



**BOTTOM LINE:**  
Jesus is ALIVE!

Read John 3:16

DAY  
1

## God Gave

With the help of an adult, look up this week's Bible verse: **John 3:16**. Together, read the verse a few times. Talk through the following questions:

- What did God give?
- Why did He give us His son?
- Who can be saved if they believe in Him?

**THANK** God for sending His son to earth to die for our sins so we can go to heaven.

DAY  
2

## Pick with Patience

Ask an adult to help you gather some things you can use to pick things up, such as: tweezers, chopsticks, tongs, a fork, or anything you can think of that will work! On one plate, ask an adult to put a few pieces of dry rice or pasta all over the plate. Now, using one of your tools, try to pick up only one tiny grain of rice or one piece of pasta at a time until you empty the plate by adding them to another plate. How difficult was that? Did you get frustrated? Did you have to remind yourself to have patience?

**ASK** God to give you patience when you get frustrated.

DAY  
3

## Trying for a Treat

Ask a friend or family member to have a patience contest with you! Ask an adult to give you a tasty treat and place the treat between you and the other person. See who can go the longest without taking a bite! If you both have been able to resist for a few minutes go ahead and share the treat! Was it hard to be patient for something you wanted? Would it have been easier to give up?

**KNOW** that although it is hard, patience pays off in the end!

DAY  
4

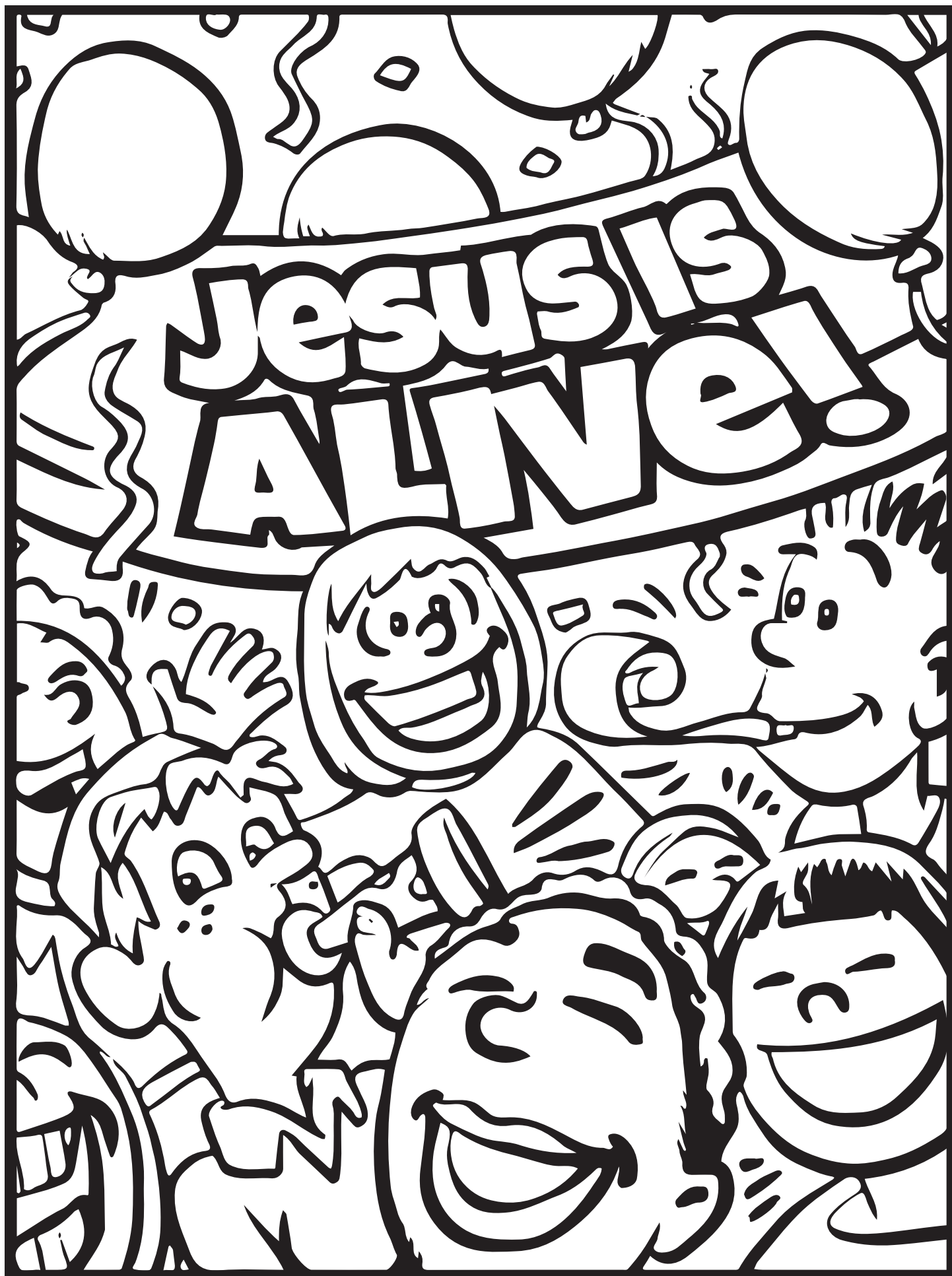
## Patiently Waiting

God is patiently waiting for you to be part of His family. Talk with an adult about what salvation is. Ask them what you can do to be saved and have a relationship with Jesus. If you are ready you can pray something like this:

