

Patience means waiting until later for what you want now.

WEEK
1
2ND-3RD

DAY 1

Read Psalm 27:14

Name some things you have to wait for in the space below. You'll see a few things already listed to help you get started:

Dinner

Your birthday

Summer

The weekend

Raise your hand if you like to wait?

All month long, we're talking about patience. Patience is waiting until later for what you want now. The truth is, no one really likes to wait. It can be hard, and frustrating, and sometimes just plain boring.

But there is some GOOD news when it comes to waiting. Even when we're bored or frustrated, we aren't alone! God is always with us. So don't lose hope. God will help you be strong and wait with patience even when it's hard!

The next time you find yourself waiting, maybe even for one the things you've listed above, pause and thank God for always being with you. Ask Him to help you wait.

DAY 2

Read Isaiah 40:31

Have you ever seen an eagle in flight? It takes quite a bit of energy to flap those large wings. So eagles have figured out how to use thermal updrafts to gain greater altitude which allows them to soar through the sky.

Just as Isaiah tells us, when we're waiting, God will give us new strength. Think about a majestic eagle soaring through the sky. We can soar right through that waiting when we remember we aren't really alone. **Ask God to remind you He is with you and that He will help you have patience!**



PARENT CUE

DAY 3

Read Romans 12:12

What do you think the word “suffer” means? To suffer means to endure something unpleasant. It can also mean to tolerate or put up with something.

You can probably name a few things you had to “put up with” even just today. Whether it was waiting for food, listening to your brother whine or completing an endless amount of math problems.

While we don’t get to choose these situations, we can choose how we face them. The key is found in the last part of this verse. When you pray, be faithful. Ask God to help you be patient, even when you’d rather complain or push back.

In the space below, fill in some of your own “suffer” scenarios. (See example below). Then read them aloud as a prayer and ask God to help you face them with patience, remembering that He is with you.

When I have to wait my turn, help me to be patient.

When _____,
help me to be patient.

When _____,
help me to be patient.

DAY 4

Read Lamentations 3:25–26

Read the list below. Put a check mark by it if you think it’s good and an X mark through it if you think it’s bad:

Licorice	Spiders	Bedtime
Bananas	Chores	Vegetables
Puppies	Sticky hands	Friends
Thunderstorms	Bee stings	Siblings

Did you know that God is always good? It’s true. God is perfect which means there is zero bad in Him. We can trust Him, always, because He is always good to us.

So, when we have to wait, when we need to be patient, we can remember one big truth. God is good and He is with us. He is good to those who put their hope and trust in Him. Remember, when you have to wait, God is with you.

Share this list with at your next family meal. Let everyone give their own thumbs up or thumbs down. At the end of the list, say “God!” As everyone gives their thumbs up, talk about how good God is always and how we can wait with patience when we remember that He is with us.

*When you have to wait,
remember God is with you.*

Patience means waiting until later for what you want now.

WEEK
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2ND-3RD

DAY 1

Read Psalm 40:1

Waiting is hard! And if we had a choice, we'd all probably choose to skip the waiting altogether.

This month is all about patience which is waiting until later for what you want now. When it comes to waiting, there are a lot of things you can do to help you while you wait. One of the biggest things you can do is to remember what's true! When we're frustrated with waiting, we can turn to God. We can ask Him to help us. And when we do, we can know for sure that He hears us and that He cares.

So, how about a little patience challenge!

Grab a clear container and several small objects like pennies, beads, or pom poms. Every time you see someone in your family practicing patience (or anytime someone sees you practicing patience) put one penny in the jar. But anytime you see someone not practicing patience, take two pennies out! Remember, anyone can put a penny in, so you need to practice patience with everyone, including your little sister. At the end of the month, check your patience level!

DAY 2

Read James 5:7-8

If there's one thing a farmer is an expert on, it's waiting! In Bible times, farmers waited for the fall rains to soften the soil to make it good for planting and to help the seed begin to sprout and grow. Then, they waited for spring rains to come and water those crops almost ready for harvest! No matter how much you might want to skip the waiting, farmers know you can't plant and reap (gather the crops) on the same day!

