ABIDEROOTED

The Character Challenge

14 Everyday Moments That Build Kindness, Courage, Honesty, Forgiveness, and Service

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

How to Use This Challenge

Day 1: Kindness in Words

Day 2: Kindness in Actions

Day 3: Courage to Do Right

Day 4: Courage to Speak Up

Day 5: Honesty in Little Things

Day 6: Honesty When It's Hard

Day 7: Forgiveness in Your Heart

Day 8: Forgiveness in Action

Day 9: Service at Home

Day 10: Service in Your Community

Day 11: Kindness to the Unpopular

Day 12: Courage to Admit Mistakes

Day 13: Honesty in Your Words

Day 14: Service as a Way of Life

Continue Abiding

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.

Begin Here

A 14-day activity challenge for children and families to practice kindness, courage, honesty, forgiveness, and service through everyday moments, rooted in Scripture and centered on Christ.

Every parent longs to see their child grow in character - not just in knowledge, but in kindness, honesty, and courage. Yet in the busyness of daily life, it's easy to wonder, 'Where do we start?' The Character Challenge is your answer. It's a simple, practical guide that turns ordinary moments into opportunities for your child to practice the fruit of the Spirit. Over the next 14 days, you'll engage in short, meaningful activities that build character in a way that feels natural and fun. Each day focuses on one virtue - kindness, courage, honesty, forgiveness, or service - and helps your child see how these qualities flow from a heart transformed by Christ. No complicated programs, no pressure - just real moments that shape your child's heart for a lifetime.

INTRODUCTION

How to Use This Challenge

Galatians 5:22-23

> “But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance: against such there is no law.”

Character isn't built in a day; it's built through daily choices. The Character Challenge is designed to help you and your child practice one virtue each day for 14 days. Each day includes a simple activity, a short reflection, and a prayer. You can do this as a family or one-on-one. The goal is not perfection but practice - creating habits that point your child to Jesus, who is the perfect example of every virtue.

Put It Into Practice

Before you begin, gather a simple journal or paper for your child to record their thoughts. Each day, read the scripture, do the activity together, and then talk about what you learned. At the end of the 14 days, celebrate your child's growth with a special treat or activity.

Reflect & Talk Together

1. What does it mean to you that God wants to grow good fruit in your life?
2. Which of these character traits do you think will be the easiest for you? Which might be harder?

Prayer

Dear God, thank You for Your Word that teaches us how to live. Help us to grow in the fruit of Your Spirit as we take this challenge. Give us willing hearts and joyful spirits. In Jesus' name, Amen.

ACTIVITY

Day 1: Kindness in Words

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 begins with our words. Today, you'll practice speaking kindly to everyone you meet - especially those closest to you. Remember, Jesus is kind to us, and He helps us be kind to others.

Put It Into Practice

Challenge: Say at least three kind things to different people today. It could be a compliment, a thank you, or an encouraging word. Write down what you said and how the person responded.

Reflect & Talk Together

1. How did it feel to say kind words?
2. How do you think your words made the other person feel?

Prayer

Jesus, help me to use my words to build others up. Teach me to be kind just as You are kind to me. Amen.

ACTIVITY

Day 2: Kindness in Actions

1 John 3:18

> “My little children, let us not love in word, neither in tongue; but in deed and in truth.”

Kindness is more than just saying nice things - it's showing love through what we do. Today, you'll look for a way to help someone without being asked.

Put It Into Practice

Challenge: Do one unexpected act of service for a family member or friend. It could be helping with a chore, making a card, or sharing a snack. Write down what you did and how it made you feel.

Reflect & Talk Together

1. What act of kindness did you do?
2. How did it show God's love to that person?

Prayer

Lord, show me how to love others through my actions. Help me to be generous and helpful, just as You are. Amen.

ACTIVITY

Day 3: Courage to Do Right

Joshua 1:9

> “Have not I commanded thee? Be strong and of a good courage; be not afraid, neither be thou dismayed: for the LORD thy God is with thee whithersoever thou goest.”

Courage is not about being unafraid; it's about doing what is right even when you're scared. God promises to be with you, giving you strength to stand for what is true and good.

Put It Into Practice

Challenge: Think of a situation where it's hard to do the right thing (like telling the truth when you've made a mistake, or standing up for someone who is being teased). Ask God for courage, and then do the right thing. Write about what happened.

Reflect & Talk Together

1. What did you have to be brave about today?
2. How did knowing God was with you help you?

Prayer

God, give me courage to do what is right, even when it's hard. Help me to remember that You are always with me. Amen.

