



Every child is different and in a different place in their journey! Please use these ideas as appropriate for you, your child and your family.

PATIENCE

FAMILY *Devotional*,

ACTIVITY & TABLE TALK *Ideas*

Patience Building Activity: Ice Cream!

Needed Ingredients: 1 Tbsp sugar, 1/2 cup milk or half & half, 1/4 tsp vanilla, rock salt, ice, pint-sized resealable plastic bag, and quart-size resealable plastic bag.

Instructions: Put the sugar, milk, and vanilla in the pint bag and seal it very well. Put the ice, rock salt, and sealed bag of ingredients in the larger resealable bag.

Let your "patience maestro" (or child) rock, shake, roll, and toss his/her bag gently for about five minutes until a soft ice cream forms. Be sure to celebrate while you wait for your ice cream! Open the larger bags, remove the smaller bags, and enjoy.

Patience Building Activity: Baking

Bake some cookies or brownies together. While you are preparing the ingredients, discuss why patience is important in baking. We have to wait for the cookies to bake if we want to enjoy the treat and then we have to wait for them cool or you will burn your tongue! Talk together about why whether it's cookies or God's plan for your life, it's worth the wait!

Patience Building Activity: Waiting for the Reward

Together with your child(ren) come up with a reward if they can show some big patience this month. Make a patience chart with 10 boxes. Every time a family member sees your child(ren) showing patience, they get a check mark. Once the chart is full with 10 check marks, celebrate and give the reward!

Patience Building Activity: Snail Mail

It can be hard to wait for something like a letter because we are so used to hearing back from someone right away with a text or email. You might even start to think that they aren't going to write you back at all. Together as a family or each child individually, write a letter to someone special (try to think of someone you can count on to reply). In your letter, be sure to ask your pen pal to write a letter back!





Farmers: Experts on Waiting!

Grab your Bible and sit down next to a plant inside or tree outside.

Read James 5:7-8.

Family Discussion:

What are some ways that farmers need to wait? (waiting for rain, waiting for seeds to sprout, waiting for crops to grow)

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.

What are some things that we all need to wait for?

Discuss what can help us to remain strong and grow our faith while we are waiting.

Reading God's word, spending time with spiritual friendships, 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!

Prayer: 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.

With Us in the Waiting

Read Psalm 27:14

Family Discussion:

Have each family member name some things they have to wait for.

(Dinner, Your Birthday, Summer, The Weekend, etc.)

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 of the things you've listed above, pause and thank God for always being with you. Ask Him to help you wait.

Prayer: Ask God to help us remember to be patient in the times of waiting, remember that He is with us in the waiting and to ask Him for help while we wait.

