

Spend some time thinking about the question below and journal your thoughts or share them with a parent.

When is it hard to have patience?

Handwriting lines for journaling.



Day 1

After watching, write one thing that:

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1. You liked:

2. You learned:

3. You'd like to know:

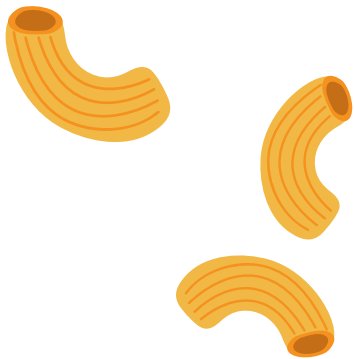
Day 2

Read Proverbs 14:29

Get a sheet of paper and a pencil. At the top, write out Proverbs 14:29. Using an electronic device, go to an online thesaurus and look up the words *patient*, *understanding*, *angry*, and *foolish*.

Write three different versions of the verse. For example: Anyone who is **long-suffering** has great sense. But anyone who gets **irate** quickly shows how **unwise** they are.

Circle the version of the verse that makes the most sense to you.



Day 3

It's pretty challenging to have patience sometimes, isn't it?

Sometimes certain situations or certain people make it especially hard for us to be patient.

Fill in the blanks of the prayer below, using the words from your favorite "translation" from yesterday, as well as an example from your life where it's hard for you to be patient (or a person you find it hard to be patient with).

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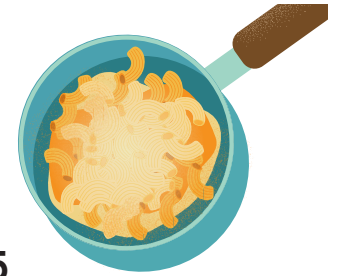
**Dear God,** I want to be a person who is \_\_\_\_\_. But sometimes it's hard and I find myself getting \_\_\_\_\_ quickly, especially when it comes to (personal example) \_\_\_\_\_. I don't want to be a \_\_\_\_\_ person, so please help me learn to wait until later for what I want now. In Jesus' Name, I pray. **Amen.**

## Day 4

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### Find a parent or another trusted adult who follows God.

Ask them about a time they waited for something and as a result, they gained wisdom. If they can't think of anything, then ask them the opposite—was there a time they didn't have patience and now they see the foolishness of that decision? Talk with each other about wise versus foolish decisions and why you want to make wise choices even if that sometimes means waiting until later for what you want now.



## Day 5

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### Why is it important to make peace?

When do you personally find it the hardest to have patience? Circle one answer per section.

#### 1. State of Being

Hungry  
Tired  
Frustrated  
Running late

#### 2. Feeling

dreading  
excited about  
worried about  
annoyed by

#### 3. Person

My sibling(s)  
My caregiver  
My teacher  
My teammates

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The next time you find yourself tempted to lose patience, ask yourself:

- ▶ "Am I _____?"
(word from the first group)
- ▶ "Is there something I am _____?"
(word from the second group)
- ▶ "Is it because I'm dealing with _____?"
(word from the third group)

Once you've identified your trigger(s), you can ask God for help as well as taking some practical steps to avoid those triggers next time (e.g., Have a snack, leave earlier, pray for peace, do something kind for the person who is annoying you, etc.)

Day 2

Read Genesis 25:24–34

The author of Genesis gives us a lot of physical descriptions of the two brothers. As you reread Genesis 25:24–34, write a J or an E beside each word or phrase below to indicate with brother fits that description.

- ▶ Rebekah's favorite
- ▶ Red and hairy
- ▶ Skillful hunter
- ▶ Held to his brother's heel
- ▶ Trades his birthright
- ▶ Tricks his brother
- ▶ Homebody
- ▶ Isaac's favorite
- ▶ Hunts for the meat
- ▶ Cooks the food

These two brothers were quite different. But there was one even bigger difference that would change their lives. Which brother was impatient?

That's right—and he lost out on a lot by refusing to wait until later, didn't he?



