

# Write Upon My Heart

## Willingness

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# CHARACTER—WHAT IS IT?

What is character? Why do we say that one person has good character and another poor character, or that someone has character and someone else does not? What is being measured? It is not really a person's actions, for people often make mistakes acting in good faith, and we do not consider that bad character. No, it has to do with who a person is—or has become—by the *habits* that he or she has formed.

Good habits become good character, and bad habits become bad character; and yet character is not just the sum of one's habits. In many cases it has taken only a single bad habit to destroy a life. In other cases, just one outstanding good habit has prevented an otherwise mediocre life from totally crumbling. We cannot know which habit might be our most powerful support, or which might cause our complete downfall. So, the safest venture is to develop as many good habits or traits as we can, especially in areas displacing any habits that we have which may not be good.

It takes work to form habits, but the good news is that once they are formed they are a snap to keep, for then they come naturally to us! How nice it is to be so used to doing the right thing that we actually prefer to do it! *“Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap,”* —Galatians 6:7. Develop good habits when you are young, and you will reap the benefits for all of your life.

Where can we look to find the best essence of good character? How about God's Word? It has the essence of everything good. Jesus was an example of perfect character. *“For even hereunto were ye called: because Christ also suffered for us, leaving us an example, that ye should follow his steps,”* —1 Peter 2:21. As we study His life and God's Word, they will give us the guidelines by which to form our own habits and lives.

## HABITS—WHAT ARE THEY?

Habits are those things that we do most naturally or instinctively—without having to make a decision, because the decision has been made enough times that we do not have to think about it any more. Things said and done by habit are

sometimes done without thinking.

For example, you do not contemplate whether or not to dress in the morning. You do it out of habit. If you brush your teeth every morning, you do not ask yourself if you should each day. You do it out of habit. Each good habit that we build—diligently—doing the best thing in an oft-repeated situation—is like a fence that we build between ourselves and some sort of heartbreak. However, it requires no effort to develop bad habits, and bad character is exactly what lack of effort becomes. So, a little work early in life can do much to prevent the manifold grief and loss encountered as a poorly formed character limps on through the years of life.

## **HABITS—THEY BEGIN IN THE HEART**

*“For as he thinketh in his heart, so is he,”* —Proverbs 23:7a. That means that we are what we think. We say what we think, and we do what we think. What determines what we think? We do. Why do we think the way that we do? We taught ourselves to think that way. Often when people say, “I really didn’t think about it,” they had already taught themselves exactly what to think about “it.”

Each thought makes a tiny connection in the brain like a thread. Each similar thought strengthens that connection by adding another thread. Eventually, the threads become great enough in number that they become a rope. Often a mind becomes bound by such a rope, whether it is a good rope or a bad rope. Habit begins to affect our thinking. We begin to do things almost automatically because what we think is what we will do.

It is important to form good habits *now*. Later may be too late. We are becoming *right now* what we are going to be. We are going to become what we are thinking *now*, because *“as he thinketh in his heart, so is he.”* Our thoughts are very powerful. We cannot touch them or see them, but nevertheless, they are very real. They are more powerful than our actions because they control our actions. However, we can decide what we think! We can make our thoughts subject to our will and the will of God. We have access to a power stronger than our thoughts—the power of God. He tells how to control our thoughts. *“For though we walk in the flesh, we do not war after the flesh: (For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;) casting down imaginations, and*

*every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ,” —2 Corinthians 10:3-5.*

So, why is it so important to form good habits early? Is not God powerful enough to break bad habits? Yes, He has the power to break any habit, but there are very many that He never breaks. The reason is that people grow to like their habits. They begin to hate the thought of breaking them—even the bad ones. People do not like change. The ropes that bind their minds are of their own making, and they are loath to give them up. How many drug addicts live absolutely horrid lives, bound to drugs from which they wish they were free, yet who will lie, cheat, steal, fight, and even kill to continue taking the drugs causing them so much misery? People grow to like their bad habits so much that they often will not let them go for what they wish they could have.

How do we learn not to like our bad habits? By learning to like new ones. Do what is right, and soon you will like doing it. There is a saying, “Your actions will determine your emotions.” We become comfortable with something only after we do it for a while. Another saying says, “Eat olives nine times and you will like them.” Proverbs 16:3 teaches, “*Commit thy works unto the Lord, and thy thoughts shall be established.*” Do you want to think rightly? Do you want to feel good doing right even if you do not like it right now? Just do it anyway! See how much it changes the way you think and feel. Replace bad habits and have good character by simply making new habits in place of the old ones!

Lastly, it is not enough to have good character. We can have the very best character, and yet become lost for eternity, for there are none who have not sinned. The Bible tells us that the wages of sin is death, but the gift of God is eternal life through Jesus Christ. Jesus paid the price for our debt of sin. Only by trusting Him will we see the Celestial City.

It is said that “character has its own reward,” and so it does. People with good character instinctively feel much better about themselves than people without it. This is a far better and happier way to live. However, this reward pales at the prospect of eternal reward. It is great to have character. But, remember, it is infinitely more rewarding to belong to Jesus, and have character for His glory.

# Willingness

*If I am slow to respond when asked,  
If I cannot find happiness in meeting others' needs,  
If my own enjoyments loom important,  
I know nothing yet of willingness.*

Our lives are always blessed and made a little easier by those dear people who have willing spirits. Young people are a real source of joy to parents, teachers, and others when they have learned how to have a willing spirit. And one of the personal rewards of a willing spirit is a much more peaceful life that is rich in the love and affection of others. A person with a willing spirit seldom experiences strife and contention. Are we born with willing spirits? Hardly. It is one of those godly character traits for which we strive. Of course, it probably is not necessary to say that we need to have *unwilling* spirits when it comes to the temptations of sin. However, where sin is not involved, and we can be of use to others, we should learn to willingly put ourselves aside, and energetically launch into the task, whatever it may be.



## ***LEARNING THE TRAIT***

The word “willingness” means to have freedom from reluctance; to have the readiness of mind to act in the interest of others or forbear in our own. A willing person will have a cheerful attitude and will be ready to help at any time. Look up the definitions of the following words using a dictionary and write them in the space provided.

*Alacrity* \_\_\_\_\_

*Cheerfully* \_\_\_\_\_

*Promptness* \_\_\_\_\_

\_\_\_\_\_

*Readiness* \_\_\_\_\_

\_\_\_\_\_

*Spontaneous* \_\_\_\_\_

\_\_\_\_\_

*Ungrudgingly* \_\_\_\_\_

\_\_\_\_\_

*Voluntarily* \_\_\_\_\_

\_\_\_\_\_



### ***SCRIPTURE STUDY***

Copy the following verse.  
*2 Corinthians 8:12*

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\_\_\_\_\_

*What does this verse mean?*

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\_\_\_\_\_

*How can this verse be applied to your life?*

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\_\_\_\_\_

## ***BIBLE EXAMPLE***



1. Read Isaiah 6:1-13.
2. Answer the following questions.

(1) What did Isaiah see?

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(2) Why did Isaiah feel that he was undone?

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(3) Why did he feel unclean?

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(4) For what did God ask?

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(5) How do we know that Isaiah was willing to go for the Lord?

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(6) Why do you think Isaiah was willing to go for the Lord?

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(7) What was Isaiah to spend his life doing?

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(8) Do you think Isaiah considered God's request a great sacrifice for him?

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(9) How nice a job was this going to be? Explain.



### Send Me

My heart had often pondered  
The great things that I might do.  
My mind had also wandered  
To the great heights I hoped to view.

