

THE FATHER-SON  
APPALACHIAN TRAIL ADVENTURE

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ROAN HIGHLANDS

JUNE 23-26, 2022

CHEROKEE NATIONAL FOREST



# Appalachian Trail Adventure

June 23-26, 2022

Dear Dad,

The ***Father-Son Appalachian Trail Adventure*** is a 4-day backpacking trip across one of the most stunning sections of the Appalachian Trail. And, while we will be hiking during the hottest part of the summer, you can expect to experience cool temperatures on this mile-high ramble! The purpose of this trek is not to see how fast we can go but how deep we can go, so most days are fairly short in distance but long in meaningful experiences. During our time together you will not only strengthen your outdoor skills and nature knowledge but you will also be challenged to go deeper with God, yourself, and others. Plus you will have a special bonding experience with your son(s) that will last a life-time. Be prepared to be stretched in every way... but we'll have fun doing it! The basic itinerary is as follows...

Thu, June 23	Drive to Carvers Gap and short hike to Roan High Knob Shelter
Fri, June 24	Roan High Knob to Overmountain Shelter (7.1 miles)
Sat, June 25	Overmountain Shelter to Doll Flats (6.2 miles)
Sun, June 26	Doll Flats to Hwy 19E and drive home (3 miles)

This information packet is designed to give you just enough information to help you prepare for the experience while intentionally not giving everything away!

Here's to Building Men... and their families,

Marty Miller  
***Blueprint for Men***





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### 1 OVERVIEW

WHO:	Fathers and their sons (ages 11+)
WHAT:	Backpacking, nature study, outdoor leadership, walking with God
WHERE:	Roan Mountain, Appalachian Trail, Cherokee National Forest
PROVIDED:	Trip leadership, naturalist education, spiritual guidance, etc.
BRING:	You are responsible for your own camping equipment...refer to equipment list
REGISTRATION:	To register every father must do the following... Register and pay \$100 Complete the online forms Join our Group app
SIGN-UP DEADLINE:	June 16, 2022
ITINERARY:	June 23-26, 2022 <ul style="list-style-type: none"><li>• Thu, June 23 Drive to Carvers Gap and hike to Roan High Knob</li><li>• Fri, June 24 Roan High Knob to Overmountain Shelter (7.1 miles)</li><li>• Sat, June 25 Overmountain Shelter to Doll Flats (6.2 miles)</li><li>• Sun, June 26 Doll Flats to Hwy 19E and drive home (3 miles)</li></ul>

**Marty Miller, Trip Leader**

Marty is a lifelong disciple of Christ, the loving husband of his first wife, the father of two adult children, and the proud grandfather of two grand-daughters.

Marty's career path has been primarily in the field of education having served in both public and private sectors from California to Tennessee. He has held positions that include elementary school principal, multi-grade teacher, middle school science teacher, high school science teacher, nature center director, outdoor school director, educational consultant, university education professor, student teacher supervisor, and outdoor leadership program director.

He is a well-recognized outdoor professional with skills and certifications that include WMI/NOLS Wilderness First Responder, ACA Swift Water Rescue, and AIARE Avalanche Safety.

Marty is gifted at discovering and sharing spiritual lessons from nature, God's second book, as modeled by Jesus Christ, the master educator. Now, after nearly 30 years in education, Marty has transitioned into full-time ministry by creating Blueprint for Men, a non-profit men's ministry devoted to helping men discover and live out their God-given design in a secular world. Through outdoor retreats, small group support, leadership training, and curriculum development, Marty is helping men to step up and become the men God intended them to be, better husbands, better fathers, and better disciples of Christ!

**"Leader of the Day"**

During the trek each "father-family team" will have an opportunity to provide leadership for the entire group in what we call "Leader of the Day". During your leadership day you will guide and manage the group as pertaining to safety, schedule, teaching, devotionals, etc. Oversight will be provided by the trip leader, Marty Miller, but just enough to ensure that our objectives are met.