Rebekah's favorite J; Red and hairy E; Skillful hunter E; Held to his brother's heel J; Trades his birthright E; Tricks his brother J; Homebody J; Isaac's favorite E; Hunts for the meat E; Cooks the food J

Day 3

Esau made a pretty unwise choice when he gave up his rights as firstborn—all because he didn't think he could wait.

If he had given that decision a little more time, he could have prevented a whole lot of bad things that happened later in his family.

One of the best ways you can “think twice” is by talking to God about whatever situation is tempting you to be impatient.

Take some time to talk to God about something you need help being patient with. You can use this sample prayer or pray your own.

Dear God, thank You for the opportunity to _____

Even though it's a good thing, I know sometimes I miss out on something even better when I am impatient.

Please help me think twice by coming to talk to You whenever I think I can't wait. Please give me the strength and wisdom to resist the impulse to rush

what I need to wait for. In Jesus' Name, I pray. **Amen.**

Day 4

When you think you can't wait, think twice.

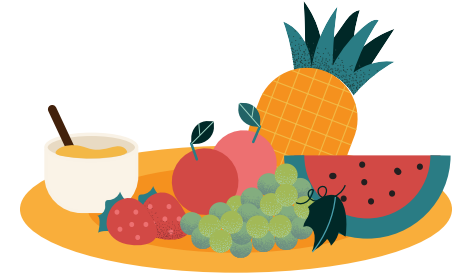
Ask your adult to join you to watch a video and have a short discussion. (And if you have marshmallows on hand, grab some of those too.)

Have you ever heard of the Marshmallow Experiment? Some researchers at Stanford University wanted to see what would happen if young children were offered one large marshmallow on a plate, but were promised they'd get one more if they could hold off on eating the first one until they returned. Check out this video to see a recreation of the experiment:



Break down what you saw together... which kid did you relate to the most? What do you think you would do if you were presented with the same challenge? How do you think you could “think twice” during a situation like this? What are some tricks you could use to distract yourself from making a decision you might regret? And how might those tricks help you to think twice in real-life decisions?

After talking about this for a few minutes, reward yourself with marshmallows if you have any on hand!



Day 5

What could you miss out on by not waiting?

Have you ever sneaked a peek at a Christmas or birthday present?

Or eaten your dessert first and then ended up being too full for your favorite dinner?

Maybe you've rushed to a conclusion and in the process, misunderstood something someone said. . .

There are a lot of ways that being impatient can cause you to miss out. Taking the time to think twice can keep you from missing out. Perhaps it's no coincidence that the Psalmist writes, “Wait for the Lord” twice in Psalm 27:14.

"Wait for the Lord. Be strong and don't lose hope. Wait for the Lord." Psalm 27:14, NIV

Write this verse somewhere you will see it often—in a school notebook. . . on your bathroom mirror. . . or even on a few sticky notes that you can place around your house. The next time you are tempted to be impatient, find the verse and read it aloud. Twice. And then think of what you might miss out on if you don't wait.

Spend some time thinking about the question below and journal your thoughts or share them with a parent.

What can you think about when it's hard to wait?

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Day 1

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Day 2

Read Exodus 32:1-14

As you read Exodus 32:1-14, circle any words or sentences (or write them here) that refer to the impatience of the Israelites. These may be words that refer specifically to their impatience or that describe the actions they took as a result of their impatience.

Next, put a box around (or simply find) the paragraph where Moses shows God that he remembers what is true. (See a hint below if you need it.)

How might things have been different if the Israelites remembered what Moses recalled about God and the plan to rescue the Israelites?



See Exodus 32:13

Day 3

Waiting for something you really want might be one of the hardest things ever!

Not only can you ask God for help, but it also can help you pass the time while you wait! Think of something that is SUPER hard for you to wait for. . . then fill in this prayer and pray it out loud.

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**Dear God,** thank You for all the good gifts you give us. There is so much good in this world that you have created, that sometimes it's really hard to wait for things. It is especially hard for me to wait for \_\_\_\_\_, so I need Your help. Please give me patience so I do not mess up the good thing You have made and prepared for me. Help me to remember that I can trust You no matter what, so I can wait, knowing You know what is best. In Jesus' Name, I pray. **Amen.**

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Look at how much time has already passed while you prayed! Talking to God about being patient can help you actually practice patience at the same time!