When it comes to waiting, we need to be like a farmer. While we wait, we can remain strong and grow our faith by doing exactly what you're doing right now! Reading God's word, hanging out with our small group to talk about God, praying and telling God how we feel and making wise choices that honor God and others are all ways we can grow in our faith!

Grab your Bible and sit down next to plant inside or tree outside. Read today's verse out loud. **Ask God to help you have patience and remember that He is with you and that He will help you grow in faith every day as you follow Him.**

DAY 3

Read Colossians 3:12

Do you remember what the golden rule says? Does it say, “Treat others the way they treat you?” Nope. If we always chose to treat people the way they treat us, this world would be a pretty scary place.

God has a better way. He asks us to treat others the way we want to be treated. Because you are dearly loved, because God always treats you with patience and love, you should treat others that way too. Even when it’s super hard to show patience, remember the truth that you—no matter what choices you make—are dearly loved by God.

Grab the shoes you wear each day to school. On a piece of tape, write the word “patience.” Place this patience tag on the inside of your shoe to remind you to clothe yourself with patience. **As you lace up those shoes each morning, ask God to help you treat others with patience; the way He always treats you.**

DAY 4

Read Nehemiah 9:17-18

This week’s story from the Bible is pretty crazy! Can you imagine melting down your gold jewelry to make a statue of a calf and then choosing to bow down and pray to it? Can you imagine singing worship songs to your soccer trophy? Crazy, right?

The truth is, those golden calf creating Israelites aren’t all that different from us. We get impatient and try to take matters into our own hands too! When we don’t want to wait, we can do things and say things that we know aren’t loving or kind.

Read the very last sentence of verse 18. Did you catch God’s response? Even when they messed up, God didn’t desert the Israelites. God is tender and kind, slow to get angry and full of love. Even when you become angry or impatient, God is patient with you. It’s so important to remember what’s true about God when you think you can’t wait!

Find a trophy or a valuable object in your home. **Each time you see it this week, ask God to help you remember to be patient and that He loves you, no matter what.**

*When you think you can't wait,
remember what's true.*

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WEEK
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DAY 1

Read Proverbs 15:18

Ever play the blame game? Ever point a finger at someone else as if to say, "It's not my fault. It's her fault?"

Be honest. No one else has to hear your answer. Does the blame game stir things up and or calm them down?

The next time you find yourself in an argument with a friend or sibling, stop and ask yourself a simple question: "Am stirring things up or working to calm them down?" If you're stirring things up, take a deep breath and then try to respond with patience instead.

Find a friend and play the patience game. Sit on the floor to face each other. The object of the game is to sit completely still as you stare at each other. The first person to laugh, loses. Play again and time yourselves to see how long you can go before someone "loses" it.

DAY 2

Read 1 Corinthians 13:4

Jesus said that the number one thing we can do is love. Love God and love others. Today's verse reminds us what love looks like. It's kind. It's not jealous or braggish or proud. But the first part of the verse might actually be the hardest.

Love is patient. Love doesn't hurry or yell or push to the front or insist one way is the only way. Love lets others go first. Love waits it's turn.

Think back over your day. Were you impatient with anyone? What happened? What could you have done differently to help you focus on showing love to that person instead of impatience?

On a piece of paper, write out the words "LOVE IS PATIENT" in big block letters. Decorate the page with lots of color so it will really stand out. Post your masterpiece on the fridge or in another prominent place where everyone in your home can see it. Each time you read it, ask God to help you show love to others by choosing to be patient. Then thank Him for always being patient with you.

PARENT CUE

DAY 3

Read Ecclesiastes 7:8-9

Do you know what a fool is? A fool is someone who makes unwise decisions. No one wants to be called a fool.

When you're waiting, what if you thought about the end instead of the beginning? In the end, don't you want to be seen as a wise, patient person? Don't you want to be the kind of friend others can trust and depend on?

