

## Humility APRIL 2023



### **SAY IT:**

I don't have to be first.

### **KNOW IT:**

#### **FAMILY DISCUSSION TIME:**

- When is it hard to let someone else go first?
- How do you think it would make someone feel to be put first? How would it make you feel?
- Is it hard to show humility? Why or why not?

### **SEE IT:**

Author Rick Warren explains that, "Humility is not thinking less of yourself, it's thinking of yourself less." Discuss what it might look like to "think of yourself less." How would this be different than "thinking less of yourself"?

### **BE IT:**

Research local charities and non-profit organizations. Find one that your family would like to support and call or email them to ask what you can do to help. It might be the local Humane Society needs pet food or dog walkers. Maybe the local senior citizen home needs Bingo prizes. Perhaps the local food pantry could use your help collecting food for families in your community. You may even want to ask your child's teacher if there are items you can donate to the classroom. Find a way to make a difference by putting others first.

## PHASE

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It may seem like there is never enough time to get everything done.

Consider using the rhythm of your daily life to shape the values in your home – take advantage of the time you already have:

### Morning Time:

Be a coach. Help them find purpose by starting the day with encouraging words.

### Drive Time:

Be a friend. Talk about life during informal conversations as you travel.

### Meal Time:

Be a teacher. Have conversation while you eat together.

### Bed Time:

Be a counselor. Strengthen your relationship at the end of every day with heartfelt conversations about feelings.

**So don't miss it.** Use the time you have (without technology or distractions) to deepen relationships and encourage values in your home.