DADDY-DAUGHTER
SPRING WILDFLOWER CAMPOUT

ELKMONT CAMPGROUND
GREAT SMOKY MOUNTAINS NATIONAL PARK
APRIL 21-23, 2023

Blueprint for Men 2023 ©

AN INVITATION TO EXPERIENCE GOD THROUGH NATURE WITH YOUR DAUGHTER

Dear Dad,

Most dads find that relationships with their sons comes much more naturally than their relationships with their daughters. But, developing a deep and meaningful relationship with your daughter, while often challenging, is much more important than you may realize, and well worth the effort. Research reveals that girls who have meaningful relationships with their fathers have higher grades, deeper spiritual commitment, higher self-esteem, and significantly lower chance of engaging in at-risk-behaviors. Simply stated, strong fathers produce strong daughters.

The Daddy-Daughter Wildflower Campout is designed to strengthen the bonds between you and your daughter(s) through outdoor adventure, nature study, group activities, music and worship. The cost of the retreat is only $150 per father… daughters are free! Camp fees, program materials, and souvenirs are all included. An incredible value!

To attend this retreat study the information in the pages that follow and complete/submit the registration, consent, and health forms as directed. Don't miss this opportunity, seize the moment… your daughter will thank you; I promise!

Here's to Building Men… and their Families

Trip Leader and Naturalist

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1 CAMPOUT OVERVIEW

WHO:	Dads and daughters ages 6+
WHERE:	Elkmont Campground, Great Smoky Mountains National Park
WHEN:	April 21-23, 2023
COST:	$150/family
REGISTRATION:	Registration deadline is April 9, 2021
PROVIDED:	Campsite, programming materials, Smoky Mountain Wildflower book
BRING:	Bring your own camping equipment and food…refer to equipment list
PRETRIP MEETING:	Attend the Zoom planning meeting on April 9 at 7:30 pm

2 LEADERSHIP

Marty Miller, Trip Leader and Naturalist

Marty is a veteran educator, outdoor professional, and a leader of men. He is the founder and president of *Blueprint for Men* which provides resources, events, and training for men of all ages. Over the years Marty has enjoyed outdoor pursuits ranging from scuba diving to alpine mountaineering. Marty and his wife, Gale, are the proud parents of two adult children and four grandchildren. Life is good!

3 OBJECTIVES

<u>During the weekend you and your daughter(s) will…</u>

Experience Joy:

- through the beauty of nature
- through wholesome Christian fellowship
- through fresh air, vigorous hiking, and delicious food
- through worship and praise of our Creator God
- as we discover spiritual truths in the “Book of Nature”
- as you prepare for, and provide the, “Father’s Blessing” to your daughter

Expand Knowledge and Skills:

- Camping Skills
- Camping Etiquette
- Leave No Trace Ethics
- Nature Photography
- Wildflower Identification
- Ecology and Forest Communities
- Trail Etiquette and Safety

4 SCHEDULE*

Friday

5:00 pm	Arrival: Check-in and Camp Set-up
6:00	Supper
7:30	Group Worship
8:30	Night Hike (optional)
9:30	Head to Bed
10:00	Quiet

Saturday

6:00 am	Early Hike (optional)
8:00	Breakfast
9:00	Group Worship
10:00	Morning Hike
12:00 pm	Lunch in camp
1:00	Afternoon Hike
6:00	Supper
7:30	Group Worship
8:30	Night Hike (optional)
9:30	Head to Bed
10:00	Quiet

Sunday

8:00 am	Breakfast
8:30	Pack-up Camp
9:30	Group Worship
10:00	Morning Hike
12:00 pm	Trail Lunch
3:00	Farewell

5 GEAR LIST

Camping

- ✓ Tent
- ✓ Tarp for rainy conditions
- ✓ Sleeping bag
- ✓ Sleeping pad
- ✓ Pillow
- ✓ Camp chairs
- ✓ Hammock
- ✓ Musical instruments… guitar, harmonica, etc.
- ✓ Firewood (DO NOT BRING FROM HOME… IT IS ILLEGAL)
- ✓ Ax or hatchet
- ✓ Flashlight/headlamp for each person
- ✓ Jacket or Hoody
- ✓ Poncho/raincoat/umbrella (let's hope this won't be needed!)

