

HAVE A LITTLE PATIENCE!

5-6

BIBLE VERSES: Genesis 12-21, 1 Samuel 16-2 Samuel 2, Colossians 3:12.

In this session, we'll look and why and how we should be patient.

LEADER'S NOTES

My eldest son was 9 yesterday. This marked the culmination of several weeks of waiting and mounting excitement! I remember the feeling of waiting for a birthday as a child. In fact I remember once getting into trouble at school (aged 7) because I would not shut up about the fact that my birthday was coming and the teacher had heard it enough! I hope that my son felt that his birthday was worth the wait. Sometimes things are, and sometimes not so much!

I think what I learn as I get older is that if I wait patiently, God can teach me a lot on the journey. In today's session, one of the teaching activities looks at David's story of being anointed many years before he received the crown and all the things he learned along the way.

There's another side to patience as well: not so much about waiting but about doing things properly and not being in too much of a hurry. This, also, is a valuable life lesson. At the moment I, like many thousands of others, am reading 1000 Gifts by Ann Voskamp (Zondervan). It is an amazing book and I would wholeheartedly recommend it. In chapter 4, she talks about fully entering each and every moment and in so doing stopping the race of time that so often floors us. I think when we are patient and do things properly and diligently we experience the fullness of life that each moment offers us. I am often so busy doing so many things with less patience than I should, that I miss God in the tiny moments.

I remember, aged 12, going on my first foreign exchange trip and my mum telling me that 'time always passes'. This was a reassurance at the time that if it was hard, I could be sure that the end of the trip would come. I think the more I think about that now, the more I wish I could slow time and revel in the moments. One thing is sure, time for us is a limited commodity - one day there will be no more and I suspect in that moment, we might find ourselves wishing we had had more patience.

I think I would love to be able to whisper in every child's ear not to wish their lives away to speed up the coming of a birthday or holiday but to fully enter each and every moment and find God in every micro-second.

HOW LONG?

ACTIVITY | 📌 WARMING UP

Ask the children to sit with their eyes closed. Ask them to raise their hand when they think the amount of time you mention has passed. See who can get most accurate results! Do 10 seconds, 30 seconds, 1 minute and 2 minutes.

Probably the children will underestimate the length of time. Make the point that sometimes, time can seem very long and we need to have patience!

The Point: To open up the theme.

EQUIPMENT

Stopwatch.

DURATION: 10 MINS.

PASTILLE PATIENCE

ACTIVITY | 📌 WARMING UP

Give everyone a fruit pastille and have a competition to see who can suck it for the longest without chewing... It's much harder than you think!

The Point: Just for fun, links to theme.

EQUIPMENT

Fruit pastilles.

DURATION: 5 MINS.

BEING PATIENT

VISUAL AND AUDIO CLIPS | 📌 WARMING UP

Watch this clip with the children: <http://www.youtube.com/watch?v=MniS2ptF0DU&feature=relmfu>

Ask the children to imagine they are on a video about patience, what would they say?

The Point: To start to think about patience.

EQUIPMENT

Access to YouTube.

DURATION: 10 MINS.

TAKE YOUR TIME!

VISUAL AND AUDIO CLIPS | 🗣️ TEACHING TIME

Summary of clip: Lightning McQueen must fix the road he has damaged, but will he have the patience to do it properly the first time?

Start of clip: 32:26 (Scene 10)

End of clip: 45:04

Length of clip: 12:38

Watch the clip and then use the following questions to discuss patience:

- How long did Doc say it would take to fix the road?
- How long did it take Lightning McQueen to do it (the first time)?
- Did Lightning fix it properly the first time?
- Why not?
- Why didn't Lightning succeed in the race with Doc? (He was in too much of a hurry!)

Bring out the point that Lightning's job ended up taking much long because he was impatient and didn't do it properly the first time.

Ask the children if they are ever impatient about anything. What sort of things? Have they ever got themselves into a mess because they weren't patient? Is it hard to be patient?

Say that the Bible tells us that one of the things God wants to grow in us is patience (Galatians 6:22-23). Why might God want us to be patient? (Think about Lightning McQueen's stinky attitude at the end of the clip - this was brought out by impatience).

The Point: To think about the rewards of patience.

EQUIPMENT

DVD of Cars (Disney/Pixar) and the means to play it.

DURATION: 15 MINS.

A LONG WAIT

STORY | 🗣️ TEACHING TIME

Ask the children if any of them are waiting for something - a birthday or other special occasion or treat. Is it hard to wait? Do they like waiting?

Say that in today's story, God made Abraham a promise but he had to wait a long time to see it happen. Read *The Promise* beginning on page 38 of The Lion First Bible (or find Abraham's story in another story Bible).

After the story, tell the children that Abraham was 75 at the beginning of the story (Genesis 12) but he was 100 by the time Isaac was born (Genesis 17). How many years did he have to wait to see God's promise come true? That's 5 times as many years as some of these children's whole lives! Ask them how old their parents are to put it into perspective. Do the children think they could wait that long for something? Was Abraham's wait worthwhile? Yes!

