

# An Eternal Perspective

What we believe about God can make us, courageous or fearful, joyful or sad, spiritually energized or drained. While God's story is a mystery we cannot fully comprehend, He is not hiding. If we seek God with all of our heart, lean not on our own understanding and just keep doing the next right step, we discover another piece to add to the puzzle, see a new dot to connect to the other dots, and it gets easier and easier to see God's love and grace everywhere. The amazing truth is...

Long before God laid down earth's foundations, He had us in mind, had settled on us as the focus of His love, to be made whole and holy by his love. Long, long ago He decided to adopt us into His family through Jesus Christ. Ephesians 1:4-5 The Message.

This means we are not an afterthought or an unplanned accident. Before God even created the world, He had settled on us as the focus of His love. Long, long ago God decided to invite him to be a part of his family. Yes, a family. We were created in love to be loved as part of His family.... Forever! Long ago, He decided to save us through Christ. While He will not force us to trust Him, He does relentlessly pursue every person every day of our lives. Trusting Jesus as our Savior, we say "Yes I believe He loved the world so much that he sent his one and only Son and whoever believes in him shall not perish but have eternal life. And yes, I want to be a part of his forever family.

Our moment by moment decision to be our best or worst affects whether we are a problem maker or a solution creator. This is part of what it means to be human. Our moment by moment decision to lean into Jesus to be our best is what it means to live as a child of God.

## THINK CARE ACT Lesson 1



**BY HEAD HEART & HANDS**

Understanding our Life Matters

# Do I Matter?

Our perspective is our point of view. Our perspective affects how we view our situation - our problems - our resources – ourselves - which affects how we see the world and our role in the world.

In a world of diverse human stories, there is a common element – CHOICE. Our choices have impact. In the human narrative, human kindness counters human suffering. Humans create problems and hardships. Humans also create solutions and improvements. We are part of this bigger narrative. When we choose to:

- Degrade someone struggling
- Be disrespectful when frustrated
- Give up when a task is difficult
- Blame Others



**Our Choices  
often create  
PROBLEMS**

- Help someone in need
- Be respectful when frustrated
- Persevere when a task is hard
- See the good in someone else



**Our Choices  
often create  
SOLUTIONS**

## Our Choices

impact our organizations, health, relationships, and environment. So, whether we are at home, work or play, our moment by moment decision to be our best or worst affects whether we are a problem maker or a solution creator.

## Therefore, Our Lives Matter

We all play an important role in our family, community, & the world. No matter what we have been through, no matter what others think of us, our life has value and dignity.

Making mistakes does not change our value. Doing good things does not change our value. Our human value does not change under any condition.

# What is my Next Best Step?

As mentioned earlier, many things on our journey are out of our control. Things go wrong. We make mistakes. However, when we encounter challenges, there will be things we CAN change.

We can THINK CARE and ACT with positive intention. As we gain the courage and skill to be our BEST and realign when we are at our WORST, it will improve our Social Impact.

## 3-POINT APOLOGY

When necessary, we can turn our worst self into our better self by acknowledging what we did and asking for forgiveness. Try out this effective three-point apology:

I am sorry (1st point) for \_\_\_\_\_ (2nd point). Will you please forgive me? (3rd point).

An example: "I am sorry for using a harsh, bossy tone of voice. Will you please forgive me?"

Knowing "Your life matters," write down one thing you want to do this week, to improve how you THINK CARE & ACT:

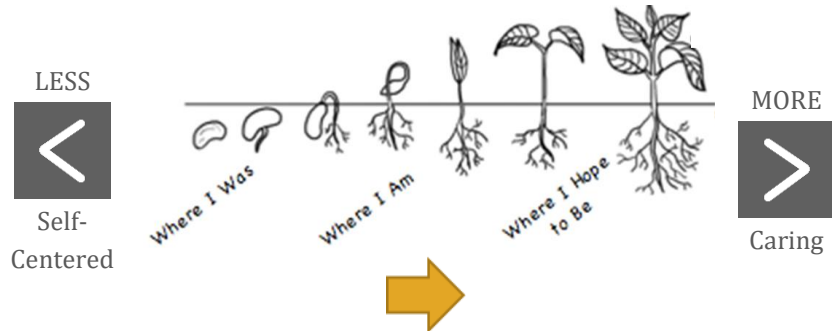
# Talk About It

1. In small groups, give each person the option of sharing a few things from their BEST WORST activity.
2. How can a Big Picture Perspective help us acknowledge our BEST and WORST and gain the clarity and motivation to make better choices?
3. If you feel comfortable, share what you wrote down above describing what you want to do this week to improve how you THINK CARE & ACT.

# We have a Choice

## Choice #1

We choose to THINK CARE & ACT with positive intention. As a result, we grow INWARDLY & OUTWARDLY and become kinder, stronger and more capable.



Rooted and established, we are prepared to turn life's inevitable ups and downs into opportunities to make a positive impact and our story gets better under any circumstance.

## Choice #2

At our WORST, we choose to THINK CARE & ACT with selfish intention.



As a result, we do not grow, and we remain self-centered.

Unprepared for life's inevitable ups and downs, our selfish choices add chaos and hardship to our story.

## As Humans,

Being human, we have the INCREDIBLE ability to:



No matter what situation we are in, our life is better when we:

## THINK



**Learn – Evaluate**  
Understand we play an important role in our home, community and world. Gain knowledge and skills to make wise choices.

## CARE



**Hope – Aim**  
Stay motivated to pursue our goals and dreams with respect and compassion for ourselves and others.

## ACT



**Choose – Improve**  
Use our unique talents, resources and experiences to create solutions that improve the human condition.