Bathing

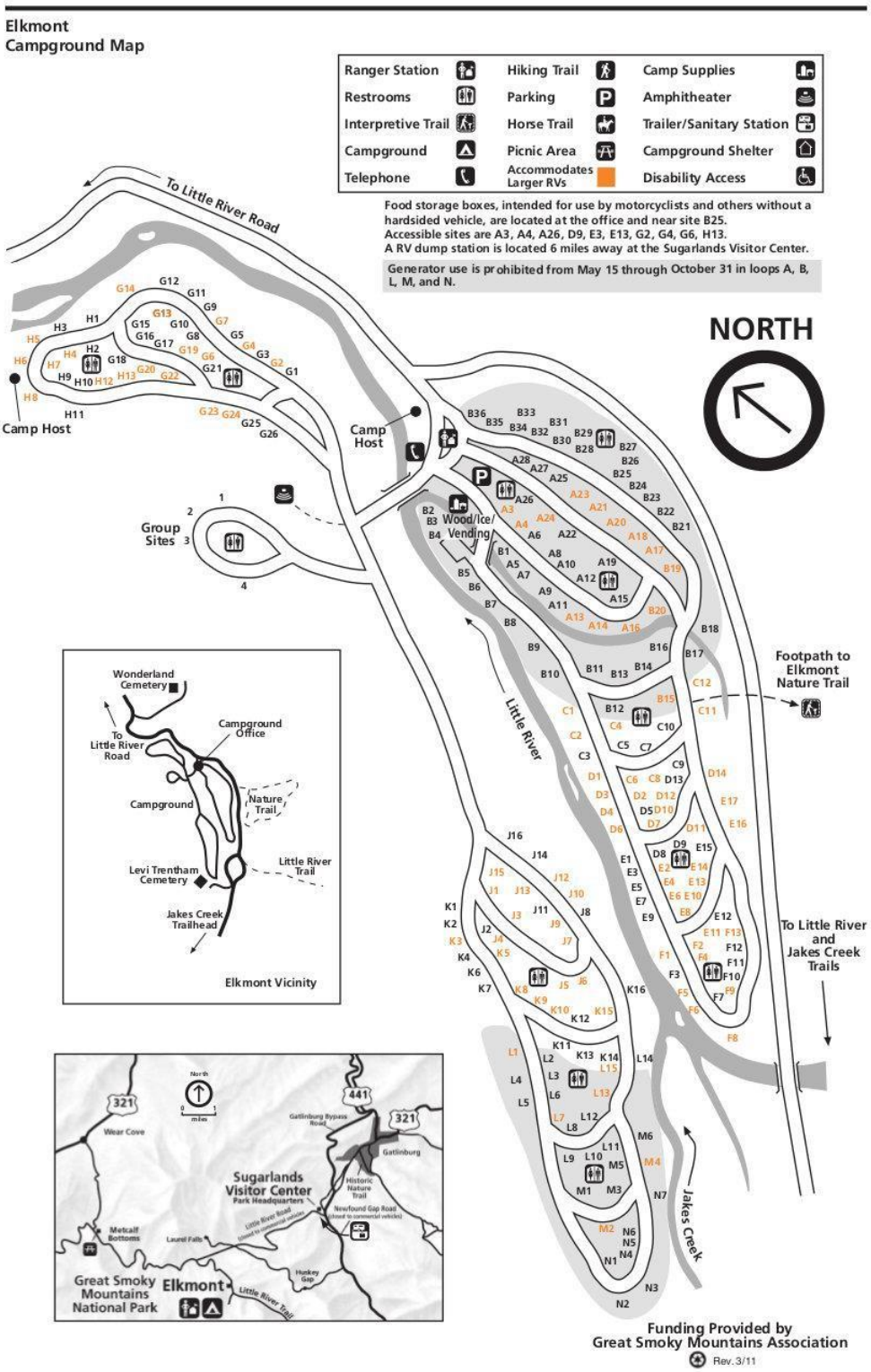
- ✓ Toiletries
- ✓ Towel
- ✓ Change of clothing

Hiking

- ✓ Daypack to carry stuff
- ✓ First Aid Supplies
- ✓ Toilet Paper/wipes in zip-lock bag
- ✓ Cap
- ✓ Knife
- ✓ Hiking shoes
- ✓ Water bottles

If you've got it, bring it!

6 Campground



Campground Regulations

Firewood Regulations: **Beginning March 1, 2015 only heat-treated firewood that is bundled and certified by the United States Department of Agriculture (USDA) or a state agency may be brought into the park**. Campers may also collect dead and down wood found in the park for campfires.

Certified heat-treated firewood is packaged and clearly marked with a state or federal seal. Heat-treated wood is available from a growing list of private businesses in communities around the park. Concessioners at Cades Cove, Smokemont, and Elkmont will provide heat-treated wood for sale during their operating season (typically March through October at Smokemont and Elkmont and through December at Cades Cove). Visit**www.nature.org/firewoodmap** for a map of local stores and businesses that sell certified firewood. **Additional information about this regulation.**

The following regulations apply to camping in **Frontcountry Campgrounds** and **Group Campgrounds**.

Food Storage
All food and equipment used to prepare and store food (stoves, pots, coolers, etc.) must be kept sealed in a vehicle (preferably the trunk) or in a camping unit constructed of solid, non-pliable material or as otherwise directed at all times when not in use. If your vehicle does not have a trunk for storing food and equipment, the following campgrounds have food storage lockers: Balsam Mountain, Big Creek, Cades Cove, Cataloochee, Cosby, Deep Creek, Elkmont, and Smokemont.