Then one day as I was reading  
The Book from which truth does shine,  
A wise old prophet was aspeaking  
To his Lord and mine.

“Here am I, send me,” he said,  
With a heart most willing.  
Thoughts went racing to my head  
Of what his heart was giving.

All his dreams to set aside  
To volunteer for what must be done.  
Would I from this challenge hide  
If I in his shoes did come.

When we stand before the Lord,  
Let us all be found willing,  
To serve with word or sword,  
And our hearts be equally as giving.

Nick Zakula



## ***SCRIPTURE STUDY***

Copy the following verse.  
*2 Peter 3:9*

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*What does this verse mean?*

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*How can this verse be applied to your own life?*

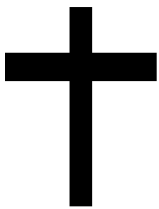
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## ***MORE ABOUT JESUS***



*“Looking unto Jesus the author and finisher of our faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God.” —Hebrews 12:2.*

Jesus is the Alpha and Omega, the beginning and end. He is the Creator, and He loves and cares for His creation. Jesus knew that we would sin when we were created. He knew that there was nothing that we could do to pay for our own sins. Mankind was to be doomed to everlasting hell, but Jesus

loved us so much that He *willingly* offered Himself to pay the price for our sin. He *willingly* took our place and became sin for us. He redeemed us to Himself that we might live eternally with Him and His Father in Heaven. Jesus is the ultimate example of a willing spirit.

Jesus never held back anything from us. Jesus left His throne in Heaven and took on the form of a lowly man. Jesus never complained about this work that He was to do for the Father. He was never resistant or rebellious. He willingly came and endured the rejection of mankind, all the while living a perfect, sinless life. He then willingly endured the humiliation and pain of the crucifixion for us. When you think of Jesus, think of the term “willingness”! Make it your goal to be like Him!

1. Why do you think Jesus was “willing” to do so much for us?

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2. Did Jesus have a choice in the matter? Could He have chosen not to come to earth, and/or not to go to the cross? Explain your answer.

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3. Why would being resistant or rebellious be contrary to a willing spirit?

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4. Why would being “tired” or “sad” be contrary to a willing spirit?

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5. When we say “not holding back” we mean that some people only do a fraction of what they could do. Perhaps they only work, help, or give a little when they could do so with all their might. Why is it important that Jesus held nothing back, but gave His “all,” including His life, for us?

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6. What does it mean to willingly give our “all,” even our life, to Jesus?

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### **Go Forward!**

God never issues a command without making obedience possible. Every precept contains a promise. Christ teaches us to ask food for the present, “day by day.” Thus He commands us to go forward from where we are today, and, therefore, we shall always be advancing. As food for tomorrow will be given tomorrow, so strength for duty will also be given tomorrow. Whatever the difficulty of advance, He says, “My grace is sufficient for thee.”

How dare we hesitate because of possible difficulties! If the duty is clear to conscience, what business have we to ask: “Will it damage my property, trade, reputation, social position, health, or life?” Such questions are not asked of the commander of an army by any of his officers or men. Our question should solely be this: “Lord, what wilt Thou have me to do?”

## *A STORY ABOUT WILLINGNESS—*

### **THE LITTLE MOTHER**

*Selected*

She was a clear-eyed, fresh-cheeked little maiden, living on the banks of the great Mississippi, the oldest of four children, and mother's "little woman" always. They called her so because of her quiet, matronly care of the younger Mayfields—that was the father's name. Her own name was the beautiful one of Elizabeth, but they shortened it to Bess.

She was thirteen when one day Mr. Mayfield and his wife were called to the nearest town, six miles away. "Be mother's little woman, dear," said Mrs. Mayfield, as she kissed the rosy face. Her husband added: "I leave the children in your care, Bess; be a little mother to them."

Bess waved her old sunbonnet vigorously, and held up the baby Rose, that she might watch them to the last. Old Daddy Jim and his wife Mammy (the caretakers) had been detailed by Mr. Mayfield to keep an unsuspected watch on the little nestlings, and were to sleep at the house. Thus two days went by, when Daddy Jim and Mammy asked to be allowed to visit their daughter Jinnie, who was very sick. They declared they would be back by evening, so Bess was willing.

She put the little girls to bed, and persuaded Rob to go; then she seated herself by the table with her mother's workbasket, in quaint imitation of Mrs. Mayfield's industry in the evening time. But what was this? Her feet touched something cold! She bent down and felt around with her hand. A pool of water was spreading over the floor. She knew what it was: the Mississippi had broken through the levee. What should she do? Mammy's stories of how houses had been washed away and broken in pieces were in her mind. "Oh, if I had a boat!" she exclaimed, "but there isn't anything of the sort on the place." She ran wildly out to look for Mammy and stumbled over something sitting near the edge of the porch. A sudden inspiration took her. Here was her boat! It was a very large old-fashioned, oblong tub. The water was now several inches deep on the porch, and she contrived to half-float, half-roll the tub into the room.

Without frightening the children she got them dressed in the warmest clothes they had. She lined the oblong tub with a blanket, and made ready bread and cold

meat left from supper. With Rob's assistance she dragged the tub upstairs. There was a single large window in the room, and they set the tub directly by it, so that when the water rose the tub would float out. There was no way for the children to reach the roof, which was a very steep, inclined one. It did not seem long before the water had very nearly risen to the top of the stairs leading from below.

Bess flung the window open, and made Rob get into their novel boat; then she lifted in Kate, and finally baby Rose, who began to cry, was given into Rob's arms, and now the little mother, taking the basket of food, made ready to enter too, but lo! there was no room for her with safety to the rest. Bess paused a moment, drew a long breath, and kissed the children quietly. She explained to Rob that he must guard the basket, and that they must sit still. "Good-bye, dears. Say a prayer for sister, Rob. If you ever see Father and Mother, tell them I took care of you." Then the water seized the insecure vessel, and out into the dark night it floated.



The next day Mr. Mayfield, who, with his neighbors, scoured the broad lake of eddying water that represented the Mississippi, discovered the tub lodged in the branches of a sycamore tree with the children weeping and chilled, but safe.

And Bess? Ah, where was Bess, the "little mother," who in that brief moment resigned herself to death? They found her later, floating on the water with her brave childish face turned to the sky; and as strong arms lifted her into the boat, the tears from every eye paid worthy tribute to the "little mother."—*Detroit Free Press*

This was a true story! How did Bess, like our Saviour, Jesus, display willingness?

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## ***SCRIPTURE STUDY***

Copy the following verse.  
*1 Thessalonians 5:18*

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*What does this verse mean?*

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*How can this verse be applied to your life?*

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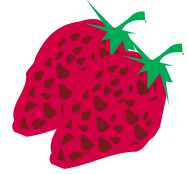
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*“My son, **if thou wilt** receive my words, and hide my commandments with thee; so that thou incline thine ear unto wisdom, and apply thine heart to understanding; yea, if thou criest after knowledge, and liftest up thy voice for understanding; if thou seekest her as silver, and searchest for her as for hid treasures; then shalt thou understand the fear of the LORD, and find the knowledge of God.” —Proverbs 2:1-5. **Are you willing?** God doesn’t give understanding and knowledge to those who are not willing to receive His words and learn His commandments. **Are you willing** to hear, seek, cry, and apply?*

## STORY ABOUT WILLINGNESS—

### LITTLE CROSS-BEARERS

*Selected*



#### LIVE FOR SOMETHING

Live for something, be not idle—

Look about thee for employ:

Sit not down to useless dreaming;

Labor is the sweetest joy.

