

*Eagle Forum of Alabama*

# AMERICA

**250<sup>th</sup> Family Challenge**



★ **MARCH** ★

**Faith & Morality:  
Moral Foundations of Freedom**

*Rediscovering Our Founding - One Month at a Time.*

[www.AlabamaEagle.org](http://www.AlabamaEagle.org)

# March

## Faith & Morality

### Moral Foundations of Freedom

## INTRODUCTION

This month, we turn our focus to the faith and moral convictions that helped shape our nation. America's founding was not only built on ideas of liberty and self-government, but also on a deep understanding that freedom depends on virtue, character, and a higher standard of truth.

The Founders recognized that rights come from God, not government, and that a free people must be guided by moral responsibility, humility, and a commitment to what is right. Without these foundations, liberty cannot endure.

Through this month's activities, families will explore how faith and morality influenced our nation's beginnings and why these principles still matter today. As you spend time together reading, discussing, and playing, we hope your family is encouraged to live out these values with courage, kindness, and integrity.



1. What did many Founders believe was necessary for a nation to remain free — laws alone or moral character?
2. Who said, “Our Constitution was made only for a moral and religious people”?
3. What document says that our rights are given by our Creator?
4. True or False: The Founders believed government gives people their rights.
5. According to the Founders, what two things help guide people to do what is right: faith and \_\_\_\_\_?

*Find the answers on the bottom of the word search page.*

# March

## Faith & Morality Moral Foundations of Freedom

### FAMILY CHALLENGE

#### John Adams

**“Our Constitution was made only for a moral and religious People. It is wholly inadequate to the government of any other.”**

*(Source: Letter to the Officers of the First Brigade of the Third Division of the Militia of Massachusetts, October 11, 1798)*

This means our country works best when people have a moral compass—knowing right from wrong—and choose to do what is right, because that helps our government succeed and stay strong.

## ACTIVITY

**Read together:** “Blessed is the nation whose God is the Lord.” (Ps. 33:12) Talk through the questions below and reflect on how faith and morality shape both our lives and our nation.

## WHY THIS MATTERS

Faith and moral character were at the heart of America’s founding. The Founders believed that freedom could only last if people chose to live with integrity and responsibility. When families practice these values at home, they help strengthen the foundation of our nation.

## Kid-Friendly Wrap-Up

Doing what is right and trusting God helps make our families and our country stronger.



- What does this verse mean in your own words?
- Why did the Founders believe faith and morality were important for freedom?
- What are some values (like honesty, kindness, or self-control) that help a nation stay strong?
- How can our family live out these values every day?
- Why is it important to do what is right, even when it is difficult?

# March

## Faith & Morality

### Moral Foundations of Freedom

#### FAMILY CHALLENGE

### March Prayer

The Book of Common Prayer (1662) was widely used in early America and reflects the kind of faith-and-morality framework many of the Founders were familiar with. This is an excellent, historically appropriate excerpt for this month's theme: **“Grant us grace that we may henceforth live a godly, righteous, and sober life, to the glory of thy holy Name.”**



### Kid-Friendly Explanation:

*This prayer asks God to help us live in a way that is good, honest, and right.*

- ★ **Freedom Requires Virtue:** Liberty lasts when people live with self-control and strong moral character.
- ★ **Morality Comes from a Higher Standard:** Right and wrong are rooted in a higher moral authority, not personal opinion.
- ★ **Faith Shapes Good Citizenship:** Faith encourages honesty, responsibility, and integrity—qualities needed for a strong nation.

# Family GAMES

## CAT'S CRADLE A Game Families Have Enjoyed for Generations

Cat's Cradle, a string game, was played by children for hundreds of years, including during colonial times. Kids made the patterns using simple string and learned it from family members or friends. Just like the Founders passed down values of faith and morality, children passed down games like this through generations. This game teaches patience, focus and passing knowledge from one to another.

### What You Need:

- A piece of string (about 2–3 feet long)
- Tie the ends together to make a loop

### How To Play: (Simple Version)

- Place the loop of string around your hands
- Use your fingers to create a simple pattern (start with a square or X shape)
- Pass the string pattern to another person without letting it collapse
- Take turns creating new shapes

## BLIND MAN'S BLUFF



Blind Man's Bluff was a popular game in colonial America, played by both children and adults. It was often enjoyed at gatherings and brought lots of laughter and excitement.

1. Choose one person to be the "Blind Man"
2. Gently cover their eyes with a scarf or cloth
3. Spin them around a few times
4. The other players quietly move around the space
5. The Blind Man tries to tag someone
6. If they catch someone, they must guess who it is
7. If they guess correctly, that person becomes the new "Blind Man"

# WORD Search

## Kid's Puzzle



LEADER LIBERTY  
COURAGE PATRIOT  
HONESTY DUTY  
TRUST BRAVE  
FREEDOM RESPECT



L B Q N K M D E F S  
T R V F Q K K Y J U  
R A V R E S P E C T  
U V U V I Z U B X D  
S E P A T R I O T L  
T F E Z L W W B D E  
C O U R A G E K U A  
Z L I B E R T Y T D  
T D H O N E S T Y E  
F R E E D O M L Q R

L P F R E E D O M K X S R C I  
S E R X L Q D T K C V E E I L  
A I A I J B M K H O I L S T A  
C O Y D N Z F P O U R F P I D  
R P I C E C H V N R T G O Z J  
I D N H V R I Y O A U O N E B  
F K T A I K S P R G E V S N F  
I U E R D X V H L E K E I S O  
C Y G A U A R P I E V R B H U  
E A R C F V M G U P S N I I N  
K J I T O O V J V I Y M L P D  
B V T E N I F D G N O E I U E  
W I Y R C C E L Y I P N T B R  
F L I B E R T Y D A O T Y N S  
B W K P A T R I O T I S M K C

## Teen Puzzle



LEADERSHIP  
CHARACTER  
COURAGE  
INTEGRITY  
RESPONSIBILITY  
SACRIFICE  
VIRTUE  
HONOR  
PATRIOTISM  
CITIZENSHIP  
FREEDOM  
LIBERTY  
PRINCIPLES  
FOUNDERS  
SELF-GOVERNMENT



# Faith & Morality

Moral Foundations of Freedom



# Eagle Forum of Alabama

## ABOUT US

Eagle Forum of Alabama is dedicated to promoting strong families, informed citizens, and the timeless principles that made America great. Through education, advocacy, and programs fostered by our Action Groups and Student Eagles, we are investing in the next generation of leaders.

If your family enjoyed this month's challenge, you're already part of something bigger. Together, we are raising the next generation to love truth, cherish freedom, and live with purpose.

[WWW.ALABAMAEAGLE.ORG](http://WWW.ALABAMAEAGLE.ORG)



[Check out www.AlabamaEagle.org for:](http://www.AlabamaEagle.org)

- Weekly Alabama legislative updates
- Blog posts & news updates on issues impacting Alabama families
- Access educational resources like the America 250 Family Challenge
- Learn about Student Eagles and how they can get involved
- Find upcoming EFA events and conferences
- Take action with alerts to make your voice heard
- Support our work to strengthen families & communities across Alabama
- Find links to our social media and Youtube channel



## DONATE!

We're YOUR voice at the State House—and your partner in raising informed, confident citizens. We are deeply grateful for your financial support, which makes it possible for us to continue educating, equipping, and advocating for strong families across Alabama.