

PATIENCE

Waiting until later for what you want now



WEEK **2**
K-1st

BOTTOM LINE:

When you think you can't wait, talk to God about it.

Read Romans 8:25

DAY **1**

Wait for It

Think of five things that you have to wait for. Use your fingers to keep track. Is it waiting to go play after dinner, trying to be first in the lunch line, or waiting for your sister to be done with the toy you want to play with? Having patience is so hard. Ask someone to help you brainstorm ideas on how to become more patient during these situations. Is it praying, singing, or breathing deeply? This week, choose one way to practice being patient.

THANK God for ways to help you stay calm and patient when it is hard to wait.

DAY **2**

I Will

In the spaces below fill in three "I Will" statements that can help you exercise patience this week. These are things that you will commit to doing each day of the week. "I Will" statements can be things like: *I will wait until others are done talking before I start, I will wait my turn to play on the slide, or I will wait until I'm done with my homework before I go outside.* After you write your statements, post them somewhere you can see them every day and say them to yourself as a reminder to be patient.

I will _____

I will _____

I will _____

ASK God to help you practice patience all week long.

DAY **3**

Look It Up

With the help of an adult, look up this week's Bible verse: **Romans 8:25**. Talk about something that you are each waiting for. How can you help each other work on patience?

LOOK for opportunities to talk to God about what you are waiting for and ask Him to help you wait.

DAY **4**

Give It Up!

When you are feeling frustrated or impatient, give it up to God! Ask Him to allow you to become more patient with the people and things around you. You can pray something like this:

"Dear God, I can't do this on my own. I pray that I can become more patient. Even though it's hard, I want to treat others with patience and kindness. Waiting is so hard sometimes but please give me the patience I need when I need to wait. I love you God, amen."

KNOW that God will always be there to talk to when you need some help being patient.

DEAR
GOD...