Ask them to think back about the things they talked about at the beginning of the activity. Does it seem such a long time to wait when you put it next to Abraham's story? What do they think God would say about being patient for something? With older children, you might like to unpack the subject of what you learn in the waiting but with 5-6s, this is probably far enough to take it.

The Point: To look at patience in waiting for something.

EQUIPMENT

The Lion First Bible (or any other children's Bible.)

DURATION: 10 MINS.

PATIENCE TIMELINE

ACTIVITY |  **WATCHER** |  **TEACHING TIME**

 [Download activity worksheet](#)

Before you do this activity, it would be really beneficial to read through the story from 1 Samuel 16 to 2 Samuel 2. Either stick each strip from the attachment onto a cardboard crown or just have the strips alone. Distribute them among the children.

Ask each child (in chronological order) to come and stand in a line. As they do so, explain the bit of David's story that is on their crown/slip. You don't need to go into lots of detail - just a sentence or two - or even what's on the slip is fine. They may already know the Goliath part and will be able to tell you. The two stories where David could have killed Saul are exciting so you might want to go into them a little bit. Basically, you're just giving an overview.

Once you have told the whole story, ask the children how long they think the whole story took. Say that it could have been as many as 15 years! That's a long time to wait to be King. Ask why David had to wait. Bring out the point that actually David learnt loads about what to do (and what not to do) as King in the time that he was waiting to be King. He worked for Saul, learned how to fight battles and learned to make good choices (like not killing Saul) that God was pleased with. His waiting time probably made him a better king

when it came to it (although he made plenty of mistakes of his own...).

What sort of things might we need to patiently wait for? What can we learn whilst we are waiting?

The Point: To look at how patiently waiting can be really beneficial to us.

EQUIPMENT

The attached sheet cut into strips, possibly each strip stuck onto a cardboard crown.

DURATION: 15 MINS.

THE PATIENCE RAP

VISUAL AND AUDIO CLIPS |  **RESPONSE**

Enjoy this song together and join in as you start to pick up the chorus.

http://www.youtube.com/watch?v=m_HjfqlU9qc&feature=related

The Point: To think about patience in a fun, engaging way.

EQUIPMENT

Access to YouTube

DURATION: 10 MINS.

PASTILLE PRAYER

PRAYER |  **RESPONSE**

Give everyone a fruit pastille and ask them to think about what they need to be more patient about. As they suck (not chew!) the pastille, they can ask God to help them be patient in this thing.

The Point: To pray for patience.

EQUIPMENT

Fruit pastilles.

DURATION: 5 MINS.

CLOTHED WITH

MEMORY VERSE | 📖 RESPONSE

“Therefore, as God’s choice, holy and loved, put on compassion, kindness, humility, gentleness and patience.” Colossians 3:12

Write each of the characteristics of the verse onto a separate piece of paper and tape them each to a piece of dressing up clothing. Choose some volunteers to wear each piece. Say the verse together a few times, gradually getting your volunteers to turn around so that the group have to remember the characteristics.

The Point: To learn scripture.

EQUIPMENT

Dressing up clothes, paper, marker pen, tape.

DURATION: 10 MINS.

CLOCKED!

CRAFT IDEAS | 📖 TAKE AWAY

This activity will work well with the following Teaching Time activities: all.

You are going to make simple clocks to remind the children that time always passes. Let the children write numbers on the paper plate and then had a long hand and short hand with strips of card. Make them moveable by attaching the centre ends to the plate with a paper fastener.

The Point: A teaching reminder.

EQUIPMENT

Paper plates, strips of coloured card (about 1cm wide), paper fasteners, felt tips.

DURATION: 15 MINS.

GROW!!!

ACTIVITY | 📖 TAKE AWAY

This activity will work well with the following Teaching Time activities: all.

This activity will potentially test the children's patience over a long period. Let each child plant a sunflower seed in compost in a pot. Tell the children that they need to put it on a sunny windowsill and water it whenever it's dry. Once the plant is 20-30cm tall, they can replant it into a bigger pot outside (as long as it's spring/summer - otherwise keep it in). Tell them that sunflowers take months to grow so that they don't expect it to appear tomorrow!

The Point: To practice patience.

EQUIPMENT

Sunflower seeds, compost, pots (you can get biodegradable ones, which disintegrate into the soil when you plant the sunflower outside).

DURATION: 10 MINS.

PATIENT FOR

ACTIVITY |  **WATCHER** |  **TAKE AWAY**

[!\[\]\(642aa997563f9a325b310230bb5078b7_img.jpg\) Download activity worksheet](#)

This activity will work well with the following Teaching Time activities: All

Give each child a copy of the attachment. Ask them when they need to be patient in their lives, and let them fill in the sheet by writing one thing for each letter of the word "patience". If they can, see if they can write things starting with the appropriate letters, but younger children may struggle with this and could just write random ideas. Very young children, or those that struggle with writing, could draw their ideas.

The Point: To think about applying patience to our own lives.

EQUIPMENT

Attached sheet, pens.

DURATION: 10 MINS.
