

Patience

waiting until
later for what
you want now.

READ: ROMANS 12:12

DAY 1

When do you pray? Do you ever stop in the middle of your day at school and ask God for help? Thankfully, talking to God doesn't mean you have to bow your head and close your eyes. Talking to God can be as simple as saying something to Him in your own head. No one around you even has to know you're praying!

Even if no one around you knows it, God always hears you. Pretty awesome, huh? He is ready and waiting patiently to answer you. This week, make a point to talk to God throughout your day. Ask Him to help you be patient. Ask Him to remind you that He is with you and that He loves you. Tell Him you love Him too.

At school, think about praying to God when you face a situation you're unsure about. Make it a goal to pray to Him throughout the day. At the end of the day, think about when you prayed throughout the day. Did it help you in that certain situation? Were you more patient? Were you less worried? How did talking to God help you today?

THANK God for always hearing your prayers.

READ: PHILIPPIANS 4:6

DAY 2

Are there times when you seem to worry a lot? Sometimes when we worry, we want to try to rush ahead and fix things on our own. We become impatient, which can lead to more and more worry.

Philippians 4:6 is a verse to remember anytime you feel worried. You can ask and pray. You can tell God anything. No problem is too big or too small for Him. God wants us to turn our worry into trust in Him. And when we do choose to trust Him, God promises to answer us. His answer might not come immediately. It might require some patience and waiting on our end. But even in the waiting, God is in control. Even while we're waiting, we can thank God for all that He's already done for us. Being thankful actually helps us not worry so much.

Take a few minutes and jot down five things God has done for you. Pray and thank Him for doing all of that and more!

ASK God to help you choose trust instead of worry.

When you think you can't wait, talk to God about it. READ: LAMENTATIONS 3:25 DAY 3

If you look to others around you for examples of patience, you'll might end up pretty disappointed. No one can be patient all of the time. But there is someone who is always patient, no matter what.

There's no one better at showing patience than God is. Think about this. Every time you do something you're not supposed to do or say something you shouldn't have said, God is willing and ready to forgive you. He is good to those who trust Him. God protects those who choose to follow Him. God's patience never runs out.

So the next time you find yourself in a situation that requires extra patience, stop and ask God to help you! Thank Him for always being patient with you. Take a look at your patience jar. How is your family doing with the patience challenge? Spend some time praying together as a family tonight. Talk about some ways God is patient with you, and ask God to help you show patience with one another.

LOOK for ways to show patience just like your Heavenly Father does.

READ: MICAH 7:7

DAY 4

Do you ever wish you were a little older and could do the things big kids get to do? Waiting for things that might not happen for a long time isn't easy.

When you think you can't wait, it's important to remember who is really in charge. God made you. He loves you and He doesn't want you to miss any part of growing up. If you could do everything you wanted to RIGHT now, there wouldn't be much of anything worth waiting for. Growing and learning and waiting are all part of God's plan for each of us.

What are some things you can be thankful for in your life RIGHT now? Make a list of the things that make being a kid pretty awesome. Ask God to help you enjoy where you are right now instead of being impatient about what you think you can't wait for.

1. _____
2. _____
3. _____

KNOW that you can trust God right now!