

# LIFE APP

WHAT GOD IS DOING IN YOU  
TO CHANGE THE WORLD  
AROUND YOU

**BOTTOM LINE:** When you need to wait, ask God for patience. Read Ephesians 4:2

DAY **1**

## Waiting on a Snack

With the help of an adult, grab your best, most favorite snack. Sit down at the table, put it in front of you, **and don't touch it!** Have an adult set a timer for one minute and sit there while you exercise your patience on waiting for your favorite snack. After the minute is up, feel free to devour your snack!

Did you make it? Was a minute long for you or did it go by quickly? How did having to wait make you feel?

**KNOW** that exercising patience will help us in our lives.

DAY **2**

## Patience Practice

When waiting is hard sometimes, giving ourselves a distraction can help the time pass. Take some time to think about some ways that can help make waiting easier. Some great ideas are: praying, singing a song, whistling, doing a little dance, or drawing a picture! Go ahead and practice those ideas!

What are some things you could add to your list of things to try when you need to be patient? Practice some of them now and see how you like them, then add them to your mental list of things to try!

**LOOK** for ways that you can practice your patience!

DAY **3**

## Patience Puzzle

With the help of an adult, look up this week's Bible verse, write it out across a piece of paper, and then cut the paper into different shapes like a puzzle. Mix up all your puzzle pieces and try to put them back together to reveal your verse. Remember, that it might take some patience to put your puzzle back together. Try using one of the patience helpers you practiced yesterday!

**ASK** God to help you treat others with patience, gentleness, and kindness.

DAY **4**

## Partners Praying Patiently

Find someone in your house that can pray with you. To practice patience, you are going to take turns praying together. You can alternate saying the prayer below.

**"Dear God, I thank You so much for teaching us about patience this week.**

**Help me learn to wait patiently for the things that I want.**

**I know that all I have to do is ask You for patience and You will give it to me.**

**Thank You for giving me the patience that I do have.**

**I love You, God, amen"**

**THANK** God for being there to ask for patience when you need it.

**In the blank speech bubble, write what you can do to practice patience.**

You're going to have to be patient and wait until after dinner.

What can you do to help you wait?

