



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, NIRV

Bible Story

Esau's Impatience
Genesis 25:24-34

Bottom Line

If you don't wait,
it could cost you.

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

Activity

Worth the Wait

What You Need:

Something to bake (and the required ingredients)—muffins, bread, cake, etc. This can be anything that requires time to bake to be edible.

What You Do:

Set up your kitchen with what you're going to bake. If you have time, go ahead and measure out all the ingredients.

Tell your child that they're going to be a baker today. Walk your child through combining the ingredients correctly. But before you fully combine them, pause and ask, "What do you think this would taste like if we were to eat a spoonful of it right now?" (Gross! Yucky!)

Then finish, combining the ingredients per the directions.

Once your treat is in the oven, have your child (or help your child) set a timer. Say, "We have to wait [AMOUNT OF TIME] until it's ready." Then, complete the Talk About the Bible Story section while you wait. Prompt your child to check the timer periodically. If there's time, ask your child to help you do the dishes. Once the timer goes off, take your treat out of the oven.

Say, "Now we have to wait for it to cool off before we eat it!"

Talk About the Bible Story

If we were to eat our treat before it's ready to be eaten, what might happen? (*It would taste bad, burn our mouths, make us sick.*)

Who had trouble waiting in our story today? (*Esau*)

When Esau didn't wait, what did it cost him? (*his birthright as the firstborn son*)

Why do you think waiting is so hard for everybody—adults included?

When was the last time you didn't wait with a good attitude?

Parent: Talk about a time when not waiting cost you something.



Prayer

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

"Dear God, we need Your help. Waiting isn't always easy, but we know that it's much better to wait on You than to face the consequences of losing our cool. Let us learn from Esau's foolish and impatient choice. When we think we can't wait, help us to stop and remember what it might cost us if we don't wait patiently. In Jesus' name, amen."

Bake Off: It's Worth The Wait



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Key Question

What could you
miss out on by
not waiting?

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

Activity

I'm So Hungry . . .

What You Need:

No supplies needed.

What You Do:

You and your child will take turns adding foods to a numbered list, then repeating all of the previous items and amounts.

Say, "We're going to take turns going through the entire alphabet and the numbers 1-26, saying, 'I'm so hungry I could eat _____.' You fill in the blank by naming a food that starts with the correct letter and the correct number. For example: one apple. One, because A is the first letter of the alphabet. B will be two, C is three, and so on.

"When it's your turn, you also have to remember all the foods that came before. For example, if we're on letter D, you'd say something like, 'I'm so hungry I could eat one apple, two bananas, three cakes, and four dumplings!' So, by the time we get to Z, we'll try to repeat the entire alphabet—including all the numbers AND foods that came before. Ready?"

(Play the game.)

Talk About the Bible Story

In our story, what did Esau have trouble waiting for?
(something to eat)

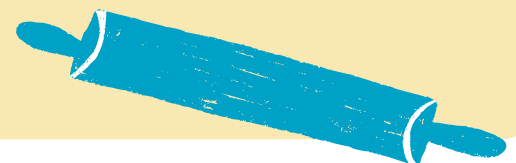
When Esau didn't wait, what did it cost him? *(his birthright as the firstborn son)*

Why do you think waiting is so hard for everybody—
adults included?

What might be an upside or benefit of being
patient?

What are some situations in which you'd like to do
better at waiting with a good attitude?

*Parent: Talk about a time when not waiting cost you
something.*



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