We all need to become better leaders. And, as fathers, when we grow, our children grow! By intentionally engaging our children in the decision making and leadership opportunities on this trip they grow with us!

While on the trek we will follow the Biblical pattern of the day starting at sundown so your leadership day will begin in the evening too! This will all make sense while on the trip... I promise!

### 3 OBJECTIVES

During the trek you will...

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
- through relationship building experiences with your child
- as we discover spiritual truths in the “Book of Nature”
- 

Expand Knowledge and Skills:

- Backpacking Skills
- Leave No Trace Ethics
- Nature Photography
- Wildflower Identification
- Ecology and Forest Communities
- Outdoor Safety
- Outdoor Leadership

## 4 SCHEDULE\*

### Thursday, August 1

Drive to Trailhead

Hike to Roan High Knob Shelter (1 mile)

Leader of the Day: Father Team #1

8:00 am	Meet at BP4M Home Office
8:15	Orientation
8:30	Gear Check
9:00	Depart Collegedale
12:00 pm	Fast food lunch
2:00	Arrive at Carvers Gap Trailhead
3:00	Hike to Roan High Knob Shelter
6:00	Supper at Shelter
7:00	Evening Devotional/Teaching
8:00	Evening Hike to Overlook
10:00	Hit the Sack!

### Friday, August 2

Roan High Knob to Overmountain Shelter (7.1 miles)

Leader of the Day: Father Team #2

8:00 am	Breakfast
9:00	Morning Devotional/Teaching
10:00	Begin Hiking
12:00 pm	Lunch Break
1:00	Afternoon Devotional/Teaching
2:00	Continue Hiking
5:00	Arrive at Overmountain Shelter
6:00	Supper
7:30	Evening Devotional/Teaching
8:30	Night Hike
10:00	Sweet Dreams

### Saturday, August 3

Overmountain Shelter to Doll Flats (6.2 miles)

Leader of the Day: Father Team #3

8:00 am	Breakfast
9:00	Morning Devotional/Teaching
10:00	Begin Hiking
12:00 pm	Trail Lunch
1:00	Afternoon Devotional/Teaching
2:00	Continue hiking
4:00	Arrive at Doll Flats
6:00	Supper
7:30	Evening Devotional/Teaching
9:00	Night Game
10:00	zzzzzzzz....

### Sunday, August 4

Doll Flats to Mountain Harbor (3 miles)

Drive Home

Leader of the Day: Father Team #4

8:00 am	Breakfast
9:00	Morning Devotional/Teaching
10:00	Begin Hiking
12:00 pm	Arrive at Mountain Harbor
1:00	Fast Food Lunch
2:00	Drive Home
5:00	Arrive back Home
6:00	Farewell



*Overmountain Shelter*

## 5 GEAR & EQUIPMENT LIST

### General Backpacking & Camping Gear

- Large backpack
- Sleeping bag (rated to 30° F)
- Sleeping pad
- Lightweight Tent/Tarp (optional)
- Hammock (optional)
- Stove w/fuel
- Cook-set
- Lighter/matches
- Cooking Utensils
- 1 liter wide-mouth water bottles (2)
- Zip-lock bags for stuff
- Compass & map

### Clothing

- Trail shoes/boots
- Wool socks (2)
- Camp shoes/Crocs...
- Waterproof/breathable jacket and pants or poncho
- Fleece insulating layer
- Quick-dry synthetic underwear (2)
- Quick-dry synthetic T-shirt (2)
- Short pants
- Long pants
- Cap

### Personal First aid kit

- Band-Aids
- Duct tape
- Moleskin
- Ace bandage
- Athletic tape
- Scissors
- Antibiotic ointment
- Aspirin /Tylenol – for headaches
- Aleve/Ibuprofen – for swelling
- Prescriptions

