

WEEK FOUR

Read Ephesians 4:2

DAY 1

Draw a picture of something you do really well. Maybe math. Or baseball. Or acting.

Whatever it is, it can be frustrating when others aren't as good at it. Maybe your study partner can't keep up with you, or your teammate keeps dropping the baseballs he should be catching. How do you treat your friends when they can't keep up? Instead of being prideful or getting frustrated with them, consider helping or encouraging them. On your drawing, write down the name of someone with whom you need to be patient. Hang the picture somewhere in your room to remind you to be patient and encouraging this week.

THANK God for friends who were patient with you.



Read James 1:19

DAY 2

Ask a parent for a full cup of water and a straw (you can also do this without a straw, if you fill the cup up to the very top). Standing over the sink, blow bubbles into the water really slowly. The water should stay inside the cup if you do it slow enough. Then blow into the straw hard and fast—what happens now? The water probably overflows out of the cup.

If we are patient to speak slowly (after listening first), we will usually avoid fighting with our friends and family. But if we are quick to get angry, we will make a big mess. It might be tempting to yell or say mean things when we're angry, but if we stop to listen to the other person instead, we won't risk saying something we'll regret later.

ASK God to help you be slow to anger and quick to listen.



ARE PATIENT WITH EACH OTHER.



WEEK FOUR



Read 1 Corinthians 13:4a DAY 3

Usually when we think of being patient, we think of waiting, and very few of us like to wait. But there are lots of things that require patience, and friendship is a big one. We have to be patient with our time, with our words, and with our actions.

Think about all the ways you can be patient. Try to come up with a list starting with the letters below.

P
A
T
I
E
N
C
E

LOOK for new ways to practice patience.

Read Proverbs 15:18 DAY 4

Grab someone from around the house to do a staring contest with you. Stare into each other's eyes for as long as you can. The first person to blink or look away loses.

It takes some serious patience to stare at someone without blinking, doesn't it? Suddenly you notice every itch on your body, every sound in the house, and how often you need to blink! But the patience pays off when you can win the game.

Winning a staring contest is one thing, but it's even better when you can use that patience to keep the peace. No one likes to be around someone who's always angry and fighting, so keep practicing your patience—and your staring.

KNOW that patience can help you keep the peace—and your friends!

ARE PATIENT WITH EACH OTHER.

