

### READ PROVERBS 14:29

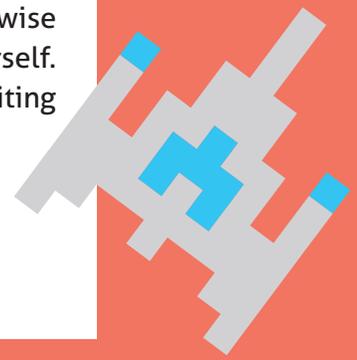
### DAY 1

Would you rather be known as someone who is wise or someone who is foolish?

Think about the last time you lost your cool. Maybe you yelled at your little brother or slammed the door to your room when you were frustrated. Do you know that the Bible says about that kind of reaction? Getting angry quickly makes you foolish. But anyone who chooses patience is wise with great understanding.

So how do you want to be remembered? Do you want people to see you as wise or foolish? The next time you're tempted to lose your patience, stop yourself. Ask God to help you make the wise choice instead of the foolish one. Waiting will always be a part of life. But you can make the wise choice instead of the foolish one. When you need to wait, ask God for patience.

**THANK** God for His Holy Spirit who will help you respond wisely with patience.



### READ EPHESIANS 4:2

### DAY 2

Match the times you have to wait with the times of day below.

Before school

You have to wait for dinner to be ready

At lunch

You have to wait for your turn on the swing

At recess

You have to wait for the bus

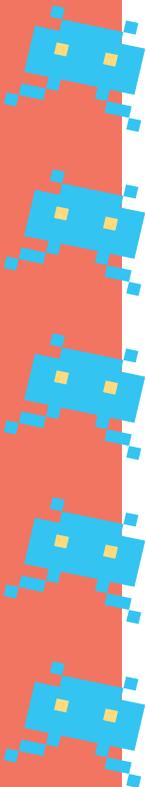
At the table

You have to wait in line

Waiting can be so frustrating. But learning to be patient in the waiting is important. In each of the situations above, you probably weren't alone. You were surrounded by classmates or friends or family members.

The way you respond to waiting affects the people around you. When you have to wait, don't be proud, as if you're too important to wait. Don't stomp your foot or force your way to the front. Be gentle. Take a deep breath and find something else to do while you wait. Instead of focusing on your own wait, focus on the people around you. And remember that when you ask, God will help you be patient.

**ASK** God to help you show patience when you have to wait.



## READ GALATIANS 6:9

## DAY 3

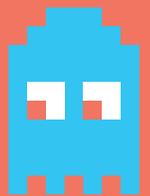
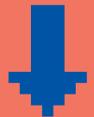
Do you play an instrument? What about a sport like gymnastics? Can you remember what it was like before you started? Maybe you saw someone play the piano or watched a gymnast at the Olympics and thought, "They make it look so easy. It can't be that hard." But playing an instrument or mastering a sport requires hard work and determination. It takes practice, consistently over time.

Patience is like that, too. We have to rely on God and ask Him to help us. In every situation, when we're tempted to push our way to the front, or get what we want the moment we want it, or to be the one in charge, we must stop and think of others first. It's the opposite of what we feel like doing. But, if we keep responding with patience, we will see results. Patience, practiced over time, leads to more patience.

Here's the challenge this week. Look for opportunities to practice patience. The more you practice, the more patience you'll find. But remember, you're not alone. God's Holy Spirit will help you.

**LOOK** for opportunities to practice patience this week.

When you need  
to wait, ask God  
for patience.



## READ PROVERBS 16:32

## DAY 4

When was the last time you got into a fight with someone close to you, like your brother or sister? This morning? Five minutes ago?

No matter how hard you try, sometimes being patient with the people closest to us is harder than being patient with complete strangers! Why? Well, for one thing, you spend more time with your family so there are more opportunities for your patience to be tested.

Today's verse reminds us that there are better ways to solve our disagreements. Because fighting never solves things. It just makes things worse. The next time your family is together for a meal, read today's verse out loud and then discuss the following questions.

1. When was the last time you were impatient with someone at this table?
2. Did you fight or control your temper? What happened?
3. Why do you think that patience is better than fighting?
4. The next time you have a disagreement or become frustrated, what could you do to stop the fight so you can respond in patience?

**KNOW** that patience is always better than fighting.

