

First, watch  
this week's  
video!

**Patience:**  
Waiting until  
later for what  
you want now

### Memory Verse

Wait for the Lord.  
Be strong and  
don't lose hope.  
Wait for the Lord.  
Psalm 27:14, NIV

### Bible Story

Golden Calf  
Exodus 32:1-35

### Bottom Line

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

Use this guide to help your family learn how  
God can help us to be patient.

## Activity

### Freeze Dance

#### What You Need:

Two sheets of paper, writing utensil(s)  
(optional: red and green), music

#### What You Do:

Write down the word "STOP" on one  
piece of paper. Write the word "GO"  
on the other. If your child needs help  
reading, use red marker or crayon  
on the "STOP" sign and green on the  
"GO" sign to help them out.

(Have a fun, upbeat song ready to  
play.)

Say, "We're going to play Freeze  
Dance. I'll hold up the 'GO' sign.  
When I do that, show me your best,  
silliest, wildest dance. Then, when  
I hold up the 'STOP' sign, freeze in  
whatever position you're in. You have  
to hold that position and wait until  
I hold up the 'GO' sign. Then, start  
dancing again! Ready?"

Play the music. Alternate between  
the 'GO' and 'STOP' signs for the  
duration of the song. Challenge your  
child to wait as long as they can in  
their frozen pose. If they do lose their  
pose, laugh with them and encourage  
them to start dancing again!

After the game, ask your child,  
"When you were frozen and waiting  
for the 'GO' sign, what were you  
thinking about?"

## Talk About the Bible Story

Do you remember what the Israelites did when  
they were waiting on Moses? (*They whined and  
complained.*)

What should the Israelites have been thinking about  
instead of complaining while they were waiting?  
(*they should have remembered  
that God had promised to give them a new land;  
they should have trusted Moses to come back and  
lead them.*)

When have you acted like the Israelites when you  
were waiting on something?

What are some things you believe, without a doubt,  
to be true about God?

*Parents, share a time where you had to remember  
what was true while you waited.*

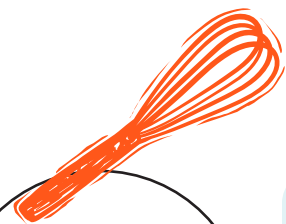


## Prayer

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

"Dear God, it's so good to know that we can trust in You  
and talk to You whenever we want to. When we start  
feeling impatient, please help us to turn our attitude  
around. Help us to remember what is true about You.  
Please give us what we need to follow You in the things  
we say and do. Amen."

# Bake Off: It's Worth The Wait



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## Activity

### Waiting Well

#### What You Need:

Several note cards and a writing utensil

#### What You Do:

Sit down with your child. Ask them to name a few situations when it feels difficult for them to wait. Then, think of a few of your own. Write down each situation on its own note card. Try to come up with three to five cards for each of you.

Then, switch cards. Flip them over and write down one way to wait patiently in each situation. (You're suggesting solutions for your child, and they're suggesting solutions for you.)

Next, read aloud each situation and solution. Discuss one another's suggestions. Challenge your child to remember that they have a choice in how they wait. And remember, the same is true for you!



## Talk About the Bible Story

Out of all the situations we just talked about, which one is the most difficult for you to handle with patience?

Do you remember what the Israelites did when they were waiting on Moses? (*They whined and complained and grew hopeless.*)

What should the Israelites have been thinking about instead of complaining while they were waiting? (*They should have remembered that God had promised to give them a new land; they should have trusted Moses to come back and lead them.*)

When have you acted like the Israelites when you were waiting on something?

What are some things you believe, without a doubt, to be true about God?

What can you think about when it's hard to wait?

Ask your child, "When have you noticed me being impatient? In those times, how do you think I can remember what's true?"

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### Key Question

What can you  
think about when  
it's hard to wait?

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the Bible story or sometime before bed tonight:

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