When you fly off the handle, when you interrupt because you think what you have to say is more important, when you push ahead when you're not prepared, it could cost you. You might look foolish. **It's better to choose patience.**

DAY 4

Read Proverbs 16:32

According to our verse today, what's better? To choose patience or to lose your temper? Instead of fighting or insisting your way is right, it's better to take a deep breath. It's better to calm down before you blow up. Becoming frustrated and impatient won't solve the problem. So, instead of blowing up, what if you tried these steps instead:

Calm It Down Steps

1. Stop
2. Count to 10
3. Try again

When you're not patient, it could cost you. You could end up hurting others by saying something unkind that you don't mean. You could even end up hurting yourself. **So the next time you're about to lose control because you think you can't wait, stop, count to ten, and then try again. Ask God to help you so you can protect yourself and others.**

*If you don't wait,
it could cost you.*

Patience means waiting until later for what you want now.

WEEK
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DAY 1

Read Psalm 33:20-22

When a warrior goes into battle, he wears protective gear to keep him safe. Shields are used to ward off arrows and sword blows. God is like a shield, keeping you safe. No matter what happens, no matter what you're waiting for, you can always put your hope in God. You can trust Him because He is holy. And nothing, not even your impatience, can separate you from His love.

Grab a piece of paper and draw the outline of a shield. Write out the words of today's verse on the front of your shield, writing in your name as indicated in the example below. You can celebrate the truth that God is holy, He is faithful, He is with you and He loves you even as you wait!

"(Your name) waits in hope for the Lord. He helps (Your name). He is like a shield that keeps me safe. My heart is full of joy because of Him. (Your name) trusts in Him, because He is holy. Lord, may your faithful love be with me. I put my hope in you."
Psalm 33:20-22



DAY 2

Read Galatians 6:9

Waiting for cookies to come out of the oven. Advancing to the next level of your favorite video game. Acing a test you studied hard for.

In each of these examples, it would be easy to be impatient or give up. But what happens if you pull the cookies out of the oven before the timer goes off? What happens if you get so frustrated that you throw your video controller across the room? What if you decide not to look over your notes the night before the test?

Everyone gets tired of practicing patience. But that's when it's most important to keep going. And there is some really good news. You can ask God for help, always. So, the next time you find yourself becoming weary, remember what you're working toward. Just like a farmer can harvest a big healthy crop after months of hard work, patience pays off!

Did you know you can turn that weariness you feel into praise and celebration? It's true. The next time you find yourself working hard towards a goal, stop and sing your favorite worship song. Think about a time when you worked hard before and it paid off. **Thank God for his faithfulness to help you then and now. Because you can celebrate even when you're waiting.**

DAY 3

Read Psalm 5:3

You know how it feels when you're lying in bed the night before the first day of school? It's a mix of being excited and maybe a little bit nervous! That expectation or anticipation you're feeling can make it hard to go to sleep sometimes. Maybe you toss and turn and think about all the possibilities.

What if I don't like my teacher?

Who will I sit by?

Will this year be harder than last year?

There is someone who already knows the answers to all these questions. Your heavenly Father sees tomorrow (and that first day of school) as clearly as you see the words on the page you're reading right now. And you can trust Him, even when it feels like a swarm of butterflies have found a home inside your tummy!

That's why it's a great idea to do what this verse suggests. Each morning, we should pray and thank God for the day ahead and celebrate the truth that He is with us and He loves us! **Write out this verse on a card and stick it the box of your favorite cereal or other breakfast food. Read it each morning as a reminder to trust God and have patience no matter what comes your way.**

DAY 4

Read Romans 8:25

What are some things you wish you could do right now that you have to wait for? (*Ideas: stay up later; stay home by myself; drive*)

Make your own "Can't Wait!" list in the space below.

All those things you "can't wait" for will come soon enough. In the meantime, you get to choose how you wait! You can choose impatience and frustration. You can choose to whine and complain. Or you can choose to celebrate! You can thank God for the anticipation, for the waiting, knowing that one day, you'll appreciate it even more because you didn't get it right away.

To help with the waiting, think for a minute about all the things that make being a kid so awesome. **Spend some time celebrating and thanking God for where you are right now. And thank Him that He will be with you always, even while you wait!**

You can celebrate even when you're waiting.