



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

Simeon Waits for  
the Messiah  
Luke 2:25-35

### Bottom Line

When you have to  
wait, remember  
God is with you.

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

## Activity

### One-Minute Challenge

#### What You Need:

Timer or phone timer

#### What You Do:

Tell your child that you'll set the timer for one minute. Give them a pose or action to perform, and challenge them to do it for the entire minute.

Use the actions below and/or come up with some of your own. After your child attempts a couple of these, let them challenge YOU to a minute-long action or pose!

#### One-minute actions:

- Stand on one foot
- Hold a plank/push-up position
- Stick your tongue out without laughing
- Hold your funniest pose
- Make a grumpy face without laughing
- Pretend to eat your favorite baked treat over and over again
- Crawl around and bark like a dog without laughing

After doing a few challenges, ask your child, "Which of those actions felt like it took the longest to be over? Was it hard to wait an entire minute for any of them?"

## Talk About the Bible Story

Who was already waiting for Jesus when Mary and Joseph left for Jerusalem? (*Simeon*)

What promise did God give Simeon? (*that Simeon would see the Messiah before he died*)

How long did Simeon have to wait to meet the Messiah? (*We don't know the exact answer, but it was a long time.*)

What did Simeon get to do with baby Jesus? (*hold baby Jesus*)

How do you think Simeon was able to show such great patience? (*Let your child answer with their own ideas. Prompt them if needed by saying, "because God made a promise to him," or, "because he knew something great was coming."*)

*Parents, share a situation you experience regularly where you have a hard time waiting.*

## Prayer

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

"God, we've learned a lot about patience today. Now it's time to put what we've learned into practice. Give us the strength to wait the way Simeon did, and to know that You are always with us. We know that to have patience, we also need to have faith. So help us trust You as we wait. In Jesus' name we pray, amen."

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

WEEK  
**1**  
K-5TH

DAY 1

## Read Psalm 27:14

Name some things you have to wait for in the space below. You'll see a few things already listed to help you get started:

Dinner	Your birthday
Summer	The weekend

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Raise your hand if you like to wait?

All month long, we're talking about patience. Patience is waiting until later for what you want now. The truth is, no one really likes to wait. It can be hard, and frustrating, and sometimes just plain boring.

**But there is some GOOD news when it comes to waiting.** Even when we're bored or frustrated, we aren't alone! God is always with us. So don't lose hope. God will help you be strong and wait with patience even when it's hard!

The next time you find yourself waiting, maybe even for one the things you've listed above, pause and thank God for always being with you. Ask Him to help you wait.

DAY 2

## Read Isaiah 40:31

Have you ever seen an eagle in flight? It takes quite a bit of energy to flap those large wings. So eagles have figured out how to use thermal updrafts to gain greater altitude which allows them to soar through the sky.

Just as Isaiah tells us, when we're waiting, God will give us new strength. Think about a majestic eagle soaring through the sky. We can soar right through that waiting when we remember we aren't really alone. **Ask God to remind you He is with you and that He will help you have patience!**



DAY 3

**Read Romans 12:12**

What do you think the word “suffer” means? To suffer means to endure something unpleasant. It can also mean to tolerate or put up with something.

You can probably name a few things you had to “put up with” even just today. Whether it was waiting for food, listening to your brother whine or completing an endless amount of math problems.

While we don’t get to choose these situations, we can choose how we face them. The key is found in the last part of this verse. When you pray, be faithful. Ask God to help you be patient, even when you’d rather complain or push back.

**In the space below, fill in some of your own “suffer” scenarios.** (See example below). Then read them aloud as a prayer and ask God to help you face them with patience, remembering that He is with you.

When I have to wait my turn, help me to be patient.

When \_\_\_\_\_,  
help me to be patient.

When \_\_\_\_\_,  
help me to be patient.

DAY 4

**Read Lamentations 3:25-26**

Read the list below. Put a check mark by it if you think it’s good and an X mark through it if you think it’s bad:

Licorice	Spiders	Bedtime
Bananas	Chores	Vegetables
Puppies	Sticky hands	Friends
Thunderstorms	Bee stings	Siblings

Did you know that God is always good? It’s true. God is perfect which means there is zero bad in Him. We can trust Him, always, because He is always good to us.

So, when we have to wait, when we need to be patient, we can remember one big truth. God is good and He is with us. He is good to those who put their hope and trust in Him. Remember, when you have to wait, God is with you.

**Share this list with at your next family meal.** Let everyone give their own thumbs up or thumbs down. At the end of the list, say “God!” As everyone gives their thumbs up, talk about how good God is always and how we can wait with patience when we remember that He is with us.

**When you have to wait,  
remember God is with you.**