Dispose of garbage promptly in dumpsters provided. Unattended or improperly stored coolers and food may be impounded by campground staff and stored at the campground office. This regulation will be strictly enforced and violators are subject to fines.

Registration
You must register and pay a fee. Check in at the campground office or follow instructions on the Pay Station sign. Checkout or re-register by noon.

Reservations
Advance reservations are required at Cataloochee Campground for the entire camping season. Campsites at Cades Cove, Cosby, Elkmont and Smokemont can be reserved in advance for the period May 15 - October 31. Remaining family campgrounds are operated on a first-come, first-served basis. Group sites require a reservation. Reservations can be made be calling 1-877-444-6777 or by visiting **http://www.recreation.gov**

Length of Stay
Your stay is limited to 14 consecutive days at a time. Longer stays require that you move to a different campground

Occupants
You may have up to six people per campsite.

Parking
No more than two motor vehicles or one vehicle with trailer are allowed per campsite. Please keep wheels, including trailer wheels and guest cars, on the pavement. Park only in designated spaces.

Tents
All tents must be pitched on the pad, where provided.

Fires and Wood Gathering
Campfires are permitted only in fire grates. You may collect wood in the park only if it is on the ground and dead. Beginning March 1, 2015 only heat-treated firewood that is bundled and certified by the United States Department of Agriculture (USDA) or a state agency may be brought into the park.

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Pets
Pets are allowed in the campground but must be confined or on a leash (6' maximum). Pets are not allowed on trails and should not be left unattended in the campground or your car. Please prevent excessive barking and properly dispose of pet waste.

Waste Water
Dish water and bath water must be drained at utility sinks or dump stations, not on the ground. Do not wash or bathe in streams or at water fountains. RV sewage should be drained only at a dump station. Showers and utility hookups are not available in the park. Showers may be available in nearby towns.

Quiet Hours and Generators
Quiet hours are in effect from 10 pm to 6 am. Generator use is prohibited from 8 pm to 8 am. Generator use and battery charging by engine idling is prohibited in generator free areas. During quiet hours, noise-producing equipment should be turned off and entry to the campground is limited to registered campers.

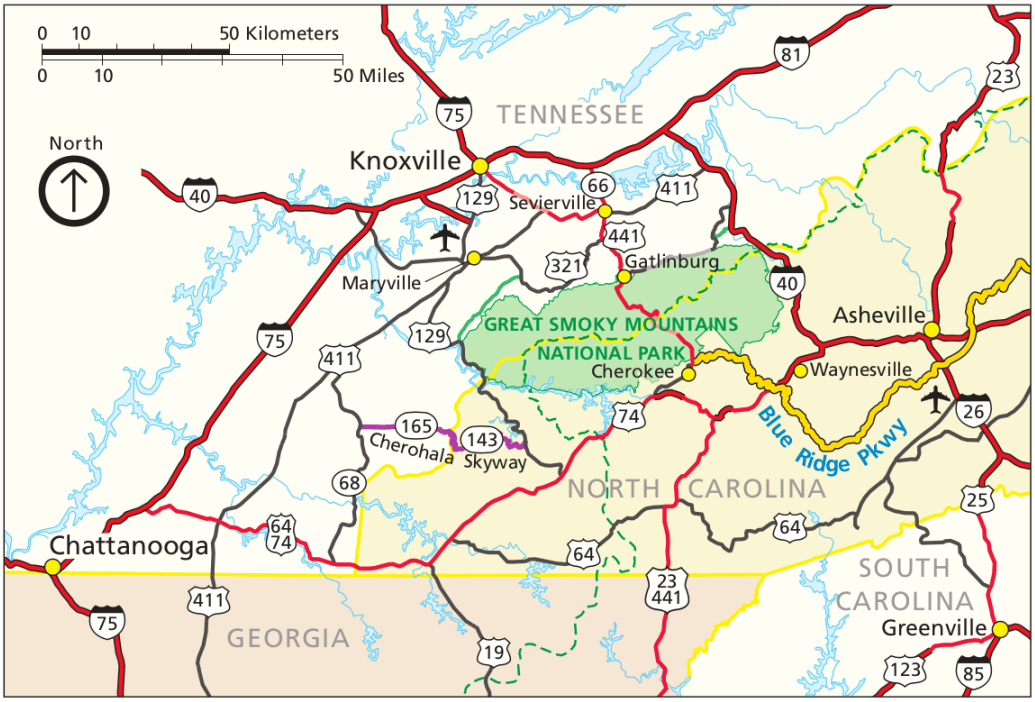
Alcohol
Alcohol is permitted in campgrounds and picnic areas, provided the person in possession is at least 21 years old.

Bicycles, Inline Skates and Skateboards
Bicycle riders must comply with all traffic regulations and are restricted to public roads, parking areas, and designated routes. The use of inline skates, skateboards or scooters is prohibited.