Day 4

When you have to wait, remember what's true.

Grab a sheet of paper and a writing utensil. Then throughout the day, ask friends and family what they think about and/or what they do when they have to wait. Get a list as large as you possibly can. Then, sit down with the list and circle the ones that are truths that are good to focus on when you have to wait. Add your own ideas if there aren't very many. Next, circle the best ideas people had for things to do while you wait. Again, add to this list with your own ideas. Save this paper for tomorrow!



Day 5

What can you think about when it's hard to wait?

Take the list of things you made yesterday and make a WAYS TO WAIT poster to hang in your room. If you have cardstock or poster board, that's awesome, but simple white paper will work too! Get all the markers, colored pencils, paint, etc. you have, as well as any stickers, glitter, and any other decorative items.

At the top of the poster, use a Sharpie to write WAYS TO WAIT in block letters, then color in the letters. Underneath, write the list you came up with yesterday—it should be a combination of things that are true that you can think about, and things you can do to help yourself wait.

Decorate the poster however you'd like, then find a place to hang it—ideally, in a spot where you often find yourself waiting. . .

Spend some time thinking about the question below and journal your thoughts or share them with a parent.

What are you waiting for right now?

Handwriting lines for journaling.



Day 1

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Day 2

Read Luke 2:25-32

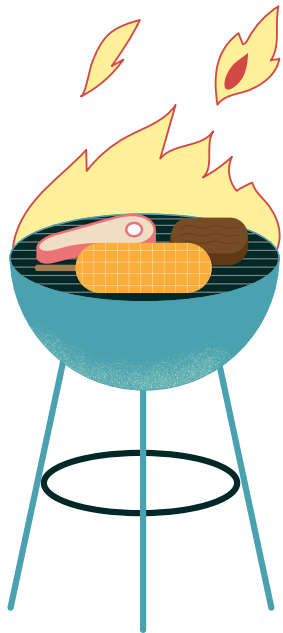
As you read Luke 2:25-32, put a star by each name for God that is mentioned.

How many stars did you draw?

Depending on what translation you read and whether you included pronouns, the number will vary, but you probably got somewhere around 8-10.

There is no doubt that God was with Simeon, is there?

And because Simeon realized God was with him, he recognized who Jesus was right away! He wasn't alone in his waiting, and he knew when the waiting was coming to a close—all because God was with him.



Day 3

The Holy Spirit led Simeon to the temple, then to the temple courtyard and then to Jesus Himself.

But Simeon also had to be paying attention to the Spirit and what God wanted him to do.

Paying attention and staying connected to God through prayer can both help us wait and help us recognize when our waiting is done!

Take some time to connect to God right now. You can walk around as you pray, thinking of Simeon as he walked into the temple. You can find a special spot in your house where you feel closest to God. You could also pray from the place where you find waiting to be the hardest.

Wherever you're praying from, include these things as you pray:

Thank and praise God for making you and for walking with you through life, especially as you wait.

Share with God what you are waiting for right now—or what you sometimes struggle with waiting for.

Ask God to give you the strength to wait until later for what you want now.

Look for God to answer your prayers—perhaps through ways you don't expect!

Day 4

God is with you while you wait.

Go find an adult who has been following God for a long time. Bring some candy or other treat, but don't eat it yet.

Ask them about a time they had to wait a long time but they knew God was with them. Then follow up with these questions:

- 1) How did you know God was with you?
- 2) How did knowing God was with you help you wait?
- 3) How did your waiting end? Did you get what you wanted/needed?

After you are done asking them questions, you can share the treat you brought with them. Was it hard to wait until you were done asking questions to enjoy the treat? Even if it was, imagine how much more you're enjoying the treat now since you can really focus on it!



Day 5

What are you waiting for right now?

Try to answer as many of these questions as you can:

1. What is something fun you are waiting for right now?

2. What is something you need that you are waiting for right now?

3. What is something you are nervous about that you are waiting for?

4. What is something you want that you are waiting for right now?

Now, go back and circle the numbers of the situations where God is with you.

Did you circle them all? You should have! Because God is with while you wait for something good or bad... something exciting or scary... something you need or something you want... God is **always** there!