

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

WEEK  
2  
2ND-3RD

DAY 1

## Read Psalm 40:1

Waiting is hard! And if we had a choice, we'd all probably choose to skip the waiting altogether.

This month is all about patience which is waiting until later for what you want now. When it comes to waiting, there are a lot of things you can do to help you while you wait. One of the biggest things you can do is to remember what's true! When we're frustrated with waiting, we can turn to God. We can ask Him to help us. And when we do, we can know for sure that He hears us and that He cares.

### So, how about a little patience challenge!

Grab a clear container and several small objects like pennies, beads, or pom poms. Every time you see someone in your family practicing patience (or anytime someone sees you practicing patience) put one penny in the jar. But anytime you see someone not practicing patience, take two pennies out! Remember, anyone can put a penny in, so you need to practice patience with everyone, including your little sister. At the end of the month, check your patience level!

DAY 2

## Read James 5:7-8

If there's one thing a farmer is an expert on, it's waiting! In Bible times, farmers waited for the fall rains to soften the soil to make it good for planting and to help the seed begin to sprout and grow. Then, they waited for spring rains to come and water those crops almost ready for harvest! No matter how much you might want to skip the waiting, farmers know you can't plant and reap (gather the crops) on the same day!

When it comes to waiting, we need to be like a farmer. While we wait, we can remain strong and grow our faith by doing exactly what you're doing right now! Reading God's word, hanging out with our small group to talk about God, praying and telling God how we feel and making wise choices that honor God and others are all ways we can grow in our faith!

Grab your Bible and sit down next to a plant inside or tree outside. Read today's verse out loud. **Ask God to help you have patience and remember that He is with you and that He will help you grow in faith every day as you follow Him.**

PARENT CUE

DAY 3

### Read Colossians 3:12

Do you remember what the golden rule says? Does it say, “Treat others the way they treat you?” Nope. If we always chose to treat people the way they treat us, this world would be a pretty scary place.

God has a better way. He asks us to treat others the way we want to be treated. Because you are dearly loved, because God always treats you with patience and love, you should treat others that way too. Even when it’s super hard to show patience, remember the truth that you—no matter what choices you make—are dearly loved by God.

Grab the shoes you wear each day to school. On a piece of tape, write the word “patience.” Place this patience tag on the inside of your shoe to remind you to clothe yourself with patience. **As you lace up those shoes each morning, ask God to help you treat others with patience; the way He always treats you.**

DAY 4

### Read Nehemiah 9:17-18

This week’s story from the Bible is pretty crazy! Can you imagine melting down your gold jewelry to make a statue of a calf and then choosing to bow down and pray to it? Can you imagine singing worship songs to your soccer trophy? Crazy, right?

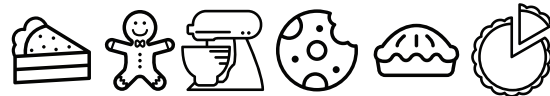
The truth is, those golden calf creating Israelites aren’t all that different from us. We get impatient and try to take matters into our own hands too! When we don’t want to wait, we can do things and say things that we know aren’t loving or kind.

Read the very last sentence of verse 18. Did you catch God’s response? Even when they messed up, God didn’t desert the Israelites. God is tender and kind, slow to get angry and full of love. Even when you become angry or impatient, God is patient with you. It’s so important to remember what’s true about God when you think you can’t wait!

Find a trophy or a valuable object in your home. **Each time you see it this week, ask God to help you remember to be patient and that He loves you, no matter what.**

*When you think you can't wait,  
remember what's true.*

# Patience DECODER



— Psalm 27:14, NIV

## KEY



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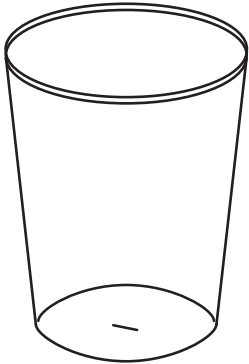


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# "Back in the Jar!"

Build patience by seeing how long it takes you to get the ball back in the jar!

**1**



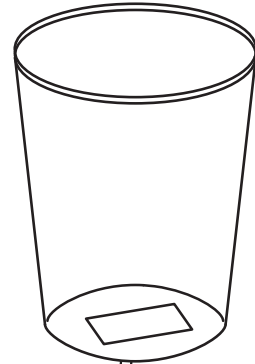
Cut a small hole in the bottom of the cup.

**2**



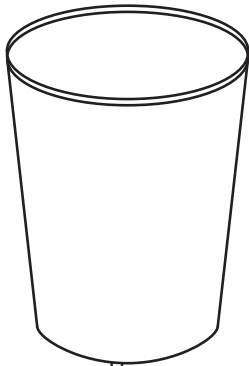
Insert yarn through the hole from the outside.