Prohibited Items
Fireworks, traps, and the use of chainsaws are prohibited.

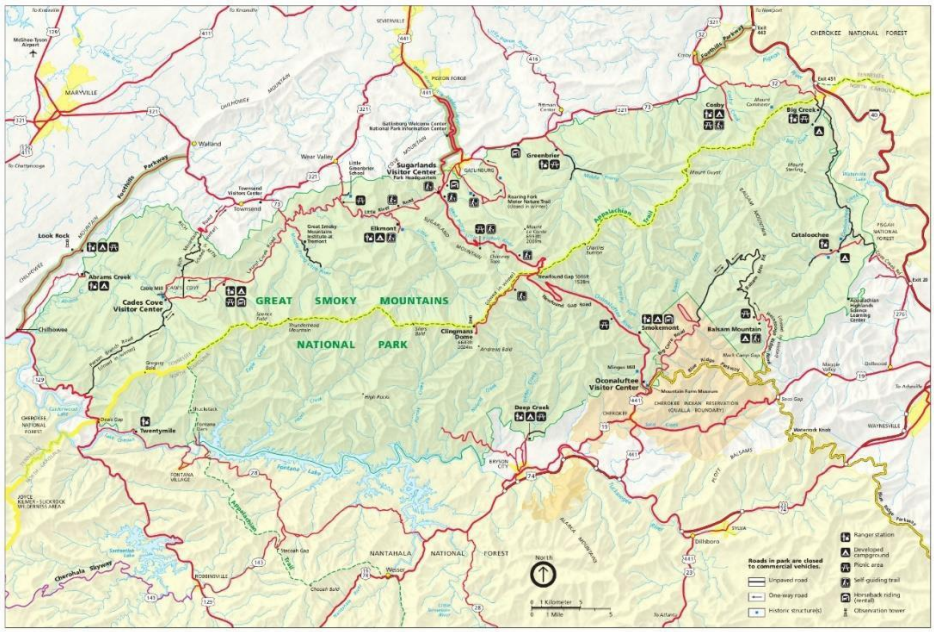
7 Directions

Use Google Maps or other GPS navigation systems to find your way to Elkmont Campground. Anticipate travel time of 2.5-3.0 hours.



8 Maps

Great Smoky Mountains National Park Map



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9 FAQ… Frequently Asked Questions

How do I register and prepare for this weekend?

Step One	Download and study this information packet
Step Two	Register and pay online at www.blueprintformen.org
Step Three	Complete and submit the consent/release and medical forms online
Step Four	Attend our ***Zoom planning meeting on Sunday, April 9 at 7:30 pm***
Step Five	Prepare for the weekend!

What is included in the price?

- Campsite fees
- Educational materials
- Naturalist guided hikes
- Trip souvenirs, photos, memories
- Firewood (do not bring firewood from home as this is illegal)

Where does the event take place?

Our basecamp will be at Elkmont Campground but we will take numerous hikes and drives.

What will the hikes be like?

Expect moderately strenuous hiking on trails that may be wet, muddy, rocky, and slippery.

We will be hiking up to 5 miles per day.

What is the Elkmont campground like?

You can camp in tents or small RVs. No water or electricity at sites.
Campground restrooms are very basic. No showers.

What about meals?

You must provide your own meals. Try to keep your meals relatively simple but get creative and have fun with your daughter(s)! Here's a place where you can write out your menu.

Day	Meal	Menu
Friday	Supper	
Saturday	Breakfast	
	Lunch	
	Supper	
Sunday	Breakfast	
	Lunch	

What are the plans for security and emergencies?

Park Rangers are on duty 24 hours a day.
Your trip leader is trained as a wilderness first responder.
We will carry a large first aid kit on all hikes.

Cell phone signal?

Cell phone signal is spotty!

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10. THE FATHER-DAUGHTER BLESSING

Dear Dad,

You were hand selected by God to instill in your daughter a sense of security, confidence, and love that flows from the heart of our Heavenly Father. And by spending this special weekend with her, you are speaking this message loud and clear. You may not be a perfect dad, but you have a good heart and good intentions. This weekend my desire is that you experience a treasured experience with your daughter that will last a lifetime.

One of this weekend's highlights will occur during the simple yet beautiful ceremony we refer to as "THE BLESSING". During this ceremony you will read a letter you have written for your daughter to keep and cherish. Then you say a prayer of blessing over her. I know this might sound intimidating to you but please understand that it is worth the effort, and it will mean more than you know to her.

To help you with writing your letter and your prayer of blessing I have provided the following tips. When you read this letter, read it slowly, and look into her eyes. Remember that your words don't matter as much your sincere attempt to say them. God won't let you fail in this. So, enjoy it… even if you get choked up with emotions!

