Patience means waiting until later for what you want now.

Read Exodus 32:1-35

DAY

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.

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.