Folded hands are ever weary,

Selfish hearts are very sad,

Life for thee hath many duties—

Active be, and you'll be glad.

Scatter blessings in the pathway!

Gentle words and cheering smiles

Better are than gold or silver

As they shorten life's long miles;

As the pleasant sunshine falleth

Ever on the grateful earth,

So let sympathy and kindness

Gladden well the darkened hearth.

Hearts there are oppressed and weary;

Drop the tear of sympathy,

Whisper words of hope and comfort;

Give, and thy reward shall be

Joy unto thy soul returning,

From this perfect fountainhead,

Freely, as thou freely givest,

Shall the grateful light be shed.

It was a rosy morning in June, and the sun rose bright and shining in the clear blue sky. A party of girls were making their way down the road. They each carried a lunch basket and a shiny tin pail in which to pick strawberries.

“What a beautiful day for our picnic!” cried one. “The woods will be nice and cool today; the sun is shining so brightly now that it will soon be quite warm.”

“Yes, and the strawberries should be just ready to pick! They will go nicely with our lunch!” cried another.

The girls laughed merrily, and hurrying along the road, they made their way to the Bells' home in such haste that Carrie and Jenny Bell had hardly finished their breakfast when the whole eager party arrived at the garden gate.

“Why, girls,” cried Susy Wright, “not ready yet? Do hurry, for it is a long walk, and we want to get into the woods before it grows much warmer.”

“It won't take me two minutes,” cried Carrie, but Jenny was of another mind.

“I really think that our time will be best spent here today.”

“Why, pray tell?” asked Carrie, sharply.



“Why, you know Mother has one of her bad headaches coming on. Who will take care of Walter and Fred?”

“Well, there’s *Sally* to do it,” said Carrie.

“But you know Sally’s sister is very sick, and Mother has given her leave to go home today.”

“How provoking!” said Carrie, fretfully. Then she added, after a pause, “But I don’t believe Mother’s head is very bad; and I’m sure Fred will be good, and Walter would help amuse him.”

“Walter is almost a baby himself,” said Jenny, “and Fred frets almost all the time since he’s been getting his teeth, poor little fellow!”

“Fred will be good enough if you’re not here to spoil him,” cried Carrie. “I’ll just go and ask Mother if she can’t get along without us. It would be too bad to keep us on such a lovely day.”

Carrie was back in a few minutes, with a radiant face. “Mother says we may go. She can spare us if we are going to enjoy ourselves so much.”

Jenny hesitated. The woods in the distance looked so misty and pleasant, and Fred’s fretful little cry jarred upon her ear, while she thought how hard it would be to amuse him, and keep Walter quiet and happy through all the warm day. But would it be any easier for her mother, left all alone with her aching head? “No,” thought Jenny, “I cannot do it. It would be too selfish. I will not enjoy myself anyway knowing Mother is hurting so. I will feel much better being here to be of what help I can.”



“What *are* you thinking about so long?” asked Carrie impatiently. “Come, let’s get our baskets ready.”

“I believe I would rather stay here,” smiled Jenny.

“Why?” cried two or three disappointed voices.

“Mother isn’t feeling that well, and I think I might be of help.”

“What a mean girl you are, Jenny Bell,” whispered Carrie, angrily. “You want to make all the girls think you are *such* a saint, and I am *so* selfish. That’s all you’re doing it for—just to show off.”

“No, indeed, Carrie,” said Jenny, coloring deeply, and turning to the girls, she added—

“One of us can go just as well as not, and, of course, as Carrie is the oldest, she has the best right; and, indeed, I do not believe I care half as much about it as *she* does, for she has been talking about it all the week.”

No persuasion could move Jenny, who only shook her head cheerfully, and insisted that she did not feel badly at all. At last the impatient little party moved on.

After watching them down the road, with glistening eyes, for it was really a very great trial to be left behind, Jenny went back to the nursery, where her mother sat bathing her head with camphor, and trying to amuse the little complaining Fred with some pictures. A look of glad surprise came over her flushed face, as she heard Jenny’s step.



“I thought you were going to the woods.”

“No, Mother,” said Jenny, trying to speak carelessly. “I thought I would like to play housekeeper today; and first I am going to put you to bed with your dreadful headache, and then Walter and Fred and I are going to have a nice time out in the arbor.”

The happy tears came in Mrs. Bell’s eyes as her kind daughter arranged the pillows under her throbbing head, and, darkening the room, stole softly out with Fred and Walter.

But it was no small task that Jenny had undertaken. Poor baby Fred bit his fingers with his hot, swollen gums, but that did not make matters any better. He threw away, one after another, flowers, books, and playthings, which patient Jenny brought, but Fred was quite determined to be a very unhappy little baby. Then Walter was full of mischief, and could only be kept still with stories, which poor Jenny told industriously, walking up and down the garden walk, carrying baby Fred till she thought her arms would drop off.

Once in a while a vision crossed her of the happy party seated in the shady woods, making crowns, and eating wild strawberries, but she pushed it bravely aside, and kept on her tiresome walk, only thinking to herself that if *Mother* was having a nice rest, she could bear it a little longer.

The sun grew very hot, but little tyrant Fred would not be carried into the house, and as poor Jenny, turning in the path, was just beginning her seventh story, she saw a gentleman at the garden gate. It was the new pastor from their little church, Mr. Brown.

“Could you give me a drink of water, little lady?” said he, pleasantly, and Jenny,

encumbered by the clinging Fred, soon brought a cool, brimming goblet.

“You look tired,” Mr. Brown said kindly as he thanked her, and before she knew it—drawn on by his sympathizing questions—she had told him all the story of the morning’s trials and disappointments, though for some reason, she hardly understood herself, she never told him she had a sister Carrie, who had gone to the woods. They had quite a pleasant talk together, and at last, when the gentleman went his way, he said—

“I like you so much, little Jenny, that I don’t want you to forget me,” and drawing from his pocket a small book, he begged her to keep it in the memory of his visit, and with a bright, kind smile, he was gone.

The day wore on. At noon Jenny made a nice cup of tea for Mother, and after feeding baby his bread and milk, and giving busy Walter his dinner, to her great joy, both children, overcome with heat and fatigue, fell fast asleep.

Now she had time to examine her little book, which she found very strange and interesting. It told about some pilgrims going on a long journey with heavy crosses on their backs. They had a great many trials, and often their way lay through hot, sandy deserts, so that some of them grew very tired and sad, and some tried to throw away their crosses; but others went on very patiently and willingly, always looking as if they saw something so beautiful just a little way before them that they forgot all present sorrow and trouble. So the story went on until the pilgrims all came to a very dark valley through which they must pass. Then some of them trembled and grew pale, but others went in singing, and some of the words of their song were, “Though I walk through the valley of the shadow of death, I will fear no evil, for *Thou* art with me,” and suddenly, while they were singing, the heavy crosses fell from their backs, and in their stead angels brought them shining crowns. And there came a voice, “Father, I will that these whom Thou hast given me, be with me where I am, that they may behold my glory.” Then the whole valley was filled with light; the angels shouted, “They shall see the King in His beauty,” and the happy pilgrims passed through the everlasting gates into the golden city.

Jenny’s tears fell fast as she finished the little book, which she could not quite understand.

“My sweet little daughter,” said a voice; and looking up, Jenny saw her mother coming in at the door, and knew from her eyes that the bad headache was quite gone. “You have made me very happy,” continued Mrs. Bell, kissing Jenny’s round

cheeks. “You have been so self-sacrificing and willing today, that I am sure my prayers have been heard, and that one of my little daughters is learning to take up her cross daily and follow Christ.”