I. LETTER OF BLESSING TO YOUR DAUGHTER

1. I love you because…

Focus Text: *This is my beloved son (daughter) in whom I am well pleased. Matthew 3:17*

This section should focus on the heart and could include combined pictures of how God sees her and how you see her, how God loves her and how you love her, etc. You could say something about how your love for her began before she was born but has grown stronger with each passing year. You could mention something about how you find joy in her laughter, the sparkle in her eyes, the sun in her hair, etc. which all speak to her beauty… she really needs to hear this from you. Be specific as possible but also make it very personal!

2. ***I am proud of you because…***

Focus Text: *And Jesus increased in wisdom and stature, and in favor with God and man. Luke 2:52*

This section should focus on character quality, not achievements, or physical attributes. Refer to the long list at the end of this document. Try to limit your list to around 4-6 attributes or it will get too long. Quality is always better than quantity!

3. ***I see that you are on the path to becoming a beautiful young lady; I am here for you, and want to offer you my blessing for your journey.***

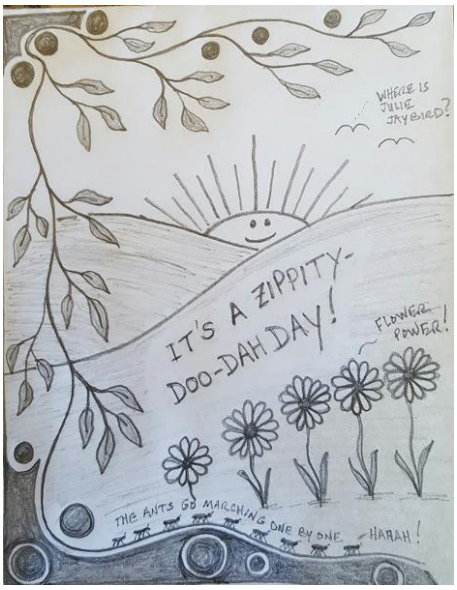
Focus Text: *Delight yourself in the LORD, and he give you the desires of your heart. Psalm 37:4*

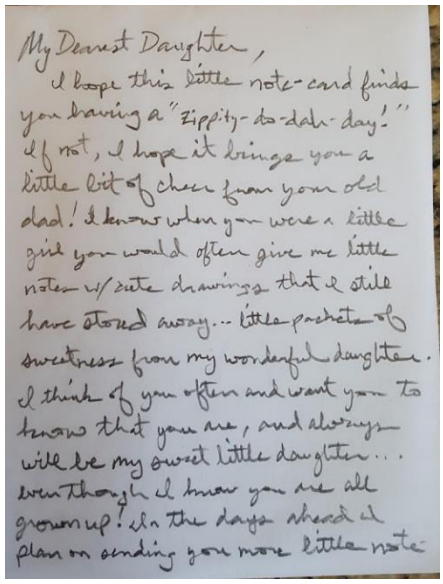
This final section should speak to her journey of maturity from a little girl to a beautiful young lady. Whether your daughter is 8 or 18, your words of affirmation and love will provide her with a strength and confidence that is beyond words. It is something that she will feel deep within her heart and believe to be true. Your blessing should be a prophecy of a good future where she will experience the fullness and beauty of life.

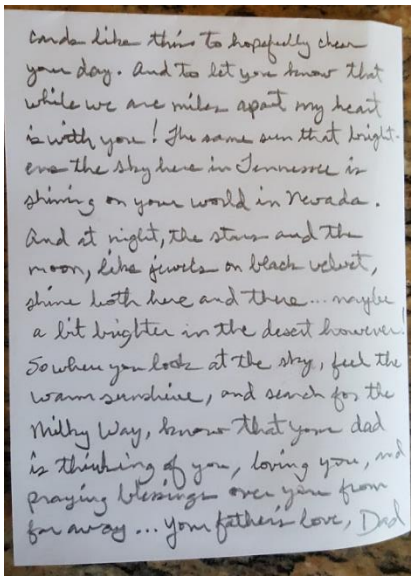
Make sure you sign the letter with an endearing ending!

Keep the Blessing Going!

Here's a card I made for my daughter a few years ago that demonstrates how you can give the "Father's Blessing" throughout all stages of life. She treasures every card I have ever made for her. I make them by simply folding a regular sheet of printer paper (cardstock is best) into fourths which makes a simple card. Simple and collectible! Don't forget that you will always be her dad and she will always need to hear your words of love and affirmation!




