

**First, watch
this week's
video!**

**Make Waves:
What you
do today
can change
the world
around you**

Memory Verse

"The fruit the Holy Spirit produces is love, joy and peace. It is being patient, kind and good. It is being faithful and gentle and having control of oneself." Galatians 5:22-23a, NIV

Bible Story

Patience Principle
Proverbs 15:18

Bottom Line

Be patient with
each other.

Use this guide to help your family learn how God's Spirit can help us "make waves."

Activity

Patiently Racing

What You Need:

Spoon, egg(s), painter's or masking tape

What You Do:

Use the tape to mark start and finish lines on the floor. Note: This needs to be a floor that can be easily cleaned, like wood, tile, or linoleum—or go outside if you can. Leave about 20 feet in between the two lines, if possible.

Next, place your child at the starting line. Hand them a spoon and place an egg on it. Say, "You have to race from here to the finish line without dropping the egg. If you drop the egg, you have to come back, get a new egg, and start over."

When your child finishes, say, "You probably had to move a lot slower than you normally would in a race, right? That's because you had to be patient so you didn't drop the egg."



Talk About the Bible Story

What are some situations where you tend to lose your patience?

Do you have particular people in your life with whom it's extra-difficult to have patience?

Why is it so important for us to be patient with each other?

What are some ways that you can help yourself calm down when you're getting impatient or upset?

Parent: Share about when you've had to be patient with someone. Talk about what you did to help yourself be patient.



Prayer

Use this prayer as a guide, either after talking about the Bible story or sometime before bed tonight:

"God, thank You for giving us the help of Your Spirit so we can be patient with other people. Please help us choose patience, no matter what's going on this week. Thank You for being patient with us when we don't get it right. We love You, and we pray these things in Jesus' name. Amen."



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Key Question

What can you do when you're feeling impatient?

Use this guide to help your family learn how God's Spirit can help us "make waves."

Activity

Puzzle It Out

What You Need:

Puzzle (100 pieces or less)

What You Do:

Spread the pieces of the puzzle out, and invite your child to work with you to put the puzzle together.

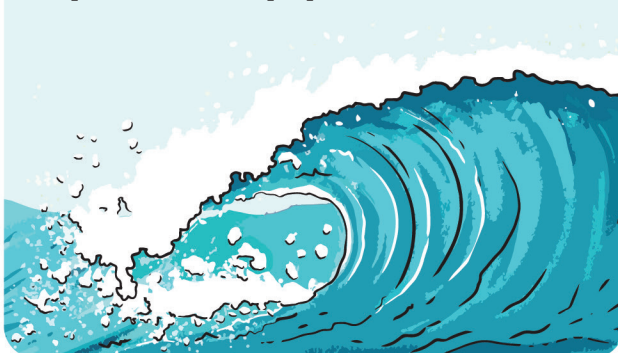
While you're working on the puzzle, ask some questions to spark conversation:

- What was the best thing that happened to you this week?
- What's something you're looking forward to?
- Do you miss anything about being at school?

If the two of you are able to put the puzzle together, commend your child for their accomplishment. Tell your child that it takes a great amount of patience to work on puzzles, especially when you're working together.

If it seems like you won't have enough time to finish the puzzle in one sitting, take the opportunity to recognize how much patience it takes to work on puzzles. Then, pick a time to return to the puzzle together.

Say, "Puzzles definitely take a lot of patience! Today, we looked at a Proverb that reminds us why we should be patient with other people."



Talk About the Bible Story

What are some situations where you tend to lose your patience?

Do you have particular people in your life with whom it's extra-difficult to have patience?

Why is it so important for us to be patient with each other?

What are some ways that you can help yourself calm down when you're getting impatient or upset?

Parent: Share with your child about some strategies you use when you need to have patience in trying situations—specifically when you need to be patient with other people.

Prayer

Use this prayer as a guide, either after talking about the Bible story or sometime before bed tonight:

"Dear God, we are so thankful that You are patient with us all the time. Help us all follow Your example as we encounter situations that cause us to become impatient. Help us encourage each other when we see each other struggling to be patient. We love You so much, God. In Jesus' name we pray. Amen."