“Mother,” said Jenny, eagerly, “do you mean that *I* am a cross-bearer?”

“You certainly have been today,” said her mother, with an affectionate smile.

Jenny burst into happy tears, and held out her little book. They read it over together, and Jenny’s mother explained it.

“And will all that ever happen to me?” said Jenny.

“Yes, if you love the Lord and take up your cross daily, and bear it *patiently* and *willingly*, you, too, shall see the King in His beauty.”

Carrie came home very cross that night. She knew that she had been selfish, and nothing had gone right all day, while there sat Jenny, looking so wonderfully happy. What could be the reason? Was she doing it to be provoking?

The little party stopping at the gate were very voluble, telling Jenny of the pleasure of the day. “They never had such a *splendid* time, and had never seen the woods so beautiful, and so full of birds and flowers.” But not one of the party was as happy as the patient little cross-bearer, for most likely the angels were singing, “*She* shall see the *King* in His beauty, and the land that is very far off.”

Answer the following questions regarding the story.

1. What were the girls planning to do?

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2. Why was it going to be an especially enjoyable day?

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3. What was Jenny planning to do?

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4. Why would Jenny have been happy to go?

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5. Why was Jenny happy to stay home?

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6. What was it about Jenny's attitude that made her mother happy she stayed?

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7. Would her mother have been as happy for Carrie to stay? Why?

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8. What effect did Jenny's efforts have on her mother?

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9. Explain very briefly what a cross-bearer is.

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10. What effect did Jenny's decision have on her?

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11. What effect did Carrie's decision have on her?

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12. How would Jenny have felt if she had stayed home, but had Carrie's attitude?

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13. What made Carrie upset with the way Jenny spent the day?

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A Volunteer

I care not if the task He gives  
Is large or small,  
Nor if I travel many miles,  
Or none at all;  
I only ask that I may hear,  
His clear, sure call.

I'd like to give some hungry child  
Her daily bread,  
Or speak to weary, sin-sick souls  
For whom Christ bled.  
I'd like to prove to doubting minds  
God is not dead!

I will not look on men's applause  
Or rate of pay;  
I'd like to join the volunteers,  
Humbly to say,  
"Accept the talents that I bring;  
Use me today."

Ada L. Wine





## ***SCRIPTURE STUDY***

Copy the following verse.  
*Philippians 2:4*

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*What does this verse mean?*

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*How can this verse be applied to your life?*

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## ***DIAGNOSE THE PROBLEM***

Read the following example and answer the questions.

### We Wanted

The members of a club for boys were meeting together to discuss the end of the year program. “We sure have been able to do a lot of fun things this year, haven’t we?” the club leader asked.

“Yes, we have!” the boys all agreed. They had had a wonderful year working on their projects and different skills. Everyone had learned so much, and had enjoyed the time spent with each other.

“You all know that the father-son picnic is next Saturday. I



hope you will all be able to come and enjoy the time together. There will be lots of food. We will be playing volleyball after the picnic, so be sure and bring anything that you will need!”

Tim groaned, “Oh, we’re not going to play volleyball again! I was hoping that we would be playing softball. I don’t know if I want to go now.”

“I don’t either,” said Fred, disappointedly. “I might stay home.”

1. The leader has gone to a great deal of trouble and time to plan a nice activity for the boys. How do you think the attitudes of these boys made him feel?

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2. What kind of attitude are the boys expressing by their remarks?

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3. How would a willing spirit have responded?

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4. Explain why it does not even matter if the boys like volleyball.

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*God’s Care*

*God is near me every day,  
In my work and in my play,  
Loving me in every way.  
He cares for me!*



# Give of Your Best to the Master

H. B. G.

MRS. CHARLES BARNARD

1. Give of your best to the Mas - ter; Give of the strength of your youth;  
2. Give of your best to the Mas - ter; Give Him first place in your heart;  
3. Give of your best to the Mas - ter; Naught else is wor - thy His love;

Throw your soul's fresh, glow - ing ar - dor In - to the bat - tle for truth.  
Give Him first place in your ser - vice, Con - se - crate ev - 'ry part.  
He gave Him - self for your ran - som, Gave up His glo - ry a - bove:

Je - sus has set the ex - am - ple; Daunt - less was He, young and brave;  
Give, and to you shall be giv - en; God His be - lov - ed Son gave;  
Laid down His life with - out mur - mur, You from sin's ru - in to save;

Give Him your loy - al de - vo - tion, Give Him the best that you have.  
Grate - ful - ly seek - ing to serve Him, Give Him the best that you have.  
Give Him your heart's ad - o - ra - tion, Give Him the best that you have.

## ***DIAGNOSE THE PROBLEM***

Read the following example and answer the questions.

### A Great Deal of Canning

Mom looked seriously at her three girls, as they all worked on cleaning up the kitchen after breakfast. It was a beautiful Saturday morning, and the girls were planning to visit their cousins for the day and do some shopping with them.

“Girls, the beans are ready to be canned today. Would any of you be willing to stay home and help me get them done?”

“I will be glad to stay and help you, Mom,” Laurie quickly said, with a smile.

“Thank you, Laurie,” said Mom, happily. “That will be a big help to me, and I surely do appreciate it.”



1. Why do you think Mom looked seriously at her three girls?

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2. What would one of the girls have to give up to help her?

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3. How did Mom feel when Laurie quickly responded with a willing spirit?

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4. What did Laurie’s actions say about her?

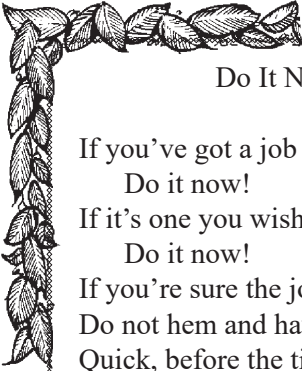
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5. What are your thoughts about the other two girls?

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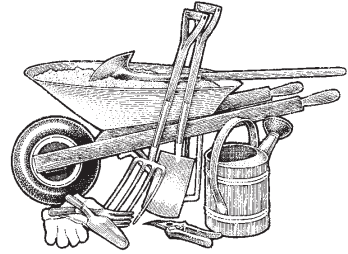


Do It Now!

If you've got a job to do,  
Do it now!  
If it's one you wish were through,  
Do it now!  
If you're sure the job's your own,  
Do not hem and haw and groan—  
Quick, before the time has flown,  
Do it now!

Don't put off a bit of work—  
Do it now!  
For it doesn't pay to shirk—  
Do it now!  
If you want to fill a place  
And be useful to the race,  
Just get up and take a brace—  
Do it now!

Do not linger by the way—  
Do it now!  
You will lose if you delay—  
Do it now!  
If the other fellows wait,  
Or postpone until it's late,  
You hit up a faster gait—  
Do it now!





## *SCRIPTURE STUDY*

Copy the following verse.  
*I Chronicles 28:9*

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*What does this verse mean?*

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*How can this verse be applied to your life?*

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*Don't put off until tomorrow what you can do today!*

## ***INSTRUCTIONS IN WILLINGNESS—***

*“In everything give thanks: for this is the will of God in Christ Jesus concerning you.” —I Thessalonians 5:18*

When young people display an unwilling attitude toward the request of an adult or a friend, most of the time the problem is selfishness. This, of course, is sin. Griping and complaining attitudes are very discomfoting and tiring for those around us. Even God has a hatred for an unwilling spirit. In Numbers 11 we read, *“And when the people complained, it displeased the Lord: and the Lord heard it; and his anger was kindled; and the fire of the Lord burnt among them, and consumed them that were in the uttermost parts of the camp.”*

When a child is unwilling, he is really saying that he wants to do his own will—not the will of his parents. He wants, by his unwillingness, to make his parents feel badly, give up their expectations, and meet his expectations.