### Misc. Personal Items

- Sunglasses
- Sunscreen (SPF 30+)
- Lip balm
- Headlamp
- Extra batteries
- Ear plugs for tent flap/snoring partner
- Toilet paper in Ziplock
- Hand sanitizer
- Hand trowel
- Deodorant
- Pack towel for bathing
- Bible
- Journal
- Pen/pencil

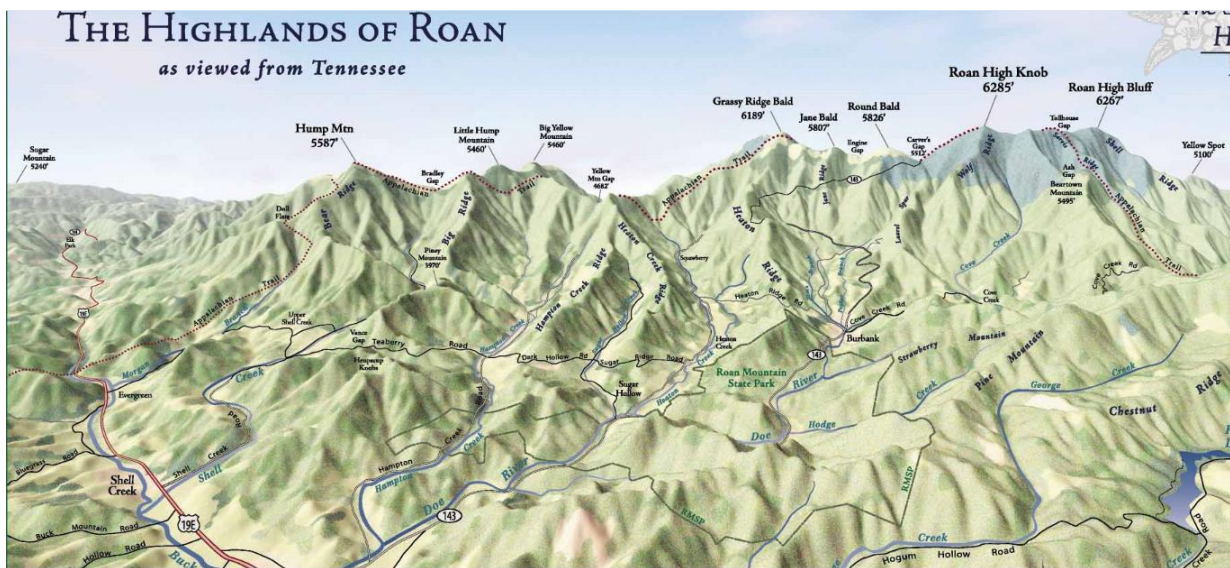
## 6 DIRECTIONS AND DESTINATION

### Directions to Carvers Gap Trailhead



### Our Destination

Roan Mountain is the highpoint of the Roan-Unaka Range of the Southern Appalachian Mountains, located in the Southeastern United States. The mountain is clad in a dense stand of Southern Appalachian spruce-fir forest, and includes the world's largest natural rhododendron garden, and the longest stretch of grassy bald in the Appalachian range.<sup>[2]</sup> The Cherokee National Forest and Pisgah National Forest converge atop the mountain, with Roan Mountain State Park located near its northern base. The Appalachian Trail crosses most of the Roan's crest. The Roan High Knob Shelter is the highest backcountry shelter on the entire 2,174-mile (3,499 km) trail.<sup>[3]</sup>



Roan Mountain comprises the greater part of the Roan Highlands, a 20-mile (32 km) massif stretching from Big Rock Creek in the west to U.S. Route 19 in the east. Most of this massif lies along the Tennessee-North Carolina border, between Carter County and Mitchell County. Yellow Mountain and Hump Mountain, on the northern tip of the massif, are part of the Roan Highlands but are generally not considered part of Roan Mountain proper.<sup>[4]</sup>

Roan Mountain contains five mountain peaks, and is roughly divided into two sections by Carver's Gap. The first section — composed of Roan High Bluff and Roan High Knob — lies west of Carver's Gap and is characterized by a thick coniferous forest. This part of Roan is shaped something like the body of a double-humped camel, with the "humps" being High Bluff and High Knob. Tollhouse Gap lies between the two peaks, and contains the Rhododendron Gardens, the largest of its kind in the world.