My Dearest Daughter,
I hope this little note-card finds you having a "zippity-do-dah-day!" If not, I hope it brings you a little bit of cheer from your old dad! I know when you were a little girl you would often give me little notes w/ cute drawings that I still have stored away... little packets of sweetness from my wonderful daughter. I think of you often and want you to know that you are, and always will be my sweet little daughter... even though I know you are all grown up! In the days ahead I plan on sending you more little note-


cards like this to hopefully cheer your day. And to let you know that while we are miles apart my heart is with you! The same sun that bright-ens the sky here in Tennessee is shining on your world in Nevada. And at night, the stars and the moon, like jewels on black velvet, shine both here and there... maybe a bit brighter in the desert however! So when you look at the sky, feel the warm sunshine, and search for the Milky Way, know that your dad is thinking of you, loving you, and praying blessings over you from far away... Your father's love, Dad

II. PRAYER OF BLESSING FOR YOUR DAUGHTER

The prayer for your daughter doesn't need to be written out but it can be. I suggest that you follow an easy format to guide your words such as "The Hand Prayer" that I developed over the past several years. I like it and have found that it works beautifully. This prayer should flow from your Heavenly Father through you to

your daughter. Pray about how you should pray and what you should pray and God will show you the way! I promise that you will be blessed by giving this prayer of blessing.

The Father's Hand Prayer - watch video (at time 8:30) for tips on this blessing

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Beginning the Prayer

Dear Heavenly Father,

You are the one and only Perfect Father. You are the Creator, Sustainer, Savior and King of this world. And my daughter and I are your children. Thank-you for giving me the honor of being the earthly father of _____, my priceless treasure. Father, now as I give this blessing to my beloved daughter, I ask that your holiness and power flow from you through me at this special moment.

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1. The Thumb of Affirmation and True Identity

Praise, thanks, affirmations to God for giving you such a wonderful daughter
Proclaim who God says she is.... and who you say she is.
Describe some of her top character qualities

This is my beloved son in whom I am well pleased. Matthew 3:17

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2. The Index Finger of Direction and Correction

I see that _____ is humble and teachable and takes correction and direction.
Exhibits wisdom and discretion. Deferred gratification. She wants to do the right thing and be obedient. And when she makes mistakes she owns up to them and makes things right.
Pray that she listens respectfully when her mother and I give direction.

And Jesus increased in wisdom and stature, and in favor with God and man. Luke 2:52

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3. The Middle Finger of Challenge and Opposition

She understands that there is a struggle between good and evil in her heart and mind
When Satan comes against her and tells her she is not beautiful, not strong, not valuable, etc. she takes these thoughts captive and replaces them with God's word and her true identity in Christ Jesus. She is not controlled by her emotions and keeps negative thoughts and words down with the thumb of encouragement. She faces challenges, opposition, and temptation with courage. Whatever test and trials come her way she knows that you are fighting alongside her to win the battle! She is not alone! Also describe any character

traits that need to be strengthened.

Then Jesus was led by the Spirit into the wilderness to be tempted by the devil. Matthew 4:1

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4. The Ring Finger of Commitment and Endurance

Commitment, don't quit, God won't quit. You as her dad will never quit on her either!
She is strong and will persevere through difficulty and never give up!

"Be strong and courageous. Do not be afraid or terrified because of them, for the LORD your God goes with you; he will never leave you nor forsake you." Deuteronomy 31:6

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5. The Pinky Finger of Strength through Weakness

God promises to provide strength through her weakness so that she may bring glory to God. So whatever she may be struggling with it will become here strength and her testimony and witness for what God has done in her life.

Well done, thou good and faithful servant: thou hast been faithful over a few things, I will make thee ruler over many things: enter thou into the joy of thy lord. Matthew 25:21

Closing of the Prayer

This is the final blessing. Speak from the heart, make it real, making sure to declare a bright and joyful future. Let her feel your love and strength flow through these closing lines.

CHARACTER QUALITIES

- Adaptable — Able to adjust without difficulty to new and unexpected conditions.
  - Phil 4:6
- Agreeable — Willing or ready to agree or consent.
- Alertness — Ability to know and do the right thing based on what is taking place.
  - Mark 14:38
- Amiability — Having a kindly or attractive disposition; friendly; pleasing.
  - Micah 6:8
- Aspiration — Ardent desire after what is great and good.
  - Phil. 4:8
- Assured — Certain; convinced; not doubting or doubtful.
  - Matt. 7:24; Phil. 4:13
- Attentiveness — Paying or giving attention; intent; observant.
  - Prov. 22:17-19; Phil. 2:3-4; Heb. 2:1