**"Dear God, I know that I am a sinner. Thank You for sending Your Son, Jesus, to die on the cross for my sins. Please forgive me of all my sins. God, come into my heart and help me all my life. Thank You for saving me and allowing me to come to heaven when I die. I love You. In Jesus' name, Amen."**

If you've already decided to follow Jesus, think of someone who might be patiently waiting to hear from you about God and all He can do. Pray for them.

**LOOK** for ways to tell others about how Jesus died for their sins.



# PATIENCE

Waiting until later for what you want now



WEEK **2**  
K-1<sup>st</sup>

## 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...





# PATIENCE

Waiting until later for what you want now



WEEK **3**  
K-1<sup>st</sup>

## 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  
**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  
**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  
**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”.



# PATIENCE

Waiting until later for what you want now



WEEK **4**  
K-1<sup>st</sup>

**BOTTOM LINE:**

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

Read: Psalm 130:5

DAY

**1**

## Boxes of Patience

Fill in the boxes below with these words:  
**patient, endure, persevere.** Each letter gets a box.


**LOOK** for opportunities to be patient, endure something hard, and persevere when things get tough!

DAY

**2**

## Hide and Seek

Gather some friends or family together and play a few rounds of Hide and Seek! Practice using your patience skills while looking for your friends or being looked for! Sometimes it gets frustrating to wait and wait and wait, but remember that practicing patience helps us become better at being patient.

**ASK** God to help you be able to wait patiently for the things you want now.

DAY

**3**

## Fill up My Cup

Grab a cup and a clothespin or pencil. Kneel over the cup with the clothespin and try and drop the clothespin into the cup from kneeling height. Once you have mastered that, try it from standing height, and then standing on a chair (with adult supervision, of course!) and drop the clothespin from the new height! This might take a few tries so be patient and have fun!