The second section of Roan Mountain — known as Grassy Ridge — is east of Carver's Gap, and is the longest stretch (appx. 7 miles) of grassy bald in the Appalachian Mountains.<sup>[5]</sup> A *grassy bald* is a type of highland meadow characterized by thick grass and sparse tree coverage.<sup>[6]</sup> The three peaks atop Grassy Ridge are Round Bald, Jane Bald, and Grassy Ridge Bald. The bald area spans the summits of all three, covering an area roughly equal to 1,000 acres (4.0 km<sup>2</sup>).<sup>[7]</sup>

The Appalachian Trail, after traversing Iron Mountain to the west, crosses Hughes Gap and ascends Roan's northern slope to Tollhouse Gap. From there, it makes a sharp turn to the east, crossing Roan High Knob, Carver's Gap, Grassy Ridge, and Yellow and Hump Mountains before descending to US-19 and the White Rocks Mountain area. From the slopes of Old Black in the Great Smoky Mountains, some 150 miles (240 km) to the south, to Mount Washington in the White Mountains of New Hampshire, some 1,500 miles (2,400 km) to the north, Roan Mountain is the only area where the trail rises above the 6,000-foot (1,800 m) mark.

## 7 TREK DETAILS

### Thursday, August 1

Drive to Trailhead

Hike to Roan High Knob Shelter (1 mile)

Leader of the Day: Father Team #1

8:00 am	Meet at BP4M Home Office
8:15	Orientation
8:30	Gear Check
9:00	Depart Collegedale
12:00 pm	Fast food lunch
1:00	Arrive at Mountain Harbor
2:00	Shuttle to Carver's Gap
3:00	Hike to Roan High Knob Shelter
6:00	Supper at Shelter
7:00	Evening Devotional/Teaching
8:00	Evening Hike to Overlook
10:00	Hit the Sack!



### Friday, August 2

Roan High Knob to Overmountain Shelter (7.1 miles)

Leader of the Day: Father Team #2

8:00 am	Breakfast
9:00	Morning Devotional/Teaching
10:00	Begin Hiking
12:00 pm	Lunch Break
1:00	Afternoon Devotional/Teaching
2:00	Continue Hiking
5:00	Arrive at Overmountain Shelter
6:00	Supper
7:30	Evening Devotional/Teaching
8:30	Night Hike
10:00	Sweet Dreams!



### Saturday, August 3

Overmountain Shelter to Doll Flats (6.2 miles)

Leader of the Day: Father Team #3

8:00 am	Breakfast
9:00	Morning Devotional/Teaching
10:00	Begin Hiking
12:00 pm	Trail Lunch
1:00	Afternoon Devotional/Teaching
2:00	Continue hiking
4:00	Arrive at Doll Flats
6:00	Supper
7:30	Evening Devotional/Teaching
9:00	Night Game
10:00	zzzzzzzz....



**Sunday, August 4**

Doll Flats to Mountain Harbor (3 miles)

Drive Home

Leader of the Day: Father Team #4

8:00 am	Breakfast
9:00	Morning Devotional/Teaching
10:00	Begin Hiking
12:00 pm	Arrive at Mountain Harbor
1:00	Fast Food Lunch
2:00	Drive Home
5:00	Arrive back Home
6:00	Farewell





## The Leave No Trace Seven Principles

The Leave No Trace Seven Principles are the bedrock of the Leave No Trace program. They provide guidance to enjoy our natural world in a sustainable way that avoids human-created impacts. The principles have been adapted so they can be applied in your backyard or your backcountry.

