

Patience is waiting until later for what you want now.

Read: Lamentations 3: 24-26



DAY

1

Remember When

In this week's story, we learned how the Israelites quickly forgot all God had done. A good way to remember the good God has done is to tell others about it. With a friend or family member, talk about the times that God has been good to you.

THANK God for the good things in your life.

DAY

2

Freeze!

Play a game of freeze dance! Once the music stops, freeze and wait for it to start again! Whoever is "freezing" the music, allow for long pauses, along with some shorter ones!

ASK God for patience.



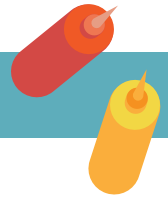
DAY

3

Gather a Crop

Read Lamentations 3: 24-26. Ask your adult or look up what this verse means. After your chat, draw a picture to help you remember this verse. Maybe draw symbols or emojis to represent different parts of the verse. Look back at this picture to help you remember this verse.

LOOK for ways to wait well.



DAY

4

What Is True

When you have to wait, remember what's true. Talk to God about the things that are true. Ask God to remind you of these things when you have to wait. You can pray your own prayer or something like this:

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 "Dear God, You have put so much good in my life. I pray that you can help me to see it and know You are good. Help me to remember the things that I have waited for and how You provided. I love you. Amen."  
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KNOW that God cares for you and will give you what you need.

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





Patience is waiting until later for what you want now.

DAY 1

Read Nehemiah 9:17–18

Can you imagine creating a gold statute with your own hands and then bowing down to pray to it? Can you imagine singing worship songs to your soccer trophy? Sounds easy to say no.

BUT not so fast...The Israelites aren't all that different from you and me. We are all pretty impatient people—especially when we're hungry or tired. When you have to wait, you can become a whole different person. An angry, easily bugged, not-so-nice version of yourself.

But guess what? Even when you become that angry, impatient person, God is still patient with you. God is tender and kind. God is slow to anger and won't leave you, just like God didn't leave the Israelites.

Talk To God

Find something you really love at home. Write on a sticky note, "Talk to God!" and stick it on your favorite thing. Each time you look at it this week, say a quick prayer asking God to help you show patience this week.

DAY 2

Read Psalm 130:5

Guess what? You can't always get what you want the minute you want it. Don't believe me? Think of something you want right this instant. Now snap your fingers. Did you get it? Probably not.

When you have to wait, how do you normally handle it? Do you whine or complain or stomp your feet and scream?

What if you stopped to think about what's true? The *truth* is God is with you while you wait. You might even find that God has something better in store. Maybe in trusting God, you see that the thing you were waiting for wasn't really the best after all. Or maybe, waiting might help you pray and spend more time with God.

Missing Vowels

Fill in the missing vowels in today's verse. Then read it aloud as a prayer, remembering that God is with you, ready to help.

"W.....thll my h.....rt w.....t
f.....r th..... L.....rd t..... h.....lp m.....
p.....t my h.....p.....n h.....s w.....rd."

Ps.....lm 130:5, NlrV

Answer key: "With all my heart I wait for the Lord to help me. I put my hope in his word." Psalm 130:5, NlrV



DAY 3

Read Psalm 33:20–22

Have you ever seen a picture of a knight? What does a knight typically wear? Yep— a suit of armor. And what did he carry? That's right! A sword and a shield. The sword was for fighting. The shield was for protection.

No matter what you face, God is with you. When you become impatient about how things will work out, just remember that God is like a shield that keeps you safe. No matter what happens, nothing and no one can separate you from God's love. You can put your hope in God.

Wield a Shield

Grab a piece of paper and draw a simple outline of a shield. Across the front of the shield, write the word "PATIENCE" in large block letters. Decorate your shield and then hang it on your mirror to remind you that God is like a shield. Trust in God and you will receive help to wait patiently.

DAY 4

Read Colossians 3:12

When you read this verse, did you think, "Yeah, God, but you don't know about so and so at school. He's so mean. You want me to be gentle and patient with that guy? And have you met my little brother? He always breaks things and messes with my stuff. It drives me crazy!"

Sound familiar?

The truth is, if we always chose to treat people the way they treat us, this world would be a pretty crazy place. Because you are dearly loved, you should treat people that way too. Because you have been chosen by God, you can show kindness and patience to others.

Clothed with a Patience

Grab a jacket or hoodie you wear almost every day. Grab some tape and write the word "patience" on it. Place this patience tag inside your jacket to remind you to clothe yourself with patience. When you wear it, ask God to help you treat others with patience—the way God always treats you.



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

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?

Handwriting lines for journaling the answer to the question.



Day 1

After watching, write one thing that:

Visit cornwallchurch.com/children to watch this week's Bible story.

Even if you already saw it at church, feel free to check it out again!

1. You liked:

2. You learned:

3. You'd like to know:

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. . .