**3**



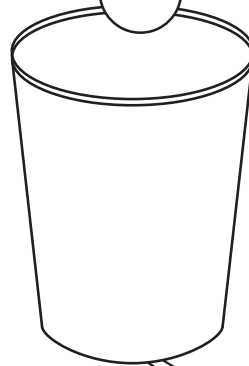
Secure the yarn inside the cup with a small piece of tape.

**4**



Wrap the other end of the yarn around the ping pong ball and secure it with tape.

**5**



Holding the cup, swing ball into the air and attempt to land it in the cup.

# RECIPE

# EASY BISCUITS

## Ingredients

- 2 cups all-purpose flour
- 3 teaspoons baking powder
- 1 teaspoon salt
- 1/3 cup cold butter, cubed
- 2/3 cup 2% milk

## Directions

1. Preheat oven to 450° F.
2. In a large bowl, whisk together the flour, baking powder, and salt.
3. Add in the cubed butter until the mixture resembles coarse crumbs.
4. Add the milk. Stir just until moistened.
5. Turn onto a lightly floured surface. Knead gently 8-10 times. Pat dough to 1/2-inch thickness.
6. Cut with a 2½-inch biscuit cutter.
7. Place 1 inch apart on an ungreased baking sheet.
8. Bake until golden brown: 10-15 minutes.
9. Serve warm.

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### What to Do:

Practice baking with your child and talk about reward of patience.

We can't have baked goods if we don't wait for them to bake and put the time and effort into making the batter!

# RECIPE

# CHOCOLATE CHIP COOKIES

## Ingredients

- 1/2 cup butter
- 1/2 cup granulated sugar
- 1/4 cup brown sugar (packed)
- 2 teaspoons vanilla extract
- 1 large egg
- 1 3/4 cups all-purpose flour
- 1/2 teaspoons baking soda
- 1/2 teaspoon kosher salt
- 1 cup semisweet chocolate chips

## Directions

1. Preheat the oven to 350° F.
2. In a large bowl, mix butter with the sugars until well combined.
3. Stir in vanilla and egg until incorporated.
4. Add the flour, baking soda, and salt.
5. Mix dough until just combined. Dough should be soft and a little sticky, but not overly sticky.
6. Stir in chocolate chips.
7. Scoop out 1 1/2 tablespoons of dough. Place 2 inches apart on a baking sheet.
8. Bake for 7-10 minutes or until cookies are set.

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# RECIPE

# CHOCOLATE CAKE

## Ingredients

- 2 cups sugar
- 1 3/4 cups flour
- 3/4 cup cocoa powder
- 1 1/2 teaspoons baking powder
- 2 teaspoons baking soda
- 1/2 teaspoon salt
- 2 eggs
- 1 cup milk
- 1/2 cup vegetable oil
- 1 teaspoon vanilla extract
- 1 cup boiling water

## Directions

1. Preheat oven to 350° F.
2. Grease and flour a baking pan.
3. In a large bowl, combine sugar, flour, cocoa, baking powder, baking soda, and salt.
4. Add eggs, milk, oil, and vanilla to dry mixture.
5. Mix with an electric mixer on medium.
6. Gently mix in boiling water.
7. Pour into pan and bake.
8. Cool on wire rack.

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# RECIPE

# MAC AND CHEESE

## Ingredients

- 8 ounces of elbow macaroni, uncooked
- Cheese Sauce:
  - 2 tablespoons butter
  - 2 tablespoons all-purpose flour
  - $\frac{1}{2}$  teaspoon sea salt
  - $\frac{1}{4}$  teaspoon garlic powder (optional, but recommended)
  - 1 cup whole milk
  - $\frac{1}{4}$  cup sour cream or Greek yogurt
  - 2 cups shredded cheddar cheese

## Directions

### *Make the elbow pasta:*

1. Cook elbow macaroni according to package instructions.
2. Be sure to add  $\frac{1}{4}$  tsp salt to the water.
3. Drain and set aside.

### *Make the cheese sauce:*

1. Mix flour, sea salt, and garlic powder together in a small bowl. Set aside.
2. In a medium saucepan over medium heat, melt the butter.
3. Add flour mixture and whisk to combine.
4. Cook for 1 minute until mixture is slightly brown.
5. Add 1 cup milk and whisk until the mixture is smooth.
6. Add sour cream or Greek yogurt and whisk until smooth.
7. Cook on medium-high heat until the mixture thickens (about 3-5 minutes). Do not let it boil.
8. Once mixture is thick (sticks to the back of the spatula), reduce heat to low and add cheese.
9. Whisk until cheese melts and mixture is smooth.
10. Taste and add more salt/seasoning if desired.
11. Add cooked pasta to the pot of cheese sauce.
12. Stir until the sauce is evenly distributed.
13. Let mac and cheese cool for 3-5 minutes or until the cheese sauce thickens a little bit and sticks to the noodles.
14. Serve warm.

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