- Availability — Capable of being used – “always there when you need ‘em”.
  - Acts 20:35; Phil. 2:20-21
- Boldness — Daring; courageous; brave; confident; speaks out.
  - Ps. 138:3; Acts 4:29; Eph. 3:11-12; Phil 1:20
- Bravery — To encounter with courage and fortitude.
  - Ps. 31:3; Ps. 31:24
- Cautiousness — Knowing when to do the right thing at the right time.
  - Prov. 19:2
- Compassion — Sympathetic emotion created by misfortunes of another with a desire to help.
  - Ps. 103:13; Col. 3:12; 1 John 3:17
- Confidence — Certain; self-reliant; has assurance.
  - Ps. 71:5; Prov. 14:26; 2 Cor. 3:4-5; Heb. 4:16; Heb. 10:35-36
- Considerate — Regard for others’ circumstances or feelings.
  - Eph. 4:32; Phil. 2:4; Heb. 10:24-25
- Contentment — Satisfaction with what one has and circumstances or feelings.
  - Phil. 4:7, 11; 1 Tim. 6:8
- Cooperative — To work together as a group for a common goal.
  - Rom. 12:3-5
- Courage — Ability to encounter danger or difficulties with firmness and without fear.
  - Deut. 31:6; 2 Chron. 15:7; Ps. 27:14; Ps. 31:24
- Creativity — Imaginative; gives rise to new things and ideas.
  - Rom. 12:2
- Decisiveness — Able to make a prompt decision when faced with time limits.
  - James 1:5
- Dedicated — Given wholly to a purpose, goal, or thing; devoted.
  - Phil. 3:14; Col. 3:23-24
- Deference — Being respectful to others; treating them as persons of great worth.
  - Rom. 14:21
- Dependability — Reliability; trustworthy; rest with confidence in.
  - Ps. 15:4; Ps. 62:6, 7; Luke 16:10
- Desire — To wish or long for a person, thing, or goal.
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- Determination — Firm resolution; settled purpose; a vision that is adhered to at all costs.
  - Luke 22:42; 1 Cor. 9:24; Heb. 12:1-3
- Diligence — Steady application; constant effort; to accomplish what is undertaken.
  - Jer. 29:13; Col. 3:23; Heb. 6:11-12
- Discernment — Power to discriminate between good and evil; insight based on scripture.
  - 1 Sam. 16:7; Ps. 119:65-66; Prov. 17:27
- Discipline — State of order maintained by training and strict self-control.
  - Gal. 5:22-23; 1 Tim. 4:7; 2 Tim. 1:7
- Discretion — The ability to make sound, tactful judgments.
  - Prov. 22:3
- Earnestness — Serious in intention, purpose, or effort, characterized by depth.
  - Prov. 23:23
- Endurance — A continuing or bearing-up under pain or distress without yielding.
  - Gal. 6:9; Heb. 12:1
- Enthusiasm — A keen and active interest; ardent zeal in pursuit of something.
  - Prov. 15:13; Romans 12:11; 1 Pet. 3:13
- Expressiveness — Full of expression, vividly representing the feeling to be conveyed.
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- Fairness — Honest; open; frank; impartial or unbiased.
  - Luke 6:31
- Faith — Trust in a person or thing; loyalty to a person, promise, or commitment.

- 1 Tim. 1:12; Heb. 11:1
- **Firm** — Steadfast and unwavering; showing determination.
  - Eph. 6:14
- **Flexibility** — Capable of adapting or modifying.
  - Col. 3:2
- **Forgiveness** — Inclined to overlook offenses; to cease to feel resentment against.
  - Eph. 4:32
- **Fortitude** — Strength of mind. Able to face danger or bear pain with courage.
  - 1 Chron. 29:20
- **Friendly** — Inclined to approve, help, or support.
  - Ps. 41:1-2; Prov. 17:17; John 15:13
- **Generosity** — Free and unselfish in giving.
  - Prov. 22:9; 2 Cor. 9:6
- **Gentleness** — Kindly; mild, not severe.
  - Matt. 5:5; Gal. 5:22-23; Col. 3:12; 1 Thess. 2:7; 1 Pet. 3:4
- **Giving** — To commit or offer oneself to be used or helpful.
  - Matt. 22:37-39; 2 Cor. 9:7
- **Good-natured** — Natural mildness and kindness of disposition.
  - Col. 4:6
- **Goodness** — Virtue or integrity; kindness.
  - Gal. 5:22
- **Gratefulness** — Thankfulness of kindness shown, or benefits received.
  - 1 Cor. 4:7; Eph. 5:20; 1 Thess. 5:18
- **Honesty** — Free from deceit; integrity; honorable intentions, principles and actions.
  - Matt. 5:18
- **Honorable** — Worthy of being honored; motivated by principles of honor; consistent.
  - Matt. 5:6
- **Hospitality** — Cheerfully shares with others each day; food, shelter; smiles, encouragement.
  - Heb. 13:2
- **Humility** — Not proud or arrogant; modest and submissive to authority.
  - Ps. 10:17; Prov. 22:4; James 4:6; 1 Pet. 5:6
- **Imaginative** — Being able to create new things or ideas consistent with reality.
  -
- **Initiative** — Power or ability to take the lead or originate action.
  - 1 Chron. 29:20; Rom. 12:21
- **Integrity** — Unimpaired moral principles; honest; soundness; whole and undivided.
  - Prov. 10:9; Prov. 20:7
- **Intent** — Fixed with earnest attention on some purpose or thought.
  -
- **Joyfulness** — Gladness or delight; causing satisfaction and happiness.
  - Prov. 15:13; Prov. 17:22a; John 15:11; James 1:2-3
- **Kindness** — Good; helpful; friendly.
  - Micah 6:8; Eph. 4:32
- **Leadership** — Ability to lead or guide.
  - Ex. 18:21; Matt. 20:26; Romans 12:1-2
- **Listener** — To give close attention in order to hear; to pay attention to.
  - Prov. 4:1; Mark 4:24; James 1:19
- **Love** — Giving to others' needs without seeking something in return.
  - 1 Cor. 13:3
- **Loyalty** — Faithful to one's obligations, commitments, and leaders.
  - Matt. 25:21; John 15:13; Rom. 12:9-10
- **Meekness** — Mild of temper; gentle; not easily provoked or irritated.
  - Ps. 62:5; Gal. 5:22-23; 1 Cor. 13:4-5