# Your Turn: My Best and Worst

Directions: Check 5-10 boxes for each prompt that best describe you.

At my WORST I am ...		At my BEST I am ...	
<input type="checkbox"/> a bad listener	<input type="checkbox"/> insecure	<input type="checkbox"/> a good communicator	<input type="checkbox"/> helpful
<input type="checkbox"/> annoying, irritating	<input type="checkbox"/> irresponsible	<input type="checkbox"/> a good leader	<input type="checkbox"/> humble
<input type="checkbox"/> argumentative	<input type="checkbox"/> lazy	<input type="checkbox"/> a good listener	<input type="checkbox"/> joyful, hopeful
<input type="checkbox"/> boastful	<input type="checkbox"/> judgmental, critical	<input type="checkbox"/> accepting	<input type="checkbox"/> kind
<input type="checkbox"/> bossy, demanding	<input type="checkbox"/> rebellious	<input type="checkbox"/> adventurous	<input type="checkbox"/> out-going
<input type="checkbox"/> defensive	<input type="checkbox"/> self-centered, selfish	<input type="checkbox"/> compassionate	<input type="checkbox"/> patient
<input type="checkbox"/> disrespectful	<input type="checkbox"/> self-righteous	<input type="checkbox"/> confident	<input type="checkbox"/> perseverant
<input type="checkbox"/> envious, jealous	<input type="checkbox"/> uncaring, apathetic	<input type="checkbox"/> cooperative	<input type="checkbox"/> positive, optimistic
<input type="checkbox"/> greedy	<input type="checkbox"/> uncooperative	<input type="checkbox"/> hard-working	<input type="checkbox"/> punctual
<input type="checkbox"/> harsh, rude, sassy	<input type="checkbox"/> ungrateful, whiney	<input type="checkbox"/> encouraging	<input type="checkbox"/> respectful
<input type="checkbox"/> impatient, easily angered	<input type="checkbox"/> other _____	<input type="checkbox"/> focused	<input type="checkbox"/> sincere, honest
<input type="checkbox"/> inconsiderate	<input type="checkbox"/> other _____	<input type="checkbox"/> forgiving	<input type="checkbox"/> supportive
		<input type="checkbox"/> funny	<input type="checkbox"/> trustworthy-loyal
		<input type="checkbox"/> generous	<input type="checkbox"/> warm, friendly
		<input type="checkbox"/> gentle, calm	<input type="checkbox"/> other _____
		<input type="checkbox"/> grateful	<input type="checkbox"/> other _____
Situations that Can Bring Out My WORST		Situations that Can Bring Out My BEST	
<input type="checkbox"/> being tired	<input type="checkbox"/> daily demands- job, HW, chores	<input type="checkbox"/> getting enough rest	<input type="checkbox"/> having someone listen to me
<input type="checkbox"/> being hungry	<input type="checkbox"/> financial pressure	<input type="checkbox"/> good nutrition	<input type="checkbox"/> getting a hug
<input type="checkbox"/> being alone	<input type="checkbox"/> negative peer pressure	<input type="checkbox"/> encouraging words	<input type="checkbox"/> Hearing inspiring stories of other people
<input type="checkbox"/> being disrespected	<input type="checkbox"/> external pressure	<input type="checkbox"/> music or media	<input type="checkbox"/> serving or helping others
<input type="checkbox"/> being rejected	<input type="checkbox"/> internal pressure	<input type="checkbox"/> being in nature	<input type="checkbox"/> participating in groups or clubs
<input type="checkbox"/> being rushed/late	<input type="checkbox"/> too much free time	<input type="checkbox"/> reading	<input type="checkbox"/> practicing improving my skills
<input type="checkbox"/> being criticized	<input type="checkbox"/> too much unhealthy food	<input type="checkbox"/> time alone	<input type="checkbox"/> exercise
<input type="checkbox"/> disappointment	<input type="checkbox"/> lack of exercise	<input type="checkbox"/> good instruction	<input type="checkbox"/> challenging opportunities
<input type="checkbox"/> busyness, too much activity	<input type="checkbox"/> being distracted by technology	<input type="checkbox"/> praying, worshiping	<input type="checkbox"/> other _____
<input type="checkbox"/> when others disagree w/ me	<input type="checkbox"/> other _____	<input type="checkbox"/> receiving constructive feedback	<input type="checkbox"/> other _____
<input type="checkbox"/> not getting my own way	<input type="checkbox"/> other _____	<input type="checkbox"/> being around positive people	<input type="checkbox"/> other _____
<input type="checkbox"/> focusing on gaining approval of others	<input type="checkbox"/> other _____	<input type="checkbox"/> being prepared	<input type="checkbox"/> other _____

# A Big Picture Perspective

As Humans, we have the incredible ability to THINK CARE and ACT with intention. This is important because we have dreams.

There are things we hope for in life. Some even have a strategy for achieving their dreams.



On our journey, many things are out of our control. Things go wrong. We make mistakes. When we encounter challenges, there will be things we can change and things we cannot. How we respond **OUTWARDLY** will reflect our **INWARD** beliefs and attitudes. So, when things get tough, it matters what is on the inside.

Those who intentionally position themselves to view their story, the good, the bad and the ugly, have what we call a "Big Picture Perspective." With our end goal in mind, a Big Picture Perspective helps us to gain clarity and motivation to make better choices. A Big Picture Perspective allows us to see that our differences can create tension, however they can also enable us to create positive solutions. More importantly, a Big Picture Perspective can give us the courage to see the positive and negative impact of our choices so that we can learn from our mistakes and challenges and determine our next best step.

*A Big Picture Perspective enables us to keep the end in mind, so that we gain the clarity and motivation to make better choices.*