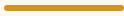




ABIDEROOTED

Growing Christlike Character

A Family Activity Guide for Children



CHILDREN · CHARACTER ACTIVITY GUIDE · FREE RESOURCE

Using this guide

Read the full Scripture passage before the reflection. Choose one practical response, then pray in your own words. Work at a sustainable pace; days and sessions may be repeated. People may pass on a group question.

Find your next section

Begin Here

Love: The Greatest Commandment

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Scripture quotations use the King James Version (KJV). Short quotations may be excerpts; read the cited passage in context. Prayer starters and reflections are devotional writing, not additional Scripture.

Reviewed edition | October 2026 | AbideRooted

Begin Here

Growing Christlike Character is a six-module activity guide for children, parents, and mentors. Each module focuses on a fruit of the Spirit - love, joy, peace, patience, kindness, and goodness - with Scripture, teaching, a practical activity, reflection questions, and a prayer. The goal is to help children practice these virtues as responses to Christ's love, not as self-improvement, but as the work of the Holy Spirit in their lives.

Dear Parents and Mentors, this guide is designed to help you nurture Christlike character in the children you love. Each module focuses on one fruit of the Spirit, offering a simple Bible truth, a hands-on activity, and conversation starters. As you walk through these pages, remember that character is not something we produce in our children; it is the work of the Holy Spirit in their hearts. Our role is to point them to Jesus, who is the perfect example of every virtue, and to create spaces where they can practice responding to His love. May this resource be a blessing to your family as you grow together in grace.

TEACHING

Love: The Greatest Commandment

Mark 12:30-31

“And thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind, and with all thy strength: this is the first commandment. And the second is like, namely this, Thou shalt love thy neighbour as thyself. There is none other commandment greater than these.”

Love is the first fruit of the Spirit because it is the foundation of everything Jesus taught. When a religious leader asked Jesus which commandment was most important, Jesus answered by quoting these two great commandments. He said that loving God and loving others are the greatest things we can do. For children, love is not just a warm feeling; it is a choice to treat others the way Jesus treats us. The Bible says, 'Herein is love, not that we loved God, but that he loved us, and sent his Son to be the propitiation for our sins' (1 John 4:10). We love because He first loved us. This means we can show love even when it is hard, because Jesus showed us the ultimate love by dying on the cross for our sins. When we love others, we are showing them the love of Jesus.

Put It Into Practice

Create a 'Love Jar' with your child. Decorate a jar and fill it with small slips of paper that have ideas for showing love, such as 'Give a hug to a family member,' 'Share a toy with a friend,' or 'Say thank you to someone who helps you.' Each day, let your child pick one slip and do that act of love. Talk about how these actions reflect Jesus' love for us.

Reflect & Talk Together

1. How does knowing that Jesus loves you help you love others?
2. What is one way you can show love to someone at school or at home this week?
3. Why is loving God the first step to loving others?

Prayer

Dear Jesus, thank You for loving us so much that You gave Your life for us. Help us to love You with all our hearts and to love others the way You love us. Teach us to show Your love in our words and actions every day. Amen.

TEACHING

Joy: Finding Happiness in Jesus

Philippians 4:4

“Rejoice in the Lord alway: and again I say, Rejoice.”

Joy is different from happiness. Happiness depends on what happens to us, but joy is a deep gladness that comes from knowing Jesus. The apostle Paul wrote this verse while he was in prison, yet he told the Philippians to rejoice always. How could he be joyful in such a difficult situation? Because his joy was not based on his circumstances but on his relationship with Christ. For children, joy can be seen when they are content even when things don't go their way. It is the peace that comes from knowing that God is with them and loves them no matter what. When we focus on all the good things God has done for us, our hearts fill with joy. This joy is a gift from the Holy Spirit, and it shines through us to others. We can encourage our children to find joy in Jesus by praying together, reading the Bible, and thanking God for His blessings.

Put It Into Practice

Make a 'Joy Journal' with your child. Each day, have them draw or write one thing that makes them happy because of Jesus, such as 'Jesus is my friend,' 'God made the beautiful sunset,' or 'I can pray anytime.' At the end of the week, read the journal together and thank God for the joy He gives.

Reflect & Talk Together

1. What is the difference between happiness and joy?
2. Can you be joyful even when you are sad? How?
3. What are some things Jesus has given you that make you joyful?

Prayer

Lord Jesus, thank You for the joy that comes from knowing You. Help us to rejoice always, even when things are hard. Fill our hearts with Your joy so that we can share it with others. Amen.

TEACHING

Peace: Trusting God in Every Situation

John 14:27

“Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.”

Peace is a calmness in our hearts that comes from trusting God. Jesus spoke these words to His disciples the night before He was crucified. He knew they would face many troubles, but He promised to give them His peace - a peace that the world cannot give. This peace is not the absence of problems but the presence of God in the midst of them. For children, peace can be seen when they are not worried about a test at school or a disagreement with a friend because they know God is in control. When we feel afraid or anxious, we can pray and ask God to fill us with His peace. The Bible says, 'Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus' (Philippians 4:6- 7). God promises to give us peace when we bring our worries to Him.

