

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

WHAT CAN YOU THINK ABOUT WHEN IT'S HARD TO WAIT?

Lined writing area for journaling.



Day 1

Go to Studio252.tv and watch this week's episode of The So & So Show.

Click on Fun2Watch! then The So & So Show.

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

SO & SO TOP 3

After watching, write one thing that:

1. You liked:

2. You learned:

3. You'd like to know:

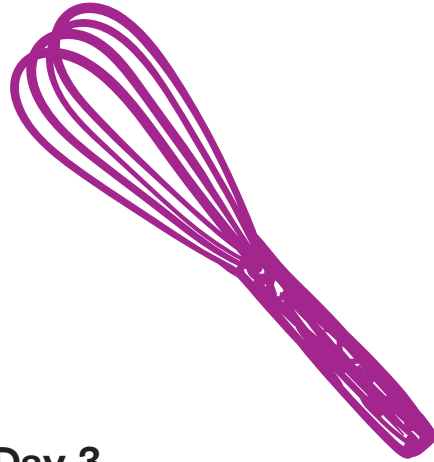
## Day 2

### Read Exodus 32:1-20

As you read Exodus 32:1-20, use emojis to illustrate what you read. You can draw simple ones yourself, or use the notes app on a device to create your emoji re-creation. Here's an example of what the beginning of the story might look like:



Keep going until you've told the whole story in emoji-form. Then save your piece of paper or note for later this week.



## Day 3

### There is so much that is true about God!

- ➔ God is with you. (Isaiah 41:10)
- ➔ God will give you peace. (Isaiah 26:3 and John 16:33)
- ➔ God will never leave you. (Deuteronomy 31:8)
- ➔ God will guide you. (Psalm 32:8)
- ➔ God will protect you. (Psalm 37:23-24)
- ➔ God will give you rest. (Matthew 11:28-29)
- ➔ God will give you strength. (2 Corinthians 12:9-10)

Which one of these true statements about God means the most to you right now? Circle one or two. Then use them to fill in this prayer.

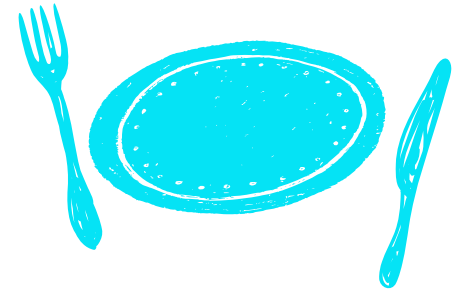
“Dear God, thank You for the truth that You \_\_\_\_\_ . When I'm having a hard time waiting on \_\_\_\_\_ , help me to remember that \_\_\_\_\_ .  
In Jesus' Name, I pray, **amen.**”

## Day 4

### Grab the paper or device you used for day two and find a friend who you can share the story with.

Use your emojis to help you remember the details of the story found in Exodus 32.

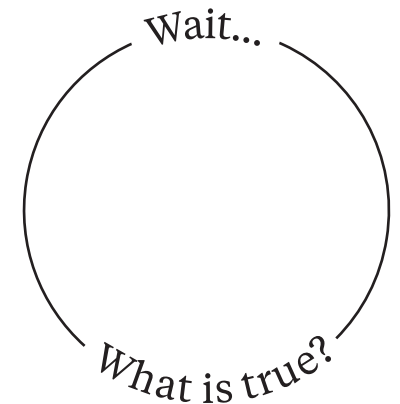
Talk with your friend about what the Israelites forgot when they got impatient. Share with each other something true that you can think about when it's hard to wait.



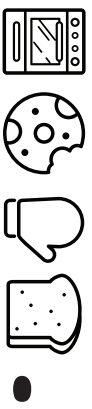
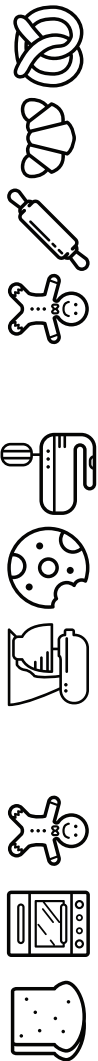
## Day 5

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

When it's hard to wait, it's easy to forget what is true. So today you're going to make something that will help you remember! Color in the artwork below. Then fill in the blank space with things that are true about God, about you and about patience. Lastly, cut out the circle and hang it on your backpack, or tape it to your bedroom mirror, or put it on the fridge door—wherever you think it will be most helpful to remember what is true!



