

Patience means waiting until later for what you want now.

WEEK
2
K-1ST

Read Exodus 32:1-35

DAY
1

That's True

Grab something to write with and a piece of paper. Then, find a private spot or even your secret hiding spot in your home. Make a list of things you know are true about God. It doesn't have to be a long list. Some ideas for you list could be: God loves me, God knows me, God can help you have patience. When finished, pray the prayer below. Keep your list nearby so you can look at it when you need help remembering what's true.

**Dear God,
Thank You for always being with me. Thank You for helping me choose patience, even when it's hard. Help me remember what is true. In Jesus name, Amen.**

DAY
2

Waiting is Hard

When you have to wait a really long time for something, what do you do? There will always be something that you have to wait for like Christmas or your birthday. But getting what we want right away isn't always best. Ask an adult to help you look it up in Exodus 32:1-35 and read the story together. The Israelites impatience caused an awful consequence. So the next time you want to just give up on waiting, remember what's true!

Look for ways to show patience every day even when it's hard to wait.

DAY
3

Snail Mail

Have you ever had a pen pal? A pen pal is someone you write a letter to and they write you back. It's like having a conversation through the mail. It can be hard to wait for something like a letter because we are so used to hearing back from someone right away with a text or email. You might even start to think that they aren't going to write you back. Put your patience to work while you remember what is true! Think of someone special you can write a letter to and do it! Once you have written the letter, ask an adult to help you send it! Be sure to ask your pen pal to write you a letter back!

Know that you have to practice patience!

DAY
4

Decode Patience

All week long, we have been learning to remember what is true when we think we can't wait. So, what can you think about when it's hard to wait? Flip this page over and patiently decode the message to find out the answer!

Ask God to help you remember the truth when it's hard to wait.

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

Patience DECODER



— Psalm 27:14, NIrU

KEY



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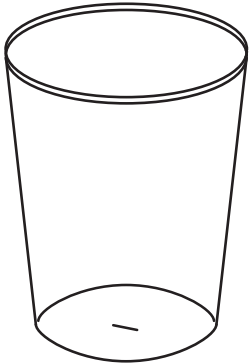
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"Back in the Jar!"

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

1



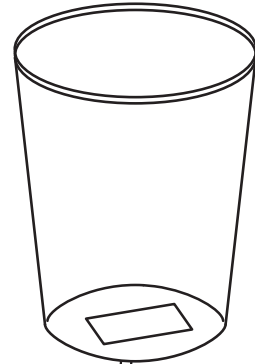
Cut a small hole in the bottom of the cup.

2



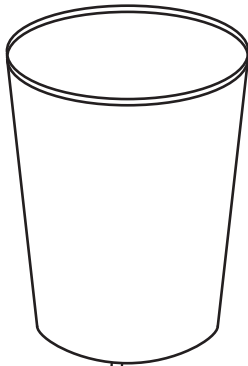
Insert yarn through the hole from the outside.

3



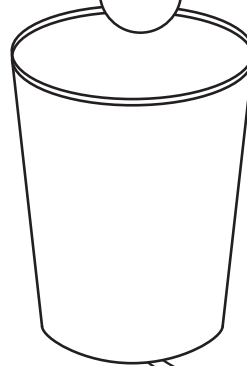
Secure the yarn inside the cup with a small piece of tape.

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.

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.

What to Do:

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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.

What to Do:

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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.

What to Do:

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