

# What if you could offer your kids the thing they need and want the most--the very best gift?

Pope St. John Paul II

"It is Jesus that you seek when you dream of happiness; He is waiting for you when nothing else you find satisfies you; He is the beauty to which you are so attracted; it is He who provoked you with that thirst for fullness that will not let you settle for compromise."

We were created to want and need Jesus; we're hard-wired to be hungry for Him. But because of sin, we don't always recognize that He's the One we are looking for. Our hunger is disoriented.

We need to look for clues in the way that the Lord designed our kids so that we can guide their hunger toward the only One who satisfies. This is key, because only when they experience the satisfaction that the Lord brings can they discover the joy of being loved by Him, and love Him in return.

While each of our kids is unique, there are 3 basic ways ("flavors") that we all crave the Lord: Beauty, Truth, and Goodness. Each person's particular craving for the Lord manifests in how He designed them: inclinations they already have, ways they already operate, and things that already attract them.

## Identifying Spiritual Hunger

Use this, The One Best Thing Instrument, which can also be found in our book, [The One Best Thing](#).

**Circle/highlight the attributes that most describe your child (or yourself, if you're curious...**

- Active • Adventurous • Affectionate • Ambitious • Artistic • Analytical
- Assertive • Compassionate • Competitive • Cooperative • Creative
- Curious • Easy-going • Experimental • Expressive • Happy • Helpful
- Imaginative • Leader • Logical • Makes friends easily • Optimistic • Orderly
- Organized • Outgoing • Peacemaker • Pragmatic • Private • Quiet • Reflective
- Spontaneous • Talkative • Values alone time • Values routines

Narrow it down to the 3-4 adjectives that you think are your child's most prominent attributes.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

\*When using this instrument with older children, they can self-evaluate while you use the instrument separately. Discuss similarities or differences in your answers- this is a great time to affirm your child's unique gifts, but also for you to understand how they see themselves!



**1** Which traits relate to which flavor preference?

How do these flavor preferences work? **2**

Flavors	Attribute clusters		
Beauty	<b>A.</b> active, adventurous, curious, spontaneous.	<b>B.</b> artistic, creative, imaginative.	<b>C.</b> private, quiet, reflective, values alone time.
	<b>D.</b> orderly, organized, values routines.	<b>E.</b> ambitious, assertive, competitive, leader.	<b>F.</b> analytical, experimental, logical, pragmatic.
	<b>G.</b> compassionate, cooperative, helpful, peacemaker.	<b>H.</b> affectionate, expressive, outgoing, talkative.	<b>I.</b> easy-going, happy, makes friends easily, optimistic.

**The three flavors**

- Beauty** → *stirs up and captivates our senses and imagination*, inspiring us with a sense of wonder, awe, joy, and gratitude.
- Truth** → *stirs up and captivates our minds*, inspiring us to seek, know, pursue and understand what is most real about God, creation, and ourselves.
- Goodness** → *stirs up and captivates our hearts*, inspiring and compelling us to live in right relationships.

Want more? **4.**

Want to learn more on the go? Find more practical support and connect with a community of families by joining our Community Hub!



The One *Best* Thing  
Community Hub™

Explore at [hub.onebestthing.org](http://hub.onebestthing.org)

**3.** A few things to remember

The different flavors we crave are actually aspects of Who God is: He is Beauty itself, Truth itself, and Goodness itself, in their fullness. Everything that is beautiful, true, or good points to Him and can lead us to Him, if we let it.

Knowing our kids' favorite flavor helps us know how they're most likely to open the door of our hearts to encounter Him in His fullness.

And discover our full practical guide for raising a family of faith in

# The One *Best* Thing



"[It's] more than good, it is *perfect* for it's audience..."

- Dr. Peter Kreeft

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