

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

Read: Ephesians 4:2



DAY

1

Ready, Set, Wait

With the help of an adult, cook or bake something! While you are waiting for your food to be done, practice patience. Think of some fun things you can do while you are patiently waiting for your food to cook.

KNOW that patience always pays off.

DAY

2

Hide and Seek!

With a friend or family member, play hide and seek. Use this game to help you practice patience with others. You might have to patiently wait for your turn or patiently wait to be found. Whatever you are waiting for, do it patiently and consider others.

ASK God to help you wait patiently for others.

DAY

3

Take Turns with Patience

Look up this week's verse with a friend. Take turns reading the verse together and apart. Say the verse alone, allow your friend to say the verse alone, say it together, then take turns saying a word of the verse.

Taking turns is a way of practicing patience.

LOOK for ways that you can be more patient with those around you.

DAY

4

Patience

There are times when we need to be patient after we ask God for something. Spend some time talking to God about what you want. Then, work on being patient for an answer.

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 "Dear God, I pray that I can learn patience. I pray that You can help me when it gets hard and that You can show me that I have the strength to wait. I pray for \_\_\_\_\_. Please help me wait patiently for Your answer. Amen"  
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THANK God for helping you be patient.

Be patient with each other.



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

DAY 1

Read Proverbs 14:29

Soda Explosion

With an adult's permission, grab a bottle of soda from the kitchen and head outside. Shake up the bottle for 15 seconds and then with your arms extended away from you, open the bottle.

What happened? Did the soda explode everywhere?

Sometimes we can be just like that exploding bottle of soda. One thing after another happens that makes us angry. And all that anger eventually comes out in one big explosion. When we let that anger out in an unhealthy way, (like yelling or hitting or kicking or breaking something) people around us can get hurt.

That's why patience is so important. Because when we respond with patience, we avoid a big blow up. And as our verse reminds us, we won't look foolish! So, this week, if you find yourself getting frustrated, ask God to help you calm down so you can respond with patience instead. Because patience is way better than being covered in sticky soda!

DAY 2

Read Ephesians 4:2

Have you ever held a newborn baby? You have to be very gentle and careful. Because a baby's bones aren't completely formed yet, they cannot hold up their heads on their own. So when you hold a baby, you have to be careful to support his little head. And if the baby is sleeping, you want to be very quiet and still so you don't wake him up!

Picture patience like that sleeping baby. When it comes to how we treat others, we need to be gentle. We need to be careful not to say or do something we don't mean. When we feel ourselves getting frustrated, it's good to stop and think about a better way to respond so that we don't do or say something we'll regret. Just like you wouldn't want to do anything to hurt that sweet sleeping baby, we need to be careful and gentle with others as we show patience.

Find something soft like a pillow, cotton ball or feather. Write out the words of today's verse on a card and set it next to the item you've selected as a reminder to **be gentle and patient with the people around you this week.**

DAY 3

Read Luke 6:31

Do you know who spoke the words in today's verse? Jesus! When it comes to how we should treat others, Jesus was very clear. This one big idea—treating others the way you want to be treated—is the key to being a good friend.

Think about it. Do you like it when someone is impatient with you? When someone tells you to hurry up? When someone interrupts you? No! No one likes to be treated that way. If you want to have good friends who are patient with you, you need to be patient too!

Say it FIVE Times

This week, when you feel your impatience kicking in, stop and say the phrase below five times out loud or in your head. Each time you repeat it, say it just a little bit more slowly. This will give you time to calm down and respond in a more patient way. When we treat others the way we want to be treated, we'll always choose patience.

"I should treat others the way I want to be treated."

DAY 4

Read Proverbs 16:32

A Picture of Patience

Think about a mighty warrior, dressed for battle. Picture someone strong, brave, a leader worth following. Grab a piece of paper and draw that warrior.

Now imagine you as a 2nd or 3rd grader being tougher than that mighty warrior. Does that seem possible?

It is when you are patient with others. When you hold your tongue instead of saying something unkind, when you take a deep breath and count to 10 before you hit your brother back, when you choose to be patient and kind, you are showing more strength than a mighty warrior. A person who controls their temper is greater than any military hero.

