



# “LIFETIME TO BUILD”

## INTRODUCTION

A few years ago, I accepted a position as a production manager at a manufacturing company that produces concrete products for the construction industry. At the beginning of each shift, our team would gather in a circle, and I would offer a motivational or educational thought to start the day.

One morning, I found myself with nothing prepared. In that moment, I lifted up a prayer to Lord asking Him for wisdom and for something I could share and inspire the team with—and He answered my prayer and deposited three words and principles about those words in my mind:

Commitment – Communication - Character

That day, I shared those words with my team, asking them to reflect on what each meant. What followed was one of the most powerful and memorable team meetings of my entire career. While standing in a circle and engaged with the team, I asked them to provide in their own words what those three words meant to them. To my amazement each team member shared their thoughts and meanings about those three words to the group. This was one of the most fulfilling and most empowering 30-minute team building exercises that I have been part of during my career.

Since then, I’ve taught these principles—what I now call “The 3 Big C’s”—to individuals, businesses, teams, organizations, and churches. Now, I want to share them with you.



## “THE 3 BIG C’S: COMMITMENT – COMMUNICATION – CHARACTER”

Character is shaped over time through our actions, attitudes, and relationships. Two essential pillars that shape and sustain character are commitment and communication. Together, these three—commitment, communication, and character—are weaved and intertwined together to form the foundation of trust between people, organizations, and communities.

*“Your character takes a lifetime to build and a blink-of-an-eye to tear down”*

### COMMITMENT

Commitment is a two-way street—made between people, between individuals and organizations, and it must flow in both directions.

Merriam-Webster defines commitment as:

- An agreement or pledge to do something in the future
- Something pledged
- The state or instance of being obligated or emotionally impelled

We make commitments every day—some formal, some casual, some public, others personal. Every time we honor a commitment, we build up our character and deepen trust. But when a commitment is broken—no matter how small—it begins to chip away at that trust. Each broken commitment is like removing a letter from the word “C-H-A-R-A-C-T-E-R.” Over time, enough broken commitments can hollow out your integrity. Still, there is hope. By the grace of God; character can be rebuilt, restored and renewed. The restoration and renewal process begins in the heart of a person. It takes time, humility and an action of faith as your character is being restored and renewed.



## COMMUNICATION

Communication is also a two-way street. It's more than talking—it's listening, responding, seeking understanding, being humble, admitting fault and admitting being wrong if it applies.

Merriam-Webster defines communication as:

- A process by which information is exchanged between individuals through a common system of symbols, signs, or behavior
- The exchange of information
- A verbal or written message

When a commitment is broken, the way you communicate afterward can either start the healing or create more damage to your character. Whether you're the one who broke the commitment or the one affected by it, timely and honest communication is critical.

Sometimes the person who breaks the commitment doesn't initiate the communication. But if you're the one at fault, be proactive. You should apologize, take responsibility and open the door for dialogue and reconciliation.

Good communication leads to understanding through dialogue. Understanding opens the door to forgiveness. Forgiveness rebuilds trust.

## RESTORATION AND RENEWAL

When your character has been damaged, it may feel irreparable. But no matter how far things have fallen, character can be restored. It's a process of the heart. Through God's grace, it takes: Trust – Time – Commitment – Action – Faith

This is not a sprint—it's a journey. Buckle up, embrace the process, and trust that God is with you in the rebuilding of your character.



## REFLECTION

Take a moment to reflect:

- What do commitment, communication, and character look like in your life right now?
- Are any of them in need of rebuilding or restoration?
- What steps can you take to strengthen them?
- If you're already on the path of rebuilding, how are you doing it—and what good things (fruit) are you beginning to see?

## SCRIPTURE FOR THE JOURNEY

Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to Him, and He will make your paths straight. – Proverbs 3:5-6 (NIV)

## CLOSING

Character is the legacy you carry and the foundation you build on. It's not always easy, but it's always worth it.

Commitment – Communication – Character

A lifetime to build. A moment to break. But with God's grace, it's always possible for your character to be restored and renewed.

Stay Committed - Keep Communicating – Keep Building