

PATIENCE

Waiting until later for what you want now



WEEK **3**
K-1st

BOTTOM LINE:

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

Read James 1:19

DAY

1

Stop, Pray, Do

What makes you lose your patience? Is it when someone isn't sharing, you feel like you're being ignored, or you just don't want to do something? Next time you get frustrated: STOP for a moment, PRAY God will help you stay calm, DO what you need to do to "keep your cool" like sing, take deep breaths, or dance! Practice this now so you will be ready when you really need it!

ASK God to help you through the moments that make you lose your patience and ask Him to help you keep your cool.

DAY

2

Pennies full of Patience

Grab a coin, paper towels, a glass of water, and an eyedropper, straw or spoon. Place the coin on a flat surface and very slowly place as many droplets of water on the face of the coin as you can without the water going over the sides of the coin. It's okay if it takes a few tries to get it right!

That took a lot of patience to get it just right, didn't it? This is a time when you could have gotten really frustrated with what was or wasn't happening. But keeping your cool in tough situations is a great way to get better at being patient.

THANK God that, although we sometimes lose patience, He never loses His patience with us.

DAY

3

I Spy

Gather some friends and play a game of "I Spy." Remember, be patient by waiting your turn. If you become frustrated that you can't figure out what they spy, remember to STOP, PRAY, and DO like we learned earlier this week!

LOOK for opportunities to work on patience when playing with others!

DAY

4

Quick and Slow

With the help of an adult, look up this week's verse, **James 1:19**. After reading through it, talk about what being quick to listen, slow to speak, and slow to get angry mean. What do those actions look like?

KNOW that when others make us angry, we need to think of what the right thing to say is instead of losing patience and saying the wrong thing.

Color the picture of the child
who is "keeping their cool".

