

Patience is waiting until later for what you want now.

Read: Galatians 6:9

DAY

1

Worth the Wait

Make a list or draw some pictures of things that are hard to wait for. Share with someone nearby why those things feel hard to wait for. Ask someone else why they think it's hard to wait

ASK God to help you be patient while you wait.



DAY

3

Gather a Crop

Read Galatians 6:9 and think back on times when you waited for something. How did you feel while you were waiting? How did it feel when you finally got what you were waiting for?

KNOW that God can help you in the waiting.



DAY

2

Thinking Twice

Thinking twice means that when you really want something and are becoming impatient, you should stop and think about how you can be patient.

Imagine you are at the store with your adult, and you see *the best toy ever*. You really want it! Act out what it would be like to be impatient, and then act out what it would be like to think twice and show patience.

LOOK for ways to think twice and show patience.

DAY

4

Pray About It

You can pray to God while you wait. Come up with a short prayer that you can say when you are feeling impatient. Some ideas are:

~~~~~  
"God, help me to think twice about what I want and wait with patience."

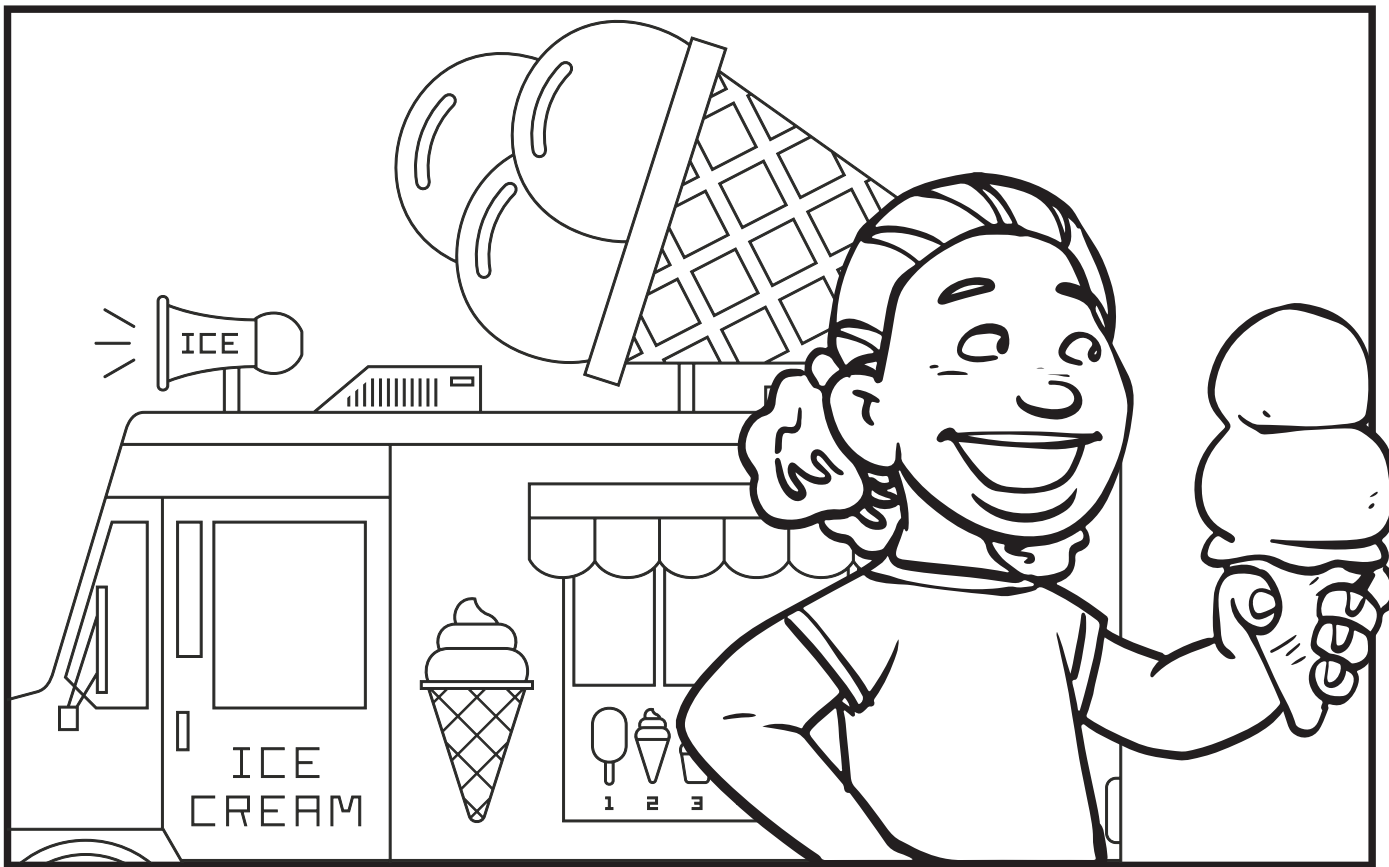
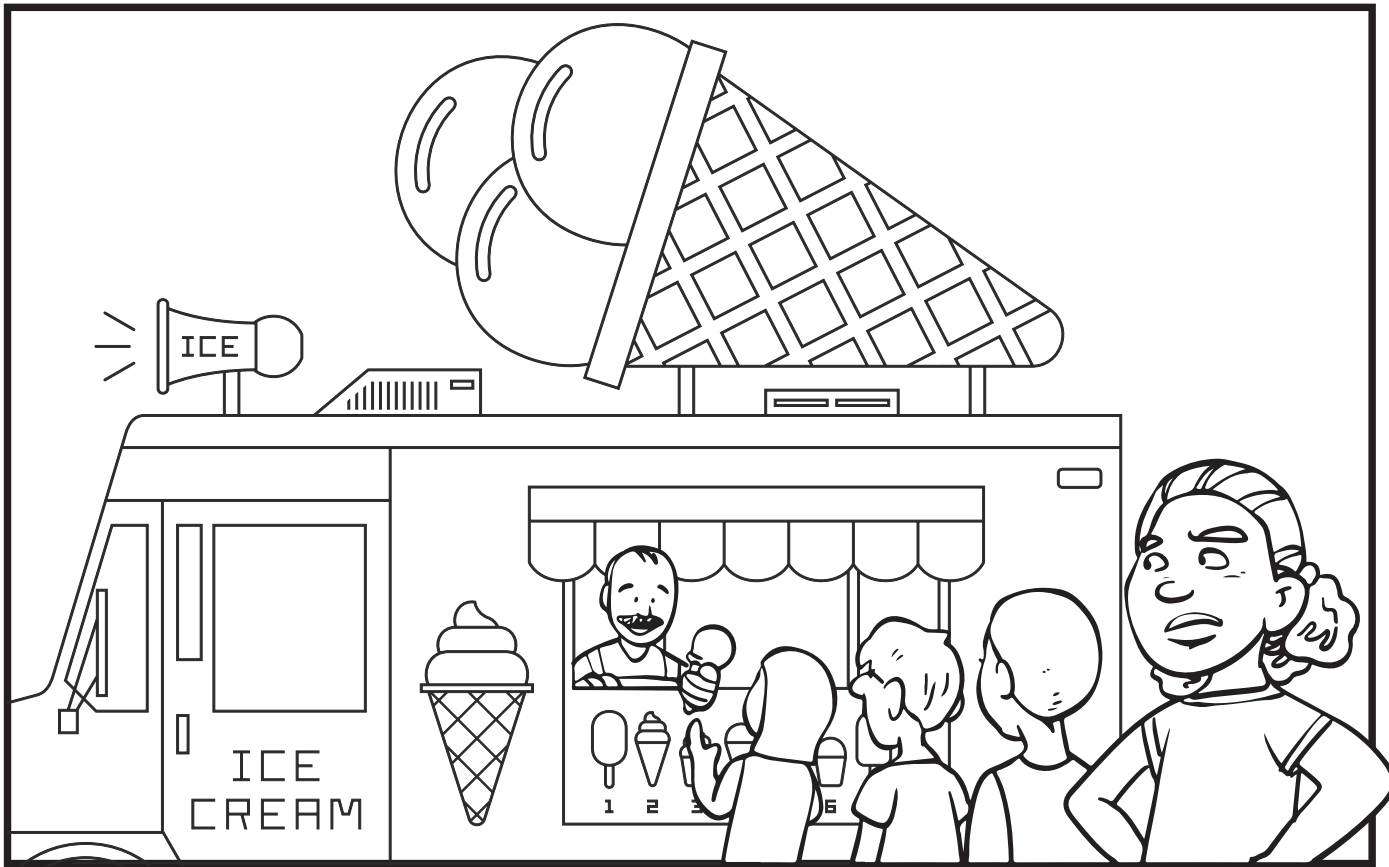
"God, I need patience for now."

"God, this feels hard. Please, help me wait."