Complaining says: “I want my way. I do not want your way. I want you to give in and give me my way. As long as you don’t, I am going to act miserable. I am going to hope to make you uncomfortable. I am going to hope that your discomfort causes you to change your mind so that I get my way.” It is all about me and what I want at the expense of others—usually others whom I say that I love.

This is the opposite of a willing attitude. An adult must take unnecessary time, often from others, to try to encourage or persuade an unwilling spirit to be obedient. Yes, unwillingness is disobedience—sneaky disobedience. Sometimes the young person refuses to be encouraged—to submit and be willing—and instead, pouts because he is so insistent on being disobedient. Pouting is the child’s way of punishing the parent. The purpose is to make the parent feel guilty. However, the poison seeps in more than it radiates out. Other lives are made uncomfortable, but the life of the pouter

Wanting to be helpful  
In all areas of our lives  
Looking for ways to help  
Lovingly  
In loving-kindness  
Not grudgingly  
Giving of ourselves  
Nicely.  
Even when we don’t want to  
Serving others  
Smiling

eventually becomes permanently damaged.

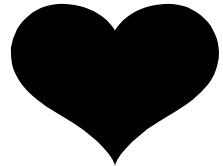
This unwillingness is a terrible sin. As we read, God literally consumed people with fire because of it. If a child allows this sin to become a habit, the future path of that child will not be a happy one. Unwilling children become griping employees, complaining wives, selfish husbands, and are often completely friendless. They become people around whom no one is comfortable.

The correct attitude should be: “Great. I can enjoy that. I like to sing songs. Volleyball is fun. Fractions are something I will learn and master. Embroidery is a new skill to be learned. I might really like it. Games are fun. What game do you want to play? I will be happy to clean the kitchen or straighten the house.”

*“In everything give thanks: for this is the will of God in Christ Jesus concerning you,”* —I Thessalonians 5:18. This is God’s will—to have a willing spirit to do right, to obey, to help, to esteem others better than ourselves, and to set our selves aside and please others. It is God’s will for children to respond with a willing and thankful spirit to the plans that loving parents and leaders have chosen.

## ***SEARCHING YOUR HEART***

Answer the following questions.



1. Can you think of some times or situations when you have a hard time being willing? What are they? Explain why.

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2. What specific things can you do to strengthen these weak areas?

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3. What effect does your unwillingness have on those around you?

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4. What effect could your willing attitude have on those around you?

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5. Talk these things over with your parents. Ask them to help you begin changing. They will be happy to pray for you and remind you.

*Then let my feet be swift to run for Thee,  
My hands essay Thy lowliest work to do,  
My heart be warm with love, my gladness be  
To hear Thy voice and know its accents true.  
And still where Thou shalt summon, may I go,  
O Friend Divine, thrice blest to serve Thee so.  
—Margaret E. Sangster*

## *A STORY ABOUT WILLINGNESS—*

### **HELPING ONE ANOTHER**

*—Selected*

A gentleman called out to a little bootblack in the city to give him a shine. The little fellow came rather slowly for one of that lively guild, and planted his box down under the customer's foot. Before he could get his brushes out another larger boy ran up, and calmly pushing the little one aside, said, "Here, you go and sit down, Jimmy."

The customer at once became indignant at what he took to be a piece of bullying, and sharply told the newcomer to clear out.

"Oh, that's all right sir," was the reply. "I'm only goin' to do it for him. You see, he's been sick in the hospital for mor'n a month, and can't do much work yet, so us boys all turn in and give him a lift when we can, see!"

"Is that so, Jimmy?" asked the gentleman, turning to the smaller boy.

"Yes, sir," wearily replied the boy, and as he looked up the pallid, pinched face could be discerned even through the grime that covered it. "He does it for me, if you'll let him."

"Certainly, go ahead," and as the bootblack plied the brush, the customer plied him with questions. "You say all the boys help him in this way?"

"Yes, sir. When they ain't got no job themselves, and Jimmy gets one, they turns in and helps him, 'cause he ain't very strong yet, ye see."

"What part of the money do you give Jimmy, and how much do you keep out of it?"

"I don't keep none. I ain't no such sneak as that."

"So you give it all to him, do you?"

"Yes, I do. All the boys give up what they gets on his job. I'd like to catch any feller sneaking it on a sick boy, I would."

The shine being completed, the gentleman handed the urchin a sixpenny-bit, saying: "Keep twopence for yourself, and give the rest to Jimmy there."

"Can't do it, sir; it's his customer. Here, Jim." He threw him the coin, and was off like a shot after a customer for himself.



Answer the following questions regarding the story.

1. What were the other bootblacks doing for Jimmy and why?

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2. Why were they “willing” to do this?

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3. What would possibly have happened to Jimmy if the others weren’t willing to help out?

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4. In this story there was not an adult to tell the boys what to do. They could each do what they wanted to do. How did their choice to be willing reflect the love of Jesus?

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### ***DECISIONS TO MAKE***

Decisions are choices that we make. We are responsible for them. We can blame no one else but ourselves when we make wrong decisions. Our aim or goal should be to make good, godly decisions. Won’t you decide now to—



1. Decide to willingly obey in all things.
2. Decide to be cheerful about it.
3. Decide to be agreeable and have a willing spirit in every situation with parents, brothers, sisters, and friends as long as sin is not involved.



## ***SCRIPTURE STUDY***

Copy the following verse.  
*I Timothy 6:18*

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*What does this verse mean?*

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*How can this verse be applied to your life?*

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*Purpose in your heart to bring great blessings to others with your willingness—to cheerfully comply with their requests. No one can prevent you from doing this except you! So if you decide to be willing, you will be!*

## *A STORY ABOUT WILLINGNESS—*

### **THE DECISION**

*—Selected*

Mrs. Bates was absorbed by her thoughts as she stirred her coffee. Then she said, "I don't know what to do. I don't want Harry and Alice to go to the celebration; I really need them here."

"Tell them to stay at home," said Father Bates, taking great bites of strawberry shortcake, and looking as though he thought that was a very easy question to settle.

"Yes, I know," the little mother said, still looking troubled. "There is the disappointment, you see, and the feeling that it is foolish not to let them go. Children never can see any danger. If you were only going to be at home, of course they could go, but as it is—" Mrs. Bates sighed a little.

"Well, I can't afford to lose the job," her husband said. "Poor folks have to work, even if it is Independence Day. I don't like to have the children go alone, either. I guess they will have to bear the disappointment as best they can."

And Father Bates finished his breakfast and went off, feeling sorry for his wife, who would have to tell the children the disappointing news.

Mrs. Bates cleared the table softly and in grave silence—softly, because baby Bobby was still asleep, and it was never safe to wash dishes or do much else when he was awake, and gravely, because she was full of troubled thoughts.

She could not bear to think of disappointing her good boy and girl. They had finished their breakfast some time ago, and were in the yard firing torpedoes, and laughing at little Tot's attempts to do the same. Tot was only two and a half. Mrs. Bates came to the door and called. She had made up her mind.

"I have something to tell you," she said. "You know Father has that job that must be done by the seventh, and he finds that it can't be done by then unless he works today. You know that I have my sewing for Mrs. Eames, and how particular she is, and you know all about Tot and Bobby. Now I want you to tell me how much sewing you think I am going to do, with Father at the shop, and Tot and Bobby to take care of, and dinner to get, and you are off at the celebration?" Harry whistled and Alice said nothing.