### Plan Ahead and Prepare

- Know the regulations and special concerns for the area you'll visit.
- Prepare for extreme weather, hazards, and emergencies.
- Schedule your trip to avoid times of high use.
- Visit in small groups when possible. Consider splitting larger groups into smaller groups.
- Repackage food to minimize waste.
- Use a map and compass to eliminate the use of marking paint, rock cairns or flagging.

### Travel and Camp on Durable Surfaces

- Durable surfaces include established trails and campsites, rock, gravel, dry grasses or snow.
- Protect riparian areas by camping at least 200 feet from lakes and streams.
- Good campsites are found, not made. Altering a site is not necessary.
  - In popular areas:
    - Concentrate use on existing trails and campsites.
    - Walk single file in the middle of the trail, even when wet or muddy.
    - Keep campsites small. Focus activity in areas where vegetation is absent.
  - In pristine areas:
    - Disperse use to prevent the creation of campsites and trails.
    - Avoid places where impacts are just beginning.

### Dispose of Waste Properly

- Pack it in, pack it out. Inspect your campsite and rest areas for trash or spilled foods. Pack out all trash, leftover food and litter.
- Deposit solid human waste in cat holes dug 6 to 8 inches deep, at least 200 feet from water, camp and trails. Cover and disguise the cat hole when finished.
- Pack out toilet paper and hygiene products.
- To wash yourself or your dishes, carry water 200 feet away from streams or lakes and use small amounts of biodegradable soap. Scatter strained dishwater.

### Leave What You Find

- Preserve the past: examine, but do not touch cultural or historic structures and artifacts.
- Leave rocks, plants and other natural objects as you find them.
- Avoid introducing or transporting non-native species.
- Do not build structures, furniture, or dig trenches.

### Minimize Campfire Impacts

- Campfires can cause lasting impacts to the backcountry. Use a lightweight stove for cooking and enjoy a candle lantern for light.
- Where fires are permitted, use established fire rings, fire pans, or mound fires.
- Keep fires small. Only use sticks from the ground that can be broken by hand.
- Burn all wood and coals to ash, put out campfires completely, then scatter cool ashes.

## **Respect Wildlife**

- Observe wildlife from a distance. Do not follow or approach them.
- Never feed animals. Feeding wildlife damages their health, alters natural behaviors, and exposes them to predators and other dangers.
- Protect wildlife and your food by storing rations and trash securely.
- Control pets at all times, or leave them at home.
- Avoid wildlife during sensitive times: mating, nesting, raising young, or winter.

## **Be Considerate of Other Visitors**

- Respect other visitors and protect the quality of their experience.
- Be courteous. Yield to other users on the trail.
- Step to the downhill side of the trail when encountering pack stock.
- Take breaks and camp away from trails and other visitors.
- Let nature's sounds prevail. Avoid loud voices and noises.

## **Properly Storing Attractants in Bear Country**

### **Generally**

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- Bears have a broad diet and are attracted to a wide variety of unnatural foods, including human food, garbage, canned or bottled beverages, processed livestock feed, pet food, bird seed, toiletries, and coolers, stoves, and grills containing food or food residue.
- Bears that obtain human food or garbage often become aggressive and dangerous in their efforts to get more. This food-conditioned behavior can lead to human injury, death, and damage to property.
- Food-conditioned behavior usually cannot be changed and these bears must be killed by managers.
- Don't be the one responsible for human injury or death or the death of a bear because YOU did not store your food properly.
- Read and understand food storage regulations before your visit. Coolers, backpacks, wooden boxes, and tents are not bear resistant and may not be used to store food or other bear attractants.
- For more bear safety tips, visit the Center for Wildlife Information Web site at <http://www.centerforwildlifeinformation.org/>.