~~~~~  
THANK God for giving you the patience you need.



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



Patience is waiting until later for what you want now.

DAY 1

Read Galatians 6:9

Have you ever carved a pumpkin? Did you know it took months for that pumpkin to grow? A farmer knows that beautiful pumpkins come after months of patient waiting and a fair amount of hard work.

The same is true when it comes to our lives. In order to live in a way that pleases God, we need to be patient with the people around us. And just like a farmer who patiently tends his crop, we will see beautiful results in our relationships with others if we don't give up.

Plant a Seed

You'll need a seed, a small plastic cup, some potting soil, and a small amount of water. Punch three small holes in the bottom of the cup and pour in about two inches of soil. Place the seed in the center and then cover it up with another inch of soil. Water just enough to moisten the top of the soil. Place your cup in a sunny spot. Add water as needed. If you don't have any on hand, look around your neighborhood with your adult's permission and ask what plants you can help water and grow.

DAY 2

Read Psalm 37:7

When you were younger, did your parents have to remind you to sit still? Did they have to remind you to get back in your chair at the dinner table or at a restaurant? Being still isn't always easy. It requires patience. Waiting is sometimes the LAST thing we want to do.

Patience Challenge

Let's try a little patience challenge with your whole family this month. Grab a clear jar or container and buttons, pennies, or other small objects. For a whole month, every time someone shows patience, put one penny or button in the jar. Easy, right? Wait, that's not all. If someone is impatient, you have to take two pennies out of the jar! The goal is to see how many pennies you end up with at the end of the month. And remember, anyone in the family can put pennies in or take them out, so you have to show patience to everyone, even when it's hard.

DAY 3

Read Psalm 40:1

Patience is waiting until later for what you want now. When it comes to waiting, we don't always get it right! But there is someone who is always right there to help. God sees us when we aren't patient but is NEVER impatient with us. What a good God!

Waiting Games

There is one way to make the waiting easier. Grab a piece of paper and make a list of things you could do to make the waiting more fun. Have a parent or sibling set a timer for 2 minutes as you work on your list. All done? Read through your list and try to narrow it down to five things. Write those five things in the numbered box. The next time you need to wait for something, try one of these ideas and see if it helps you show patience.

1. _____
2. _____
3. _____
4. _____
5. _____

DAY 4

Read 1 Corinthians 13:4

Jesus said the NUMBER ONE thing we can do is love— love God and love others. Today's verse explains what love looks like. It's kind. It's not jealous or braggy or proud. But the first part 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 its turn.

Think back over your day. Were you impatient with anyone? What could you have done differently to show LOVE to that person instead of impatience?

Patience Art

On a piece of paper, write 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 where everyone in your home can see it. When you read it, ask God to help you show love to others by choosing to be patient. Then thank God for always being patient with you.

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

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?



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

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 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

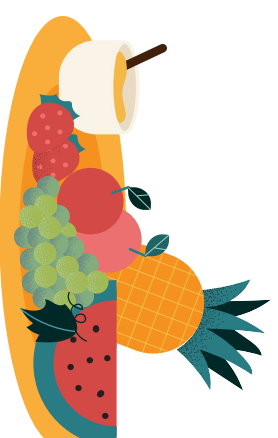
to talk to You whenever I think I can't

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 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.