"You see, I need you," Mrs. Bates went on, quietly, though she wanted to cry at

the sight of their good, freckled, disappointed faces. "But I tell you what it is: you have as good as been promised that you may go to the celebration. You see, your father thought he could manage to go, so now I am not going to take away the permission. You have leave to go, and have as nice a time as you can; only, I thought I ought to tell you just how it stands, because we all work together, you know. I don't think I can possibly get the sewing done. But then, I will do the best I can."

Harry was oldest; he spoke first.

"You need one of us, that is certain. Couldn't I take care of the children and let Alice go?"

Mrs. Bates shook her head. "It takes two to take care of them, you know. Besides, Alice could never go alone."

Now it was Alice's turn.

"No, Mother, but Harry could. I am almost sure I could manage them both for one day. Harry was to help fire the cannon, you know."

"I shall not let you try," Harry said, bravely. "We must just stay at home and make the best of it."

"There is one thing," Mrs. Bates said. "I want my children to have as much happiness as they can. I thank you ever so much for your decision, but if you think it will make you sad and gloomy, then perhaps you had better go."

"No," Harry said, stoutly, "we will be as noisy as two bears. Come on, Alice, let's begin."

Neither of those children knew how hard all this was for Mother, and I am not certain that she understood perfectly how hard it was for them.

But they had a merry, happy, frolicsome day. Susy and Lily Perkins came to play with them in the afternoon. There were two more babies to take care of, to be sure; but Mrs. Perkins wanted to go to see the foot races, and Harry said he would just as soon take care of four as two.

Now he was in for it. He was training Tot to walk on one foot from him to Alice, and Mrs. Bates, who had taken a minute from her sewing to see how they were getting on, was sitting on the fence watching Bobby and laughing at them.



Just then Mrs. Everet's nurse girl came tearing down the hill, holding the screaming twins by the hands, and screaming herself nearly as loud as they:

"Oh, Mrs. Bates, Mrs. Bates, let us in! Oh! There's been such an awful time! That there cannon went and burst just as it was to go off, and some of the boys were blown up! Our Fred got his arm torn off! Oh, I'm so scared!"

The poor silly girl no sooner finished her wild story than she fainted, and in two minutes more came the men bringing home Fred Everet.

The house on the hill was closed. The parents had gone no one knew where. But Mrs. Bates' house was open. Mrs. Bates forgot her sewing, and flew around like the wise, faithful woman she was.

No one had thought of finding a doctor, so Harry sped on that errand, and Alice took care of Tot and Bobby and the two Perkins children and the two Everet babies, and did not lose her wits, though the nurse girl moaned and sobbed continually as soon as the faint was over.

In the quiet of the evening, when the Bates family sat down to their Fourth of July dinner, which had been sadly delayed, Harry said, gravely:

"Mother, I was to fire that cannon. They promised me the place that Fred had."

"I know it," his mother said, with a shiver.

"Mother," he said again, later in the evening when he came to bid her good night, "I suppose God knew all about today?"

"All about it, my boy, and He must have known too that I had unselfish, thoughtful children. And He watches over those that are His."

Answer the following questions regarding the story.

1. How did Harry and Alice respond to their mother's need?

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2. With what spirit did they respond?

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3. Why are disappointments sometimes God's blessings to us?

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## ***THINGS TO DO***

It's one thing to study a character trait, learn definitions, and ponder Scriptures. It is another thing to put those ideas into action and make them a part of your life. Following is a list of things that you can do to build the habit of willingness into your life. Complete as many items as you can (no fewer than four) from the following list.

1.  Memorize I Thessalonians 5:18.
2.  Memorize I Timothy 6:18.
3.  Write an essay on a biblical example of willingness.
4.  Practice showing willingness.
5.  Learn the hymn "Give of Your Best to the Master," and sing it each day. It will help you remember to be willing.
6.  Willingly help someone without being asked.



### ***Remember . . .***

- ✓ **Never** say, "I don't want to." That is the opposite of willingness.
- ✓ **Never** say, "I'd rather do something else." That, too, is the opposite of being willing.
- ✓ **Never** say, "I don't feel like it." It doesn't matter how you feel. Be willing to please others.

### ***Do say . . .***

- ✓ "Yes, sir."
- ✓ "I'll be happy to do that."
- ✓ "Sure thing! That sounds great."
- ✓ "Whatever you want to do, that will be fine with me!"

## Can you find these words in the puzzle?

attitude

cheerful

giving

helpful

polite

promptly

ready

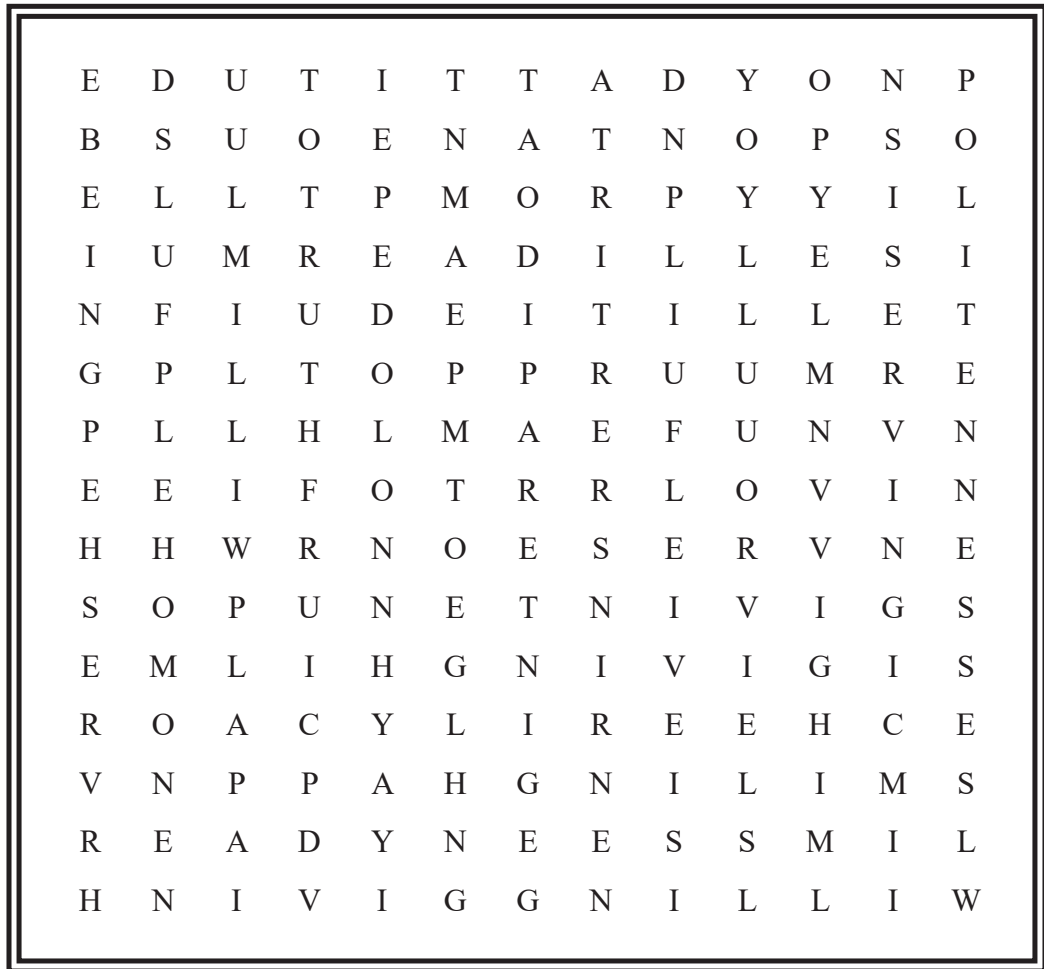
servicing

smiling

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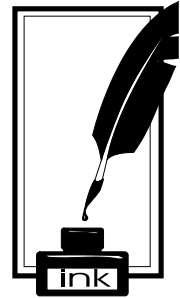
voluntarily

willing



## ***KEEPING A JOURNAL***

Many people say that it takes thirty days to create a habit, and that is just what we are trying to do—create the habit of willingness! The next thirty pages will be set aside to record your progress in making the character trait “Willingness” an integral part of *your* character. At the end of each day ask yourself the following questions, and write down the answers, and anything additional concerning your “willingness” trait.