ACTIVITY

Day 4: Courage to Speak Up

Acts 4:29

> “And now, Lord, behold their threatenings: and grant unto thy servants, that with all boldness they may speak thy word.”

Sometimes courage means speaking up for what is true, even if others disagree. Today, you'll practice using your voice to share truth or defend someone who needs help.

Put It Into Practice

Challenge: If you see unfair treatment, tell a trusted adult. Speak kindly if it is safe; do not confront someone who may hurt you. Or, share something true about Jesus with a friend. Write down what you said and how it felt.

Reflect & Talk Together

1. Why is it important to speak up for what is right?
2. How can you use your words to help others?

Prayer

Lord, give me boldness to speak truth and to defend those who are weak. Help me to be a voice of courage in my world. Amen.

ACTIVITY

Day 5: Honesty in Little Things

Proverbs 12:22

> “Lying lips are abomination to the LORD: but they that deal truly are his delight.”

Honesty is about telling the truth, even in small matters. God delights in those who are truthful. Today, you'll practice being completely honest in everything you say and do.

Put It Into Practice

Challenge: Be extra careful to tell the truth all day, even if it means admitting a mistake or giving a less exciting answer. Write down a time when it was hard to be honest, and how you chose to tell the truth.

Reflect & Talk Together

1. Why is honesty important to God?
2. How does telling the truth build trust with others?

Prayer

Father, help me to be truthful in all I say. May my words always reflect Your truth. Amen.

ACTIVITY

Day 6: Honesty When It's Hard

Proverbs 28:13

> “He that covereth his sins shall not prosper: but whoso confesseth and forsaketh them shall have mercy.”

Sometimes telling the truth is hard, especially when we've done something wrong. But God promises mercy when we confess. Today, you'll practice the courage to be honest, even when it's difficult.

Put It Into Practice

Challenge: If you make a mistake today, admit it right away - to your parents, teacher, or friend. Don't hide it. Write down what you confessed and how you felt afterward.

Reflect & Talk Together

1. What happened when you chose to be honest?
2. How does confessing bring freedom?

Prayer

Lord, give me the courage to confess when I do wrong. Thank You for Your mercy and forgiveness. Amen.

ACTIVITY

Day 7: Forgiveness in Your Heart

Colossians 3:13

> “Forbearing one another, and forgiving one another, if any man have a quarrel against any: even as Christ forgave you, so also do ye.”

Because Christ forgives, we can ask Him to help us release revenge and grow in mercy. Hurt may take time to heal. Forgiveness does not mean hiding harm, trusting an unsafe person, or returning to danger. Tell a trusted adult when someone hurts or threatens you.

Put It Into Practice

Challenge: Think of someone who has hurt you. Pray for them and choose to forgive them in your heart. If appropriate, tell them you forgive them. Write about your decision.

Reflect & Talk Together

1. Why is forgiveness important?
2. How does forgiving others reflect God's forgiveness to us?

Prayer

Jesus, help me to forgive others as You have forgiven me. Take away any bitterness and fill my heart with Your peace. Amen.

ACTIVITY

Day 8: Forgiveness in Action

Matthew 5:44

> “But I say unto you, Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you.”

Mercy can be expressed through a safe, freely chosen act of kindness. You do not need to approach someone who has hurt or threatened you. With a trusted adult, choose a safe way to practice kindness without hiding the harm.

Put It Into Practice

Challenge: Do a kind deed for someone who has been unkind to you. It could be a smile, a helping hand, or a small gift. Write down what you did and how it changed your feelings.

Reflect & Talk Together

1. How did showing kindness to someone who hurt you change things?
2. What does this teach you about God's love?

Prayer

Father, help me to love even those who are hard to love. Give me Your heart of compassion and grace. Amen.

ACTIVITY

Day 9: Service at Home

Mark 10:45

> “For even the Son of man came not to be ministered unto, but to minister, and to give his life a ransom for many.”

Jesus came to serve, not to be served. As His followers, we are called to serve others. Today, you'll practice serving your family with a joyful heart.

Put It Into Practice

Challenge: Choose a chore that isn't yours and do it without being asked. Do it with a smile and a cheerful attitude. Write down what you did and how it blessed your family.

Reflect & Talk Together

1. How did serving your family make you feel?
2. Why is serving others a way to follow Jesus?

Prayer

Lord, make me a servant like You. Help me to see needs and meet them with joy. Amen.

