? Examples?
2. Does love feel or look different depending on the recipient? (Family, Neighbor, God) How so?
3. How is your family good at showing love? (Family, Neighbors, God) Can your family be better at showing love? If so, in what way?
4. When is it difficult to show love to someone? Do you think we always have to be loving? Why? Why not?

### Rule of life activity

Are we the kind of family we want to be? Are we living out our core values?

1. Get your poster board from the previous session and revisit your four core values. Has anyone changed their mind? If so, adjust accordingly.
2. Give each person a piece of paper and writing utensil.
3. Take a clean poster board or large paper write each of the four core values at the top.
4. Starting with the first core value, have each person quietly (on their own paper) take a moment to write down what it might “look” like to practice that core value. Ask them: “What kinds of things would a family “do” if this was one of their core values?” “What kinds of things would a family not “do” if this was one of their core values?”
5. Now come together to talk about core value number one. Each person shares what they think this value “looks” like when a family is practicing it.
6. As you discuss your family’s first core value, have someone record a list on the poster board of the actions or behaviors people name that families would take if they were living out that core value.
7. When you have everyone’s thoughts on the list, move to core value number two and so on.
8. When you are finished with all four, you will have a poster board or large paper with your family’s four core values written on the

top of the page and a list of actions or behaviors under each of them.

9. Now go through each action and ask, "Is our family currently doing this action?". If every member of the family agrees that "We are currently doing this behavior or action" **circle that action in green**. If everyone agrees that the answer is no, **circle that action in red**. If **anyone** disagrees, leave it and move on to the next action.
10. Now go back to the actions which are NOT circled. Discuss these behaviors / actions and come to an agreement as a family. Are we, or aren't we currently doing this behavior / action? Circle appropriately with red or green.
11. Put your poster board or large paper aside for next week. In the next session your family will use this board to develop a set of vital behaviors (the beginnings of your Family Rule of Life).

## Examen

How did it go? Debrief highs and lows

1. Each person shares their favorite part of the conversation / activity and why.
2. Each person shares their least favorite part and why.
3. Did you do a Serving/Giving activity last week? How did it go?

Serving /giving ideas for any time this week: Choose one or create your own. These can be done individually or as a group. You will be sharing your serving experience in the next session.

- Drop off / donate food at a food bank
- Donate clothes / toiletry items to a women's shelter
- Go around the house and find your loose change. Use it to do something kind
- Write a nice letter to someone
- Smile at 10 strangers this week