

Patience

waiting until
later for what
you want now.

READ: ECCLESIASTES 7:9

DAY 1

Do you know what a fool is? A fool is pretty much a ridiculous person. A fool is someone who is easily tricked or someone who will fall for anything. No one wants to be called a fool.

But hold up; read this verse again. Did you catch that? When you get mad or frustrated with someone, when you lose your cool, this verse says that YOU are a foolish person. Being called a fool is really NOT great at all. So to avoid becoming a fool, it might be a good idea to learn some patience.

Check out these Cool Down Rules for patience.

1. Stop what you're doing
2. Take a deep breath
3. Count to ten
4. Try again

Would you change anything? Would you add something new?

Try the Cool Down Rules this week and remember our Bottom Line: "When you think you can't wait, keep your cool!"

THANK God for reminding you to respond with patience when you get frustrated.

READ: PROVERBS 15:18

DAY 2

"But he started it!"

Have you ever said that? Has anyone else ever said that about you? When you argue with someone and you get caught, often the first response is to blame the other person. But guess what? It doesn't really matter who started it. According to this verse, it's more important to show patience and calm things down.

You can practice doing this ahead of time to make sure you're ready the next time you get into an argument. Play the patience game with your sister or brother or friend. Here's how it works. Sit on the floor facing each other. The object of the game is to sit still and quietly stare at each other. The first person to laugh loses. Play again. See how long you can go before someone "loses" it and laughs.

ASK God to help you show patience and be the one to end an argument.

When you think you can't wait, keep your cool.

READ: PROVERBS 16:32

DAY 3

When you argue with someone, what are you usually fighting about? Do they have something you want? Did they hurt your feelings? Are you arguing over who gets to be first? In each of those situations, what's more important? The thing you want or the relationship you have with the person you're arguing with? Of course, it's the friendship!

That's what Proverbs 16:32 is talking about. Controlling your temper is way more important than getting what you want. And think about it: if you lose your temper and hurt someone else, chances are you'll only end up playing by yourself. It's better to remember to keep your cool and respond with patience!

How is your plant coming along? Have you been checking on it, making sure it's watered, and in a sunny spot? How are you doing with patience? Take a moment to think about how you can be more patient today!

LOOK for ways to end an argument with patience.

READ: EPHESIANS 4:2

DAY 4

Sure, patience can be really hard. But guess what? No one expects you to show patience without any help. When Jesus went back to heaven, He sent the Holy Spirit to help us face whatever comes our way. In fact, when we believe in Jesus, the Holy Spirit comes and lives inside of us! It's hard to understand, but it's true!

The Holy Spirit helps us live out what Ephesians 4:2 talks about—being completely gentle, patient, and loving one another. Check out the scenarios below. How could you respond in patience and "put up with one another" in each of these instances. Write an idea below each situation.

Your Mom told you to get in the car so you'll be ready to go but you've been in your seat waiting for at least five minutes and so far, your Mom is still in the house.

Your best friend promised she'd return your favorite sweater three days ago but you still don't have it back.

Your Dad promised he'd play ball with you but he's still on a phone call with work.

KNOW God has sent His Holy Spirit to help you choose patience this week.