# Patience DECODER



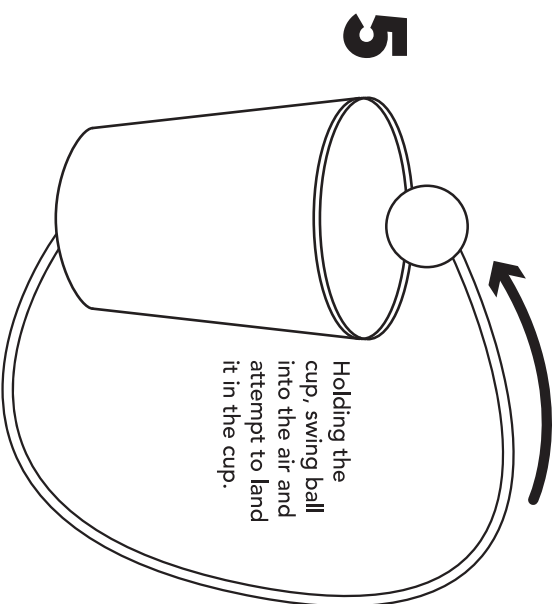
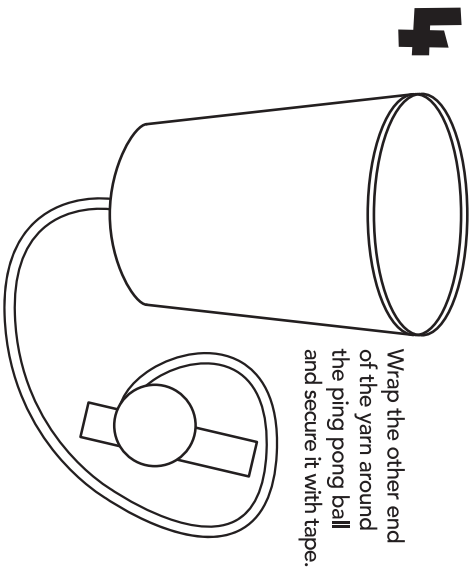
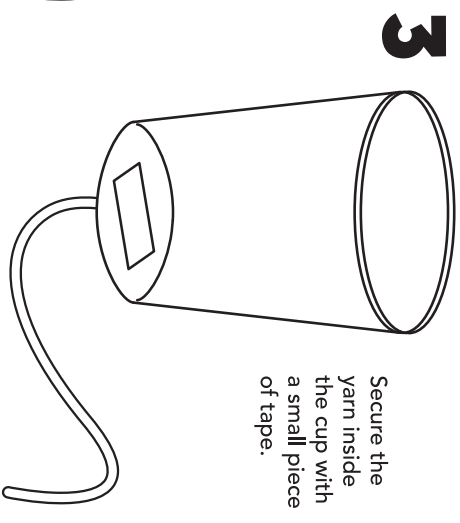
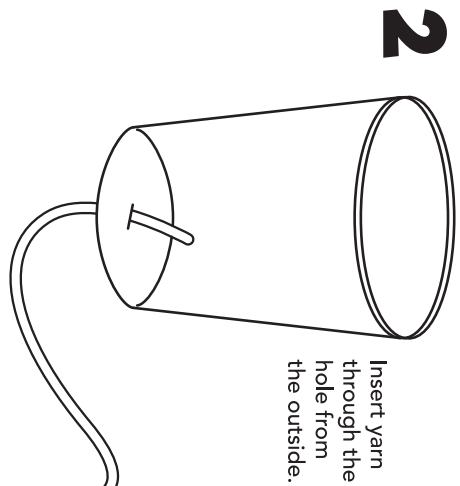
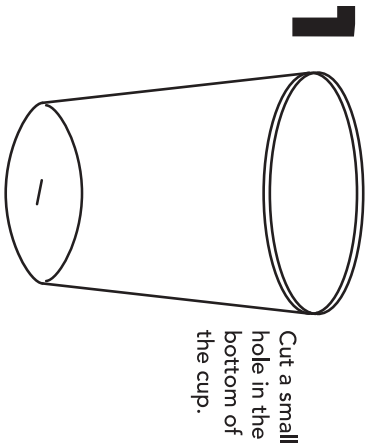
— Psalm 27:14, NIV-U

## KEY

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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!*



# 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 $\frac{3}{4}$  cups flour
- 3/4 cup cocoa powder
- 1  $\frac{1}{2}$  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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