- Obedience — Act of complying with rules and standards imposed by one in authority.
  - 1 Kings 8:61; 2 Cor. 10:5
- Open-minded — Having a mind open to new arguments or ideas; unprejudiced.
  - Prov. 22:17
- Orderliness — Preparing and organizing to minimize confusion and maximize productivity.
  - 1 Cor. 14:40
- Patience — Bearing pain or trial without complaining; waiting with calmness; not hasty.
  - Prov. 14:29; Prov. 17:27, Rom. 5:3-4; 2 Tim. 4:2
- Perseverance — The act or habit of persistence in anything undertaken.
  - Rom. 5:3-4
- Persistence — Steady continuance of a course; tenacious or purpose.
  - Hosea 6:3; Eph. 6:14
- Persuasiveness — Having the power to influence, move, or prevail; convince to take action.
  - 1 Tim. 4:12; 2 Tim. 2:24
- Pleasing — Giving pleasure or satisfaction; agreeable; gratifying.
  - Ps. 104:34; 2 Cor. 5:9
- Practical — Mindful of results, usefulness, advantages/disadvantages, matter of fact.
- Punctuality — Showing that I value other people and their time.
  - Eccl. 3:1
- Purposefulness — Having an objective to be reached or accomplished.
- Respectfulness — Regard; high consideration and courtesy.
  - 1 Pet. 2:13; 1 Pet. 2:17
- Resoluteness — Having a fixed purpose; determined; steadfast; firm.
  - Prov. 4:25-27; 1 Cor. 15:58; Gal. 6:9-10
- Resourcefulness — Wise use of that which others might overlook or discard.
  - Luke 16:10
- Responsibility — Accountable for performance or discharge of duty.
  - Rom. 14:19; Phil. 4:13; 1 Pet. 4:10
- Reverence — An attitude of deep respect and esteem mingled with affection.
  - Prov. 1:7; Prov. 23:17; 1 Pet. 5:5
- Security — Freedom from apprehension; confidence of safety; freedom from danger
  - Ps. 16:8-9; Prov. 10:9; John 6:27
- Self-control — Control of one's actions or feelings.
  - Gal. 5:22-25
- Self-starter — One who applies his/her efforts without instruction, urging, or direction.
- Sensitivity — Having feelings easily excited; readily and acutely affected.
  - Rom. 12:15; Col. 3:12
- Sincerity — Freedom from hypocrisy; truthfulness; genuineness.
  - Prov. 3:3; James 3:17; Heb. 10:22; 1 Pet. 1:22
- Steadfast — Fixed, firm, or constant in resolution; not fickle or wavering.
  - Prov. 4:25; Prov. 12:27b; Prov. 21:5; 1 Cor. 15:58
- Tactful — Skill in doing or saying exactly what is required.
  - Prov. 25:11, Eph 4:15
- Tenacious — Holding fast, keeping a firm hold; "stick-to-it-tiveness"; tough.
  - Prov. 4:25, 26-27; Prov. 12:27b; Gal. 6:9
- Thankful — Expressive or gratitude; grateful; appreciative.
  - Eph. 5:20; 1 Thess. 5:18
- Thoroughness — Finishing a task that has been started down to the last detail.

- Prov. 18:5
- Thriftiness — Controlling my desire to spend more, so that I might have more for others.
  - Luke 16:11
- Tolerance — Acceptance of others; realizing that we are all different and maturing.
  - Phil. 2:2
- Trustworthy — Worthy of trust or confidence; reliable.
  - Isaiah 6:4; Matt. 25:21; Heb. 2:13
- Truthfulness — Conformity to fact or reality; honesty by nature.
  - Prov. 10:9; Eph. 4:25
- Unselfish — Not unduly attached to one's own interests or welfare; generous.
  - Matt. 20:26-28; Phil. 2:3-5
- Virtue — Moral excellence or goodness; praise worthy.
  - Prov. 19:20; Phil. 4:8; 1 Pet. 1:5
- Wisdom — Having sound judgment; common sense; extensive knowledge; discerning.
  - Prov. 1:7; Prov. 9:10; Prov. 15:20a; Eph. 5:15-17; James 3:17