

# Patience is waiting until later for what you want now.

## DAY 1

### Read Philippians 4:6

Have you ever been really worried about something? Sometimes when we worry, we want to try to rush ahead and fix things on our own. We can become impatient, which just leads to more and more worry.

One BIG thing to remember when you become worried is that God is with you while you wait. No problem is too big or too small for God. God wants to turn our worry into trust—believing that when we tell God our worries, God will answer us. The answer might not come immediately. It might require some patience and waiting on our end. But even in the waiting, God is in control.

Name something you're worried about right now. Tell God about it. Ask God to show you what to do in this situation. Then thank God for listening.

## DAY 2

### Read Lamentations 3:25

Do you ever look at the people around you and think, "Well, he's impatient with me! Why should I be patient with him?" If you look to others around you for examples of patience, you may end up pretty disappointed. But there is someone who is always patient, no matter what.

There's no one better at showing patience than God. Every time you mess up, every time you do something you're not supposed to do, God is willing to forgive you. We can always count on God to be good and patient, especially when we choose to follow God.

The next time you find yourself in a situation that requires extra patience, stop and ask God to help you! Then thank God for always being patient with you.

### Patience Jar Checkup

How is your family doing with the patience jar challenge? Spend some time praying together as a family at bedtime. Name some ways God is patient with you and ask God to help you show patience with one another.

DAY 3

## Read Psalm 27:14

Waiting takes strength. It takes self-control. It takes patience.

If want to be strong, you have to learn to have patience. You have to decide that what you're waiting for is worth it! And you have to trust that at the right time, God will provide everything that you need. God loves you more than anyone or anything. And God can help you stay strong and show real patience while you wait.

### Patience Work Out

Try some strength training exercises as you learn this verse. Write out each word of the verse on an index card. Place the cards a foot apart and jump from one card to the next, saying the words of the verse over and over. How many times can you jump and say the verse without stopping? Five times? Seven times? See if you can jump and say the verse ten times in a row!

DAY 4

## Read Micah 7:7

When will it be my turn? What do you mean I have to wait till I'm older? How come he gets to do it just because he's bigger?

When you think you can't wait, it's important to remember who is really in charge. God made you. God loves you and doesn't want you to miss any part of growing up. If you could do everything you wanted to RIGHT now, there wouldn't be much of anything worth waiting for. Growing and learning and waiting are all part of God's plan for each of us.

### Make a List

What are some things you can be thankful for in your life RIGHT now? Make a list of the things that make being a kid pretty awesome. Ask God to help you enjoy where you are right now instead of being impatient about what you think you can't wait for.

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while you wait.