**KNOW** that practicing patience helps it become easier.

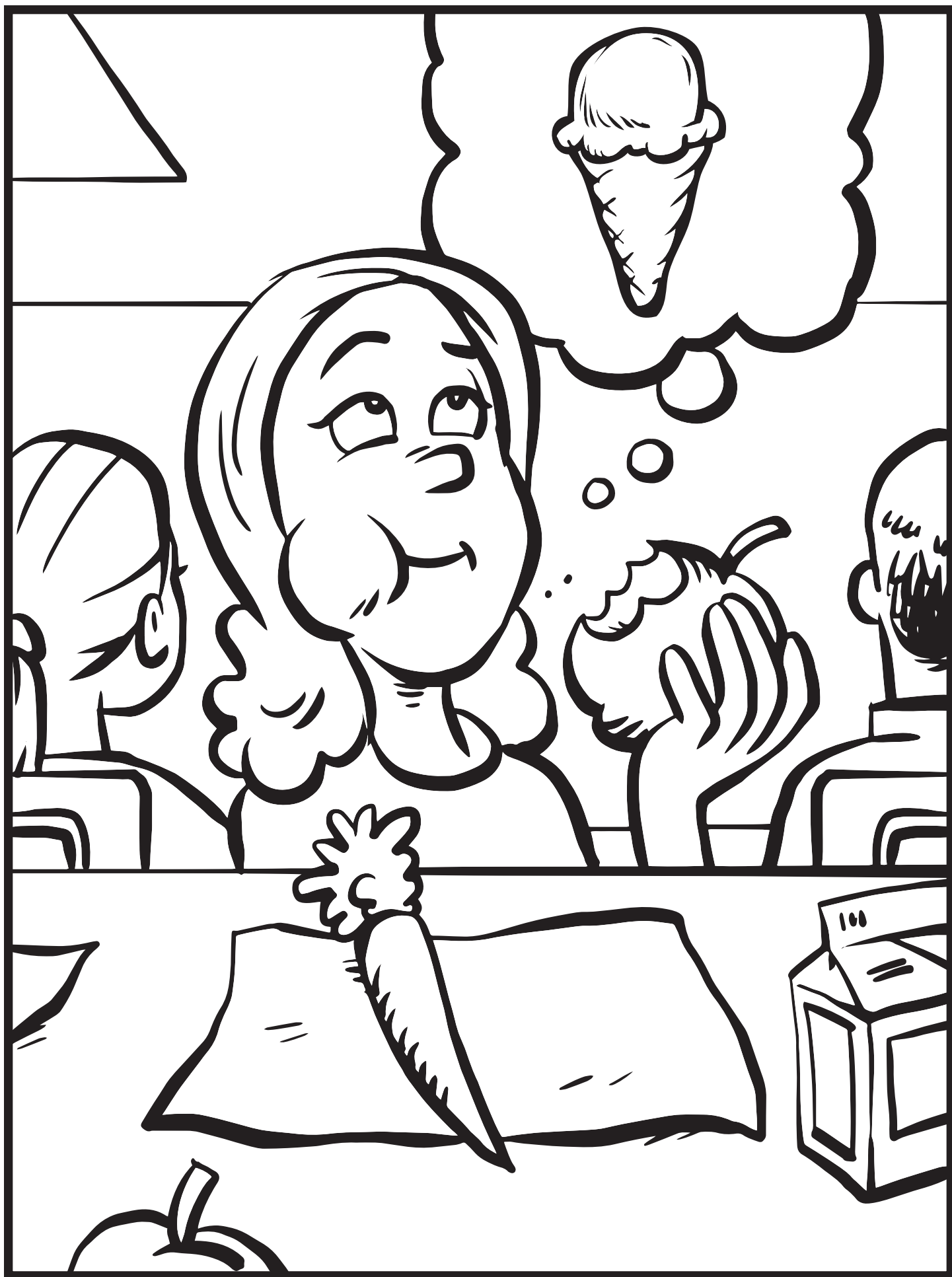
DAY

**4**

## Wait for the Lord

With some assistance, look up this week's Bible verse, **Psalm 130:5**. Work together so YOU can read the verse aloud. When we are just learning to read, it can possibly get frustrating. Stay patient and try your best to read this week's verse by yourself!

**THANK** God that He can help us grow in patience when we talk to Him.





# PATIENCE

Waiting until later for what you want now



WEEK **5**  
K-1<sup>st</sup>

**BOTTOM LINE:**

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

Read: Ecclesiastes 7:8

DAY  
**1**

## Waiting to Boil

Something that requires a lot of patience is allowing water to boil! Have an adult help you boil some water on the stove. Before you start, talk about how much time you think it will take for the water to boil. Will it take seconds, minutes, hours? Stand by and wait to see how long it takes, remember to be patient!

**ASK** God to help you with your patience to keep you from "boiling over" when you're impatient.

DAY  
**2**

## Picture Patience

Read through **Ecclesiastes 7:8** with someone. After you are done reading, draw a picture or talk about when waiting has paid off for you.

**ASK** God to give you opportunities to practice waiting for something better.

DAY  
**3**

## Would You Rather?

Grab someone to read and talk through the following scenarios. Talk about how sometimes waiting always ends up being better!

1. Would you rather one cookie now or a big slice of cake after dinner?
2. Would you rather watch a T.V. show now or your favorite movie later?
3. Would you rather get candy at the grocery store or an ice cream cone on the way home?

**LOOK** for times when waiting pays off and the ending is so much better!

DAY  
**4**

## He Will Wait

Whether we have to only wait a few minutes for water to boil, or wait weeks or even months for something we really want, know that God will always wait for us, no matter how long it takes. He wants us to be part of His family when we are ready! Let's pray and thank God for His patience with us.

"Dear God, Thank You so much for sending Your Son to die for us. I know that He came to earth and died for me so that I can have a relationship with You. Thank You for having patience with me all the time, Lord. I pray that I can continue to work on my patience and know it's better when I wait until later for what I want now. I love You, Lord. Amen."

**KNOW** that God is always going to be patient and wait for you.



Circle the  
foods that  
would be hard  
to wait for  
but worth  
the wait!