Following are a few *reminders* or *goals* to help you begin focusing on willingness each day.

1. Take a sheet of paper and write the word “willingness” in large letters, and place it where you will see it the first thing in the morning when you awake.
2. Upon awakening and seeing the word “willingness,” say a prayer asking God to help you have willingness that day.
3. Purpose in your heart to have willingness all day.
4. Purpose in your heart to have willingness no matter what happens that day.
5. Using index cards or small sheets of paper, write the word “willingness” on them, and put them in places in the house where you will see them.
6. Place one of the cards in your Bible; place others in your schoolbooks or reading books.
7. At noon or lunchtime, go to your room and kneel down and pray, and ask God to continue to help you to be willing.
8. At dinner time, have another private prayer time with God and ask for continued help in establishing the habit of willingness.





Day 1      Date \_\_\_\_\_

1. Did I have a willing heart today? \_\_\_\_\_
2. Was there anything that I was asked to do, or saw that I should do, but did not have a willing spirit about? What was it, and why was I not willing?

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3. Was there anything in which I did not show willingness immediately? Did I hold back or complain? What was it, and why did I not do it immediately?

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4. What sin or sins kept me from having a willing heart today?

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5. What more could I have done to show a willing spirit today?

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Day 2      Date \_\_\_\_\_

1. Did I have a willing heart today? \_\_\_\_\_
2. Was there anything that I was asked to do, or saw that I should do, but did not have a willing spirit about? What was it, and why was I not willing?

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3. Was there anything in which I did not show willingness immediately? Did I hold back or complain? What was it, and why did I not do it immediately?

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4. What sin or sins kept me from having a willing heart today?

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5. What more could I have done to show a willing spirit today?

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Day 3      Date \_\_\_\_\_

1. Did I have a willing heart today? \_\_\_\_\_
2. Was there anything that I was asked to do, or saw that I should do, but did not have a willing spirit about? What was it, and why was I not willing?

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3. Was there anything in which I did not show willingness immediately? Did I hold back or complain? What was it, and why did I not do it immediately?

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4. What sin or sins kept me from having a willing heart today?

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5. What more could I have done to show a willing spirit today?

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Day 4      Date \_\_\_\_\_

1. Did I have a willing heart today? \_\_\_\_\_
2. Was there anything that I was asked to do, or saw that I should do, but did not have a willing spirit about? What was it, and why was I not willing?

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3. Was there anything in which I did not show willingness immediately? Did I hold back or complain? What was it, and why did I not do it immediately?

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4. What sin or sins kept me from having a willing heart today?

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5. What more could I have done to show a willing spirit today?

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Day 5      Date \_\_\_\_\_

1. Did I have a willing heart today? \_\_\_\_\_
2. Was there anything that I was asked to do, or saw that I should do, but did not have a willing spirit about? What was it, and why was I not willing?

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3. Was there anything in which I did not show willingness immediately? Did I hold back or complain? What was it, and why did I not do it immediately?

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4. What sin or sins kept me from having a willing heart today?

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5. What more could I have done to show a willing spirit today?

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Day 6      Date \_\_\_\_\_

1. Did I have a willing heart today? \_\_\_\_\_
2. Was there anything that I was asked to do, or saw that I should do, but did not have a willing spirit about? What was it, and why was I not willing?

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3. Was there anything in which I did not show willingness immediately? Did I hold back or complain? What was it, and why did I not do it immediately?

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4. What sin or sins kept me from having a willing heart today?

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5. What more could I have done to show a willing spirit today?

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Day 7      Date \_\_\_\_\_

1. Did I have a willing heart today? \_\_\_\_\_
2. Was there anything that I was asked to do, or saw that I should do, but did not have a willing spirit about? What was it, and why was I not willing?

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3. Was there anything in which I did not show willingness immediately? Did I hold back or complain? What was it, and why did I not do it immediately?

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4. What sin or sins kept me from having a willing heart today?

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5. What more could I have done to show a willing spirit today?

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Day 8      Date \_\_\_\_\_

1. Did I have a willing heart today? \_\_\_\_\_
2. Was there anything that I was asked to do, or saw that I should do, but did not have a willing spirit about? What was it, and why was I not willing?

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3. Was there anything in which I did not show willingness immediately? Did I hold back or complain? What was it, and why did I not do it immediately?

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4. What sin or sins kept me from having a willing heart today?

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5. What more could I have done to show a willing spirit today?

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Day 9      Date \_\_\_\_\_

1. Did I have a willing heart today? \_\_\_\_\_
2. Was there anything that I was asked to do, or saw that I should do, but did not have a willing spirit about? What was it, and why was I not willing?

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3. Was there anything in which I did not show willingness immediately? Did I hold back or complain? What was it, and why did I not do it immediately?

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4. What sin or sins kept me from having a willing heart today?

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5. What more could I have done to show a willing spirit today?

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Day 10      Date \_\_\_\_\_

1. Did I have a willing heart today? \_\_\_\_\_
2. Was there anything that I was asked to do, or saw that I should do, but did not have a willing spirit about? What was it, and why was I not willing?

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3. Was there anything in which I did not show willingness immediately? Did I hold back or complain? What was it, and why did I not do it immediately?

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4. What sin or sins kept me from having a willing heart today?

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5. What more could I have done to show a willing spirit today?

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Day 11    Date \_\_\_\_\_

1. Did I have a willing heart today? \_\_\_\_\_
2. Was there anything that I was asked to do, or saw that I should do, but did not have a willing spirit about? What was it, and why was I not willing?

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3. Was there anything in which I did not show willingness immediately? Did I hold back or complain? What was it, and why did I not do it immediately?

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4. What sin or sins kept me from having a willing heart today?

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5. What more could I have done to show a willing spirit today?

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Day 12      Date \_\_\_\_\_

1. Did I have a willing heart today? \_\_\_\_\_
2. Was there anything that I was asked to do, or saw that I should do, but did not have a willing spirit about? What was it, and why was I not willing?

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3. Was there anything in which I did not show willingness immediately? Did I hold back or complain? What was it, and why did I not do it immediately?

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4. What sin or sins kept me from having a willing heart today?

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5. What more could I have done to show a willing spirit today?

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Day 13      Date \_\_\_\_\_

1. Did I have a willing heart today? \_\_\_\_\_
2. Was there anything that I was asked to do, or saw that I should do, but did not have a willing spirit about? What was it, and why was I not willing?

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3. Was there anything in which I did not show willingness immediately? Did I hold back or complain? What was it, and why did I not do it immediately?

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4. What sin or sins kept me from having a willing heart today?

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5. What more could I have done to show a willing spirit today?

