

**WEEK
ONE**

wait

READ Genesis 25:29-33

DAY 1

Esau didn't think he could wait to eat, so he traded what was best for what was immediate. We can learn from his mistakes, as well as those around us who may not choose patience. Grab a pad of paper and a pen. Interview a few of your family members with the following questions:

- 1) Tell me about a time you found it hard to wait for something, so you settled for what you could get right away instead.
- 2) Did your lack of patience cost you anything?
- 3) Why did it feel so hard to wait?
- 4) What could you have done to help yourself "think twice"?
- 5) Do you have any other strategies that you use to help you wait longer, when you're feeling impatient?

Write down their answers and save them for later on this week!

THANK God for giving us the tools we need to be patient.

READ James 5:7-8

DAY 2

There are so many things we can miss out on if we don't wait patiently! Think about all the delicious fruits, vegetables, and even delicious cakes and pies, that we would miss out on if farmers and bakers weren't patient to let food grow or bake for as long as it takes.

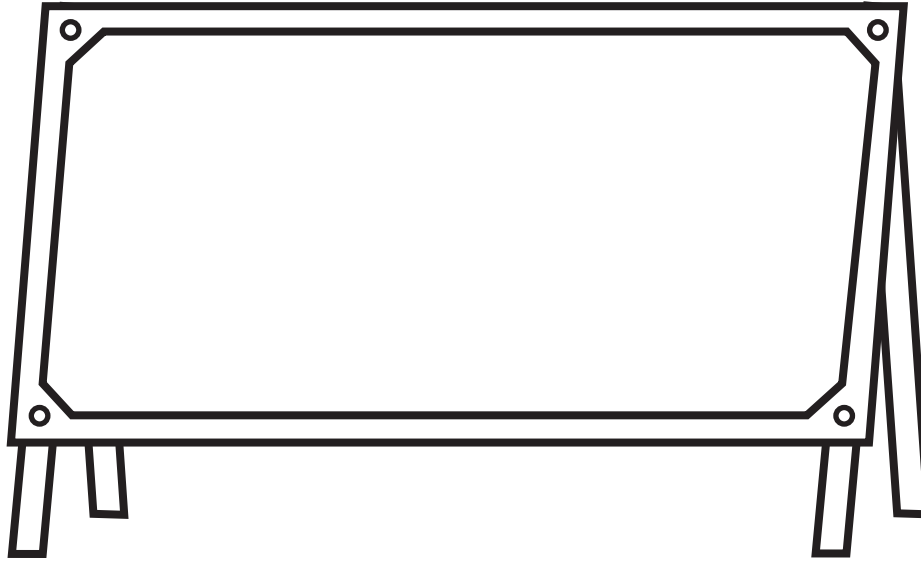
Ask a parent if you can help make dinner tonight. Ask how long it will take to cook. Peek in on the dinner one-fourth of the way through. And then halfway through, check it again. Talk with your parent about what the food would taste like, feel like—even smell like—if you ate it before it was done. What would you miss out on if you dove in and ate something *before* it was ready? When you sit down to thank God for your delicious dinner, also thank Him for giving you patience to wait for it!

ASK God to help you think twice if you think you can't wait.

READ Galatians 6:9

DAY 3

Look at the notes you took while interviewing your family members earlier this week. What patterns do you notice that make waiting hard? Do you see anything that usually happens first (like being hungry or in a rush) that happens a lot before you get impatient? Make a list of those below, and then come up with a way you can stop those triggers from making you impatient. Circle or star the ones that are hard for you personally.



LOOK for the things in your life that keep you from being patient and ask God to help you “think twice” when you are tempted to not wait.

READ Philippians 4:8

DAY 4

Sometimes when we think we can't wait, it helps to think about something else—something that will take our minds off of the thing we think we can't wait for.

Go back and look at the patience killers you circled yesterday, as well as the ideas you came up with for helping you wait. Take those ideas and—with the help of a parent—assemble a “waiting kit.” It could be things like a granola bar, crayons and paper, and even your Bible. Find a box or a bag to fill with your kit materials, decorate the outside if you want, and keep the kit in one place all month. When you need help “thinking twice” and being patient, pull out your kit and see what might help—fast!

KNOW that good things really do come to those who wait.