Put It Into Practice

When your child feels worried, sit beside them and listen. Read John 14:27 in context, then pray in ordinary words: 'Jesus, I am worried about this. Please help me trust You and take the next step.' Do not require a particular breathing pattern or expect fear to disappear at once. You can also create a 'Peace Corner' in your home with a Bible, a soft pillow, and a picture of Jesus, where your child can go to pray and calm down.

Reflect & Talk Together

1. What makes you feel worried or afraid?
2. How can you remember to trust God when you feel scared?
3. What does it mean to have peace in your heart?

Prayer

Dear Jesus, You promised to give us Your peace. When we feel worried or afraid, help us to remember that You are with us. Calm our hearts and help us to trust You in every situation. Amen.

TEACHING

Patience: Waiting on God's Timing

Psalm 27:14

“Wait on the LORD: be of good courage, and he shall strengthen thine heart: wait, I say, on the LORD.”

Patience is the ability to wait without getting upset. It is trusting that God's timing is perfect. The Bible tells us to wait on the Lord, which means we trust Him to act when He knows it is best. For children, patience can be hard when they want something right away, like a toy or a turn on the swing. But learning to wait helps us grow in faith. When we are patient, we show that we believe God is in control. The story of Abraham and Sarah shows us that waiting can be long, but God always keeps His promises. Even when we do not see an answer to our prayers right away, we can be patient because we know God loves us and will do what is best. Jesus Himself was patient with His disciples, teaching them over and over again. He is patient with us, too, and He helps us learn to be patient with others.

Put It Into Practice

Plant a seed together with your child, such as a bean or a flower. Explain that just as the seed takes time to grow, some things in life take time. Water it each day and watch for growth. Talk about how God helps us grow and teaches us to wait patiently.

Reflect & Talk Together

1. What is something you are waiting for right now?
2. How can you trust God while you wait?
3. Why is patience important in our relationship with God and others?

Prayer

Heavenly Father, You are always on time. Help us to be patient when we have to wait. Teach us to trust Your plan and to be kind to others while we wait.
Amen.

TEACHING

Kindness: Showing God's Love in Action

Ephesians 4:32

“And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.”

Kindness is treating others the way God treats us - with love and compassion. The Bible tells us to be kind and tenderhearted, forgiving one another just as God forgave us in Christ. Kindness is not just being nice to people who are nice to us; it is showing love to everyone, even those who are unkind. Jesus showed kindness to the sick, the poor, and even to those who hurt Him. When we are kind, we are showing the world what God is like. For children, kindness can be sharing a snack, helping a sibling, or speaking gently to someone who is sad. The Holy Spirit helps us be kind, especially when it is hard. We can ask Jesus to fill our hearts with His kindness so that it overflows to others. Remember, every act of kindness is a way to shine Jesus' light in the world.

Put It Into Practice

Create a 'Kindness Chain' with your child. Cut strips of paper and write or draw an act of kindness on each one, such as 'Help mom set the table,' 'Smile at a classmate,' or 'Pray for a friend.' Link the strips together to form a chain. Hang it in your home as a reminder to look for ways to be kind each day.

Reflect & Talk Together

1. Who is someone you can show kindness to this week?
2. How does God show kindness to us?
3. What is one kind thing Jesus did that you can imitate?

Prayer

Dear Jesus, thank You for being so kind to us. Help us to be kind to others, even when it is hard. Fill our hearts with Your love so that we can show kindness to everyone we meet. Amen.

TEACHING

Goodness: Doing What Is Right

Galatians 6:9

“And let us not be weary in well doing: for in due season we shall reap, if we faint not.”

Goodness is the desire to do what is right in God's eyes. It is not just avoiding bad things; it is actively doing good. The Bible encourages us not to grow tired of doing good, because in due time we will reap a harvest if we do not give up. For children, goodness can be seen when they choose to tell the truth, help others, and obey their parents. Sometimes it is hard to do good, especially when others are doing wrong. But the Holy Spirit gives us the strength to do what is right. Jesus is our perfect example of goodness - He went about doing good and healing all who were oppressed by the devil (Acts 10:38). When we do good, we bring glory to God and bless others. We can encourage our children to be good by praising them when they make right choices and reminding them that God sees everything they do.

Put It Into Practice

Make a 'Good Deeds Chart' with your child. List some good deeds they can do, such as 'Clean up my toys without being asked,' 'Say sorry when I hurt someone,' or 'Share with my brother/sister.' Each time they do a good deed, let them place a sticker on the chart. Celebrate together when the chart is full.

Reflect & Talk Together

1. What is one good thing you can do today?
2. Why does God want us to do good?
3. How does doing good make you feel?

Prayer

Lord, help us to do good and not grow tired. Give us strength to make right choices and to be a blessing to others. Thank You for Your goodness to us. Amen.

Continue Abiding

As you finish this guide, remember that growing Christlike character is a lifelong journey. It is not about being perfect but about relying on the Holy Spirit to transform us day by day. Jesus is the vine, and we are the branches; apart from Him we can do nothing (John 15:5). As you practice love, joy, peace, patience, kindness, and goodness, may you experience the grace of God in your family. Let us pray together: 'Heavenly Father, thank You for the gift of Your Son, Jesus. Thank You for sending the Holy Spirit to help us grow in character. Help us to abide in Christ and to bear fruit that glorifies You. May our lives reflect Your love to the world. In Jesus' name, Amen.'