

PRAYERS

Some suggestions . . .

- Dear Lord, thank You for revealing some of Your excellence and majesty to me.
- Dear Lord, help me to focus on You and on the high values You wish me to live by.
- Dear Lord, help me to add your high values and patterns of excellence to my relationships.

THOUGHTS & ATTITUDES

Affirm thoughts like these . . .

- The heavens declare the glory of God!
- There is so much beauty in the world!
- People are amazingly complex and wonderful!
- I will strive for excellence!

Other suggestions . . .

- Meditate on Scripture, such as the Psalms.
- Memorize Scripture.
- Replace profane and negative thoughts with profound and positive thoughts.
- Dwell on the Lord and His ways.

WORDS

Suggested things to say or write to others . . .

- “Look at what this passage of Scripture says: (share a Psalm or other Bible passage).”
- “I admire your high values.”
- “You have a refined sense of beauty.”
- “I’m inspired by your high standards.”
- “What’s the best way to do this?”
- “What would Jesus do in this situation?”

ACTIONS

Suggestions . . .

- Worship the Lord throughout the day.
- Avoid profanity.
- Be careful about your choices of media.
- Look into the starry heavens at night.
- Look upon great art, listen to inspiring music.
- Share uplifting ideas, dreams, goals.
- Develop and follow a vision or mission statement

DISCUSSION

For personal reflection or group consideration . . .

1. What do the Scriptures say about ideals?
2. What’s a good example of an ideal being upheld?
3. What could I do to inspire higher ideals in others?
4. What will I commit to doing?