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Day 14      Date \_\_\_\_\_

1. Did I have a willing heart today? \_\_\_\_\_
2. Was there anything that I was asked to do, or saw that I should do, but did not have a willing spirit about? What was it, and why was I not willing?

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3. Was there anything in which I did not show willingness immediately? Did I hold back or complain? What was it, and why did I not do it immediately?

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4. What sin or sins kept me from having a willing heart today?

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5. What more could I have done to show a willing spirit today?

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Day 15      Date \_\_\_\_\_

1. Did I have a willing heart today? \_\_\_\_\_
2. Was there anything that I was asked to do, or saw that I should do, but did not have a willing spirit about? What was it, and why was I not willing?

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3. Was there anything in which I did not show willingness immediately? Did I hold back or complain? What was it, and why did I not do it immediately?

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4. What sin or sins kept me from having a willing heart today?

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5. What more could I have done to show a willing spirit today?

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Day 16      Date \_\_\_\_\_

1. Did I have a willing heart today? \_\_\_\_\_
2. Was there anything that I was asked to do, or saw that I should do, but did not have a willing spirit about? What was it, and why was I not willing?

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3. Was there anything in which I did not show willingness immediately? Did I hold back or complain? What was it, and why did I not do it immediately?

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4. What sin or sins kept me from having a willing heart today?

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5. What more could I have done to show a willing spirit today?

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Day 17      Date \_\_\_\_\_

1. Did I have a willing heart today? \_\_\_\_\_
2. Was there anything that I was asked to do, or saw that I should do, but did not have a willing spirit about? What was it, and why was I not willing?

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3. Was there anything in which I did not show willingness immediately? Did I hold back or complain? What was it, and why did I not do it immediately?

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4. What sin or sins kept me from having a willing heart today?

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5. What more could I have done to show a willing spirit today?

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Day 18      Date \_\_\_\_\_

1. Did I have a willing heart today? \_\_\_\_\_
2. Was there anything that I was asked to do, or saw that I should do, but did not have a willing spirit about? What was it, and why was I not willing?

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3. Was there anything in which I did not show willingness immediately? Did I hold back or complain? What was it, and why did I not do it immediately?

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4. What sin or sins kept me from having a willing heart today?

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5. What more could I have done to show a willing spirit today?

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Day 19      Date \_\_\_\_\_

1. Did I have a willing heart today? \_\_\_\_\_
2. Was there anything that I was asked to do, or saw that I should do, but did not have a willing spirit about? What was it, and why was I not willing?

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3. Was there anything in which I did not show willingness immediately? Did I hold back or complain? What was it, and why did I not do it immediately?

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4. What sin or sins kept me from having a willing heart today?

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5. What more could I have done to show a willing spirit today?

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Day 20      Date \_\_\_\_\_

1. Did I have a willing heart today? \_\_\_\_\_
2. Was there anything that I was asked to do, or saw that I should do, but did not have a willing spirit about? What was it, and why was I not willing?

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3. Was there anything in which I did not show willingness immediately? Did I hold back or complain? What was it, and why did I not do it immediately?

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4. What sin or sins kept me from having a willing heart today?

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5. What more could I have done to show a willing spirit today?

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Day 21      Date \_\_\_\_\_

1. Did I have a willing heart today? \_\_\_\_\_
2. Was there anything that I was asked to do, or saw that I should do, but did not have a willing spirit about? What was it, and why was I not willing?

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3. Was there anything in which I did not show willingness immediately? Did I hold back or complain? What was it, and why did I not do it immediately?

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4. What sin or sins kept me from having a willing heart today?

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5. What more could I have done to show a willing spirit today?

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Day 22      Date \_\_\_\_\_

1. Did I have a willing heart today? \_\_\_\_\_
2. Was there anything that I was asked to do, or saw that I should do, but did not have a willing spirit about? What was it, and why was I not willing?

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3. Was there anything in which I did not show willingness immediately? Did I hold back or complain? What was it, and why did I not do it immediately?

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4. What sin or sins kept me from having a willing heart today?

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5. What more could I have done to show a willing spirit today?

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Day 23      Date \_\_\_\_\_

1. Did I have a willing heart today? \_\_\_\_\_
2. Was there anything that I was asked to do, or saw that I should do, but did not have a willing spirit about? What was it, and why was I not willing?

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3. Was there anything in which I did not show willingness immediately? Did I hold back or complain? What was it, and why did I not do it immediately?

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4. What sin or sins kept me from having a willing heart today?

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5. What more could I have done to show a willing spirit today?

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Day 24      Date \_\_\_\_\_

1. Did I have a willing heart today? \_\_\_\_\_
2. Was there anything that I was asked to do, or saw that I should do, but did not have a willing spirit about? What was it, and why was I not willing?

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3. Was there anything in which I did not show willingness immediately? Did I hold back or complain? What was it, and why did I not do it immediately?

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4. What sin or sins kept me from having a willing heart today?

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5. What more could I have done to show a willing spirit today?

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Day 25      Date \_\_\_\_\_

1. Did I have a willing heart today? \_\_\_\_\_
2. Was there anything that I was asked to do, or saw that I should do, but did not have a willing spirit about? What was it, and why was I not willing?

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3. Was there anything in which I did not show willingness immediately? Did I hold back or complain? What was it, and why did I not do it immediately?

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4. What sin or sins kept me from having a willing heart today?

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5. What more could I have done to show a willing spirit today?

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Day 26      Date \_\_\_\_\_

1. Did I have a willing heart today? \_\_\_\_\_
2. Was there anything that I was asked to do, or saw that I should do, but did not have a willing spirit about? What was it, and why was I not willing?

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3. Was there anything in which I did not show willingness immediately? Did I hold back or complain? What was it, and why did I not do it immediately?

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4. What sin or sins kept me from having a willing heart today?

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5. What more could I have done to show a willing spirit today?

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Day 27      Date \_\_\_\_\_

1. Did I have a willing heart today? \_\_\_\_\_
2. Was there anything that I was asked to do, or saw that I should do, but did not have a willing spirit about? What was it, and why was I not willing?

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3. Was there anything in which I did not show willingness immediately? Did I hold back or complain? What was it, and why did I not do it immediately?

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4. What sin or sins kept me from having a willing heart today?

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5. What more could I have done to show a willing spirit today?

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Day 28      Date \_\_\_\_\_

1. Did I have a willing heart today? \_\_\_\_\_
2. Was there anything that I was asked to do, or saw that I should do, but did not have a willing spirit about? What was it, and why was I not willing?

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3. Was there anything in which I did not show willingness immediately? Did I hold back or complain? What was it, and why did I not do it immediately?

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4. What sin or sins kept me from having a willing heart today?

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5. What more could I have done to show a willing spirit today?

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Day 29      Date \_\_\_\_\_

1. Did I have a willing heart today? \_\_\_\_\_
2. Was there anything that I was asked to do, or saw that I should do, but did not have a willing spirit about? What was it, and why was I not willing?

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3. Was there anything in which I did not show willingness immediately? Did I hold back or complain? What was it, and why did I not do it immediately?

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4. What sin or sins kept me from having a willing heart today?

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5. What more could I have done to show a willing spirit today?

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Day 30      Date \_\_\_\_\_

1. Did I have a willing heart today? \_\_\_\_\_
2. Was there anything that I was asked to do, or saw that I should do, but did not have a willing spirit about? What was it, and why was I not willing?

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3. Was there anything in which I did not show willingness immediately? Did I hold back or complain? What was it, and why did I not do it immediately?

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4. What sin or sins kept me from having a willing heart today?

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5. What more could I have done to show a willing spirit today?

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