ACTIVITY

Day 10: Service in Your Community

Galatians 6:9-10

> “And let us not be weary in well doing: for in due season we shall reap, if we faint not. As we have therefore opportunity, let us do good unto all men, especially unto them who are of the household of faith.”

God calls us to serve not only our family but also our neighbors and community. Today, you'll look for a way to serve someone outside your home.

Put It Into Practice

Challenge: With your parent's help, do something kind for a neighbor, such as picking up trash in your yard, making a card for an elderly person, or helping a younger child. Write down what you did.

Reflect & Talk Together

1. How did serving someone outside your family feel different?
2. How can you make service a regular part of your life?

Prayer

God, open my eyes to the needs around me. Help me to serve others with love and generosity. Amen.

ACTIVITY

Day 11: Kindness to the Unpopular

Luke 6:31

> “And as ye would that men should do to you, do ye also to them likewise.”

Jesus taught us to treat others the way we want to be treated. Today, you'll practice kindness to someone who might be left out or unpopular.

Put It Into Practice

Challenge: At school or in your neighborhood, look for someone who is alone or left out. Reach out to them with a smile, a conversation, or by including them in an activity. Write down what you did.

Reflect & Talk Together

1. Why is it important to be kind to everyone, not just our friends?
2. How did you show God's love to someone who might feel invisible?

Prayer

Jesus, help me to see others the way You see them. Give me a heart that reaches out to the lonely and forgotten. Amen.

ACTIVITY

Day 12: Courage to Admit Mistakes

James 5:16

> “Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much.”

It takes courage to admit when we're wrong. But confession brings healing and strengthens relationships. Today, you'll practice humility by admitting a mistake.

Put It Into Practice

Challenge: Think of a mistake you've made recently that you haven't owned up to. Go to the person you wronged and apologize sincerely. Write down what you said and how it went.

Reflect & Talk Together

1. How did it feel to admit your mistake?
2. What did you learn about humility and courage?

Prayer

Lord, give me the humility to admit when I'm wrong. Help me to seek forgiveness and to grow from my mistakes. Amen.

ACTIVITY

Day 13: Honesty in Your Words

Psalm 15:1-2

> “Lord, who shall abide in thy tabernacle? who shall dwell in thy holy hill? He that walketh uprightly, and worketh righteousness, and speaketh the truth in his heart.”

Honesty isn't just about avoiding lies; it's about speaking truth from the heart. Today, you'll practice being completely truthful in all your conversations, avoiding exaggeration or half-truths.

Put It Into Practice

Challenge: Be careful to speak only what is true today. If you're tempted to exaggerate or twist the truth, stop and correct yourself. Write down a time when you chose to be truthful.

Reflect & Talk Together

1. Why is it important to speak truth even in small things?
2. How does honesty reflect God's character?

Prayer

Father, help me to be a person of truth. May my words always be honest and pleasing to You. Amen.

ACTIVITY

Day 14: Service as a Way of Life

Matthew 20:26-28

> “But it shall not be so among you: but whosoever will be great among you, let him be your minister; And whosoever will be chief among you, let him be your servant: Even as the Son of man came not to be ministered unto, but to minister, and to give his life a ransom for many.”

True greatness in God's kingdom is found in serving others. Today, you'll reflect on what you've learned and make a plan to continue serving others beyond this challenge.

Put It Into Practice

Challenge: With your family, brainstorm one way you can serve together regularly - like volunteering, helping a neighbor, or supporting a ministry. Write down your plan and commit to doing it.

Reflect & Talk Together

1. What has this challenge taught you about serving others?
2. How can you make service a regular part of your life?

Prayer

Lord, thank You for teaching me to serve. Help me to live a life that reflects Your love through acts of service. Amen.

Continue Abiding

Congratulations! You've completed The Character Challenge. Over the past 14 days, you've practiced kindness, courage, honesty, forgiveness, and service. Remember, these are not just things you do - they are evidence of the Holy Spirit working in your life. As you continue to follow Jesus, He will keep growing these fruits in you. Keep practicing, keep praying, and keep trusting Him to shape your character. May you be a light in your world, showing others the love of Christ through your actions.

Go Deeper

You've taken a wonderful step in helping your child practice character. But character formation is just one part of a lasting faith. In 'Faith That Stays,' you'll discover how to nurture your child's faith so it endures through every stage of life. This book offers practical guidance for building a spiritual foundation that will help your child know, love, and follow Jesus for a lifetime. Continue the journey and give your child the gift of a faith that stays.