## 9 FAQ... FREQUENTLY ASKED QUESTIONS

### How will we get there?

On Thursday we will all drive independently and meet-up at the Mountain Harbor Hostel on Hwy 19E. From there we will all be shuttled in a small bus to our trailhead at Carvers Gap. Since our hike will end back at the Mountain Harbor Hostel our vehicles will be waiting for us when we get there!

### Is there cell phone signal where we are going?

Much of the backcountry is out of cell phone service range. That being said it is possible that some high points may have a signal.

### What measures have been taken to make sure that we are safe?

I have medical training as a Wilderness First Responder and will be carrying a group first aid kit. Please bring your own personal first aid kit as listed in the gear section.

### What about food?

You will need to purchase and package your food for the trip. The meals are as follows...

Thursday	Breakfast	Eat at home
	Lunch	Fast food
	Supper	Cook
Friday	Breakfast	Cook
	Lunch	Snacks
	Supper	Cook
Sabbath	Breakfast	Cook
	Lunch	Snacks
	Supper	Cook
Sunday	Breakfast	Cook
	Lunch	Fast food
	Supper	Back home!

If you are inexperienced at backcountry cooking you should check out the following excellent online resources!

<https://www.rei.com/learn/expert-advice/planning-menu.html>

<https://www.backpacker.com/skills/cooking>

## 10 THE FATHER-SON BLESSING

Dear Dad,

You were hand selected by God to instill in your son a sense of security, confidence, and love that flows from the heart of our Heavenly Father. And by spending this special weekend with him, 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 son 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 son to keep and cherish. Then you say a prayer of blessing over him. 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 him.

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 his 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!

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### I. LETTER OF BLESSING TO YOUR SON

#### 1. *I love you because...*

Focus Text: *This is my beloved son 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 him and how you see him, how God loves him and how you love him, etc. You could say something about how your love for him began before he was born but has grown stronger with each passing year. You could mention something about how you find joy in his laughter, the strength of his handshake, the determination he shows, etc. which all speak of his value to you... he 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 handsome young man; 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 his journey of maturity from a little boy to a strong young man. Whether your son is 8 or 18, your words of affirmation and love will provide him with a strength and confidence that is beyond words. It is something that he will feel deep within his heart and believe to be true. Your blessing should be a prophecy of a good future where he will experience the fullness of life.

Make sure you sign the letter with an endearing ending!

## II. PRAYER OF BLESSING FOR YOUR SON

*The prayer for your son 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 son. 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.*

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[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 son and I are your children. Thank-you for giving me the honor of being the earthly father of \_\_\_\_\_, my beloved son in whom I am well pleased. Father, now as I give this blessing to my beloved son, 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

Give praise and thanks to God for giving you such a wonderful son. Proclaim who God says she is.... and who you say he is. Describe some of his 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. He shows wisdom, discretion, and maturity. He wants to do the right thing and be obedient. And when he makes mistakes he owns up to them and makes things right.

Pray that he listens respectfully when his 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

He understands that there is a struggle between good and evil in his heart and mind. When Satan comes against him and tells him he is not strong, not smart, not valuable, etc. he takes these thoughts captive and replaces them with God's word and his true identity in Christ Jesus. He is not controlled by his emotions and keeps negative thoughts and words down with the thumb of encouragement. He faces challenges, opposition, and temptation with courage. Whatever test and trials come his way he knows that you are fighting alongside him to win the battle! He 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 his dad will never quit on him either! He 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 his weakness so that he may bring glory to God. So, whatever he may be struggling with it will become his strength and his testimony and witness for what God has done in his 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*

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### 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 him feel your love and strength flow through these closing lines.

AMEN

## 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.
  -
- **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.

- Discipline
  - 1 Sam. 16:7; Ps. 119:65-66; Prov. 17:27
  - 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.
  -
- 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.
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- 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.
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- 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-iveness”; tough.
  - Prov. 4:25, 26-27; Prov. 12:27b; Gal. 6:9
- Thankful Expressive of 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