
Group 1
Character Exercise Chart

= Lesson One =


OBEDIENCE

順服

Child's Name _____

Parent's Name _____

The Church in Toronto

A decorative border surrounds the central text. It consists of a series of stylized flowers and leaves in shades of purple and blue, arranged in a circular pattern around the text.

OBEDIENCE 順服

Memory Verse: Children, obey your parents in the Lord, for this is right. *Ephesians 6:1*





背經: 作兒女的，要在主裡順從你們的父母，因為這是正當的。(以弗所書六1)

● Prayer: “Lord Jesus, help me to listen to my parents.”

1st Week

Obedience “In the Bible”

Date: (LD)~ (Sat)

Exercise Items 操・練・項・目	Lord's Day 主日	Mon 週一	Tue 週二	Wed 週三	Thur 週四	Fri 週五	Sat 週六	Points 得分
Thank God before every meal 飯前謝恩 								
Memorize Bible verse 每天背經 								
Pray before sleeping 睡前禱告 								
Listen to parents 聽從父母的話 								
Listen to teachers 聽從老師的話								
Ask first before doing 先問再做								

My child has memorized this verse _____ (Parent's signature)

Teacher's signature _____ reward sticker _____

Note: Parents can add extra exercise items which you want your child to develop in their daily living such as, going to bed on time, eating vegetables, folding bed blanket, practicing piano, etc.

OBEDIENCE 順服

Memory Verse: Children, obey your parents in all things. *Colossians 3:20a*





背經: 作兒女的，要凡事順從父母。(歌羅西書三20上)

● Prayer: "Lord Jesus, help me to listen to my parents."

2nd Week

Obedience "At home"

Date: (LD)~ (Sat)

Exercise Items 操・練・項・目	Lord's Day 主日	Mon 週一	Tue 週二	Wed 週三	Thur 週四	Fri 週五	Sat 週六	Points 得分
Thank God before every meal 飯前謝恩 								
Memorize Bible verse 每天背經 								
Pray before sleeping 睡前禱告 								
Listen to parents 聽從父母的話 								
Listen to teachers 聽從老師的話								
Ask first before doing 先問再做								

My child has memorized this verse _____ (Parent's signature)

Teacher's signature _____ reward sticker _____

Note: Parents can add extra exercise items which you want your child to develop in their daily living such as, going to bed on time, eating vegetables, folding bed blanket, practicing piano, etc.

OBEDIENCE 順服

Memory Verse: Hear, my son, and receive my (Lord's) words. *Proverbs 4:10*





背經: 你要聽受我(主)的言語。(箴言四10)

● Prayer: "Lord Jesus, help me to listen to my parents."

3th Week

Obedience "At school"

Date: (LD)~ (Sat)

Exercise Items 操・練・項・目	Lord's Day 主日	Mon 週一	Tue 週二	Wed 週三	Thur 週四	Fri 週五	Sat 週六	Points 得分
Thank God before every meal 飯前謝恩 								
Memorize Bible verse 每天背經 								
Pray before sleeping 睡前禱告 								
Listen to parents 聽從父母的話 								
Listen to teachers 聽從老師的話								
Ask first before doing 先問再做								

My child has memorized this verse _____ (Parent's signature)

Teacher's signature _____ reward sticker _____

Note: Parents can add extra exercise items which you want your child to develop in their daily living such as, going to bed on time, eating vegetables, folding bed blanket, practicing piano, etc.

OBEDIENCE 順服

Memory Verse: ...Younger men, be subject to elders; 1 Peter 5:5a





背經: 年幼的，要服從年長的。(彼前五5上)

● Prayer: “Lord Jesus, help me to listen to my parents.”

4th Week

Obedience “At play”

Date: (LD)~ (Sat)

Exercise Items 操・練・項・目	Lord's Day 主日	Mon 週一	Tue 週二	Wed 週三	Thur 週四	Fri 週五	Sat 週六	Points 得分
Thank God before every meal 飯前謝恩 								
Memorize Bible verse 每天背經 								
Pray before sleeping 睡前禱告 								
Listen to parents 聽從父母的話 								
Listen to teachers 聽從老師的話								
Ask first before doing 先問再做								

My child has memorized this verse _____ (Parent's signature)

Teacher's signature _____ reward sticker _____

Note: Parents can add extra exercise items which you want your child to develop in their daily living such as, going to bed on time, eating vegetables, folding bed blanket, practicing piano, etc.