Showing patience is harder than capturing a city. But there is good news. God has given us the Holy Spirit to help us! This week, when you're tempted to respond in anger or impatience, stop and think about that mighty warrior. Remember our verse today and ask God to help you make waves of patience.

Be patient with each other.

Journal

Spend some time thinking about the question below and journal your thoughts or share them with a parent.

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June
2022

Week Four
4th-5th



Day 1

After watching, write one thing that:

1. You liked:

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Go to bit.ly/SundaysAtHomePreteen and watch this week's episode of The So & So Show.

2. You learned:

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

3. You'd like to know:

.....



A Devotional on what it means to "Make Waves"
FOR AN everyday faith.

Day 2

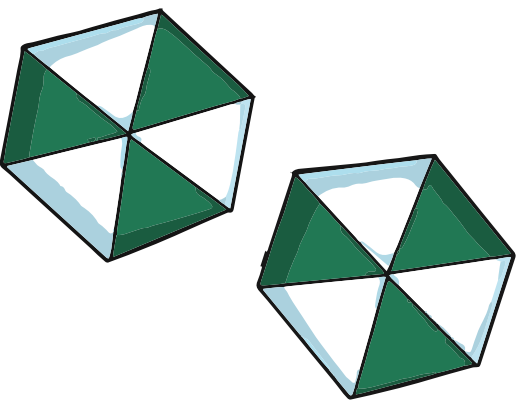
Read Proverbs 15:18

Read Proverbs 15:18 and come up with a way to bring the verse to life, visually. If you like to draw or paint, make an illustration or painting that depicts this truth (it could be a literal example, or something more abstract).

If you're more of an active person, come up with hand motions or body movements that you can do while you say the verse out loud.

Or if you like to sing or play an instrument, come up with a melody that you can put the words of Proverbs 15:18 to—or create a new instrumental song that reminds you of the emotions represented in the song.

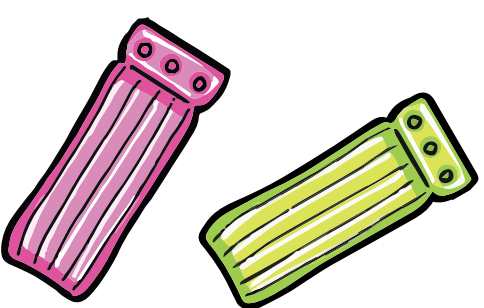
If you've created artwork, hold on to it. If you've written a song, find a device to record it, and if you came up with motions, write them down—that way you won't forget them. You'll use them later this week!



Day 4

Find a friend or family member who you know follows God, and share your Proverbs 15:18 creation from earlier this week with them.

First share it with them, then read Proverbs 15:18, and together, discuss how your creation represents the truth found in the verse. Talk about the things that make you impatient, and share ways that each of you have found to choose patience, even in the heat of the moment.



Day 3

Move this prayer time into the bathroom.

If you have a tub, fill it up with a couple of inches of water. If not, put the stopper in your sink and fill your sink up with a few inches of water.

Think about some things that make you really impatient—things that get under your skin and frustrate you. As you think about these things, swirl the water around again and again, stirring up the waves of conflict. Then close your eyes and ask God to help you be patient in each of those situations, describing them and asking God for patience in each case.

Now, open your eyes and look at the swirling water you made earlier. It's already a lot calmer, isn't it? Simply taking a deep breath and talking to God makes choosing patience a lot easier!

Day 5

What can you do when you're feeling impatient?

It's good to have a game plan of things you can do if you're feeling impatient. On the list of ideas below, number them from 1-10 in the order you feel they would be most helpful for you. Then gather whatever supplies you need to get 2-3 options ready to go to boost your patience whenever you need to!

- ☐ Close your eyes and take several deep breaths
- ☐ Color in a coloring book or free draw
- ☐ Pray and ask God for help
- ☐ Punch a pillow
- ☐ Repeat the words of Proverbs 15:18
- ☐ Kick a soccer ball around
- ☐ Talk to a trusted friend