

the **FRUIT** of the Spirit is

# PATIENCE



## MAIN IDEA

I can be patient and wait cheerfully with God's help.

## VERSE

Always be humble and gentle. Be patient with each other, making allowance for each other's faults because of your love.  
[Ephesians 4:2, NLT]

## PATIENCE IS

waiting with a cheerful and calm heart. It is being able to wait to do things instead of doing what I want to do right now. Patience is giving grace to others (even people that aren't easy to get along with) and loving them even when they make mistakes.

## READ

Abraham and Sarah  
Genesis 12-18

Spark Story Bible  
pages 26-37

## HANDS ON

Sweet Treat  
Test of Patience  
Object Lesson

## CREATE

Mail a Letter &  
Ask for One Back  
Activity

## MAKE

Cut a pineapple with your family (it takes time to slice one up, so it's the perfect opportunity to practice using patience together)

## FRUIT IN ACTION

This week think of ways you can practice being patient. Put together a puzzle, wait for something to bake, or give a friend or sibling an extra dose of grace when they mess up.

# INSTRUCTIONS

Fruit of the Spirit:

**PATIENCE**

HANDS ON

## Sweet Treat of Patience Object Lesson

**Supplies:** Favorite sweet treat (example: gummy bears, M&M's, mini marshmallows, 2 small bowls or bags per person

**Instructions:**

1. Place 1 treat in one bowl and a handful of the treat in the second bowl.
2. Offer the treat to your child before dinner, but let them know they have an option. Either they can have the first bowl with only one treat before dinner OR if they wait patiently until after dinner they can have the second bowl that has more in it.

**Talking Point:** Depending on which option they chose you can talk about whether they were patient or not and why they chose to be patient and wait or impatient and eat the treat.



CREATE

## Mail a Letter & Ask for One Back

**Supplies:** Construction paper, Crayons or Markers, Envelopes, Stamps

**Instructions:**

1. Fold the construction paper to make a card.
2. Decorate the card so they can mail it to a friend, grandparent, or other relative.
3. Put the card in the envelope provided, address it and take it to the mail.

**Talking Point:** Talk about how you will now wait for the person to write back. You can talk about how they have to be patient because mail can take a while to receive.

**\*Tip:** Let the recipient know you are sending the letter to them so they can look for it and send something back within a reasonable time. You might want to include a return self-addressed, stamped envelope.



MAKE

## Fresh Whole Pineapple

**Supplies:** Whole Pineapple, Knife, Cutting Board

**Instructions:**

1. Cut up a whole pineapple together.
2. Enjoy the sweet, tart treat!

**Talking Point:** It takes a while to cut up a pineapple, use this hands on opportunity to talk about patience and how it requires patience to wait to eat the pineapple together as a family.

