

PATIENCE

LESSON TEXT

1 Corinthians 13:4; Ephesians 4:2; Romans 12:12

LESSON OBJECTIVES

- The students will list specific ways that Jesus was patient throughout his ministry.
- The students will explain how God's patience impacts their own lives.
- The students will identify specific situations in their lives in which they need to grow in their patience.

MATERIALS NEEDED

For each student:

- pen or pencil
 - small place-marker or game piece
- For the teacher:*
- dictionary
 - 1 copy of "Good News from the Kingdom"
 - globe or map of the world
 - extra Bibles
 - coins, 1 for every 2-4 students
 - 1 large poster board
 - 3 pieces poster board (6" x 10")
 - tape
 - marker

Reproducible Pages:

- Page A, 1 copy for each student
- Page B, 1 copy for each student
- Page C, 1 copy for each student
- Page D, 1 copy for every 2-4 students
- Page E, 1 copy for each student

LESSON PLAN

Getting Ready

Faithful Instruction
 Teacher Focus
 Teacher Tips
 Preclass Activity: Practicing Patience
 Starting Up
 Welcome and Singing
 Opening Prayer
 Victories
 Good News from the Kingdom

Getting into God's Word

Story: "You Mustn't Quit"
 Scripture Study
 Activity: The Road to Patience

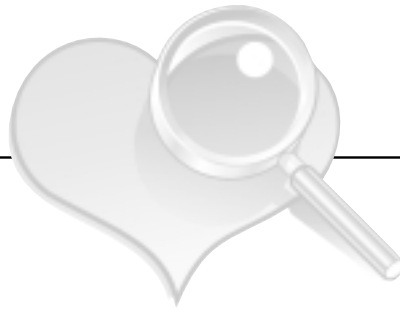
Getting It to Others

Scripture Memory: Romans 12:12
 Weekly Challenge and Snack Time
 Conclusion

SCRIPTURE MEMORY VERSE

Be joyful in hope, patient in affliction,
 faithful in prayer.

Romans 12:12



FAITHFUL INSTRUCTION

TEACHER FOCUS

Pray before preparing this lesson. Read and meditate on 1 Corinthians 13:4, Ephesians 4:2 and Romans 12:12. Character training in patience is very needed in our daily lives. Whether we are enduring a traffic jam or waiting for God to answer a prayer, the strength of our patience determines how well we will deal with our life situations each day. In this lesson, your preteens will look at Jesus' patience as an example of what their own should be. This lesson should also lead you to examine your own character in this area. Are you consistently a Christlike example of patience?

TEACHER TIPS

During this week, list things that can try your patience on a daily basis. (Your students will be doing this as part of their Weekly Challenge.) Look closely at all the situations in your life in which you find yourself becoming annoyed and frustrated. You will be sharing this list with your students. They may be somewhat surprised to find out just how important it is to have a character of patience!

PRECLASS ACTIVITY

PRACTICING PATIENCE

This exercise will help your students to understand the situations in their lives that test their patience and will help them to develop ways to handle these situations.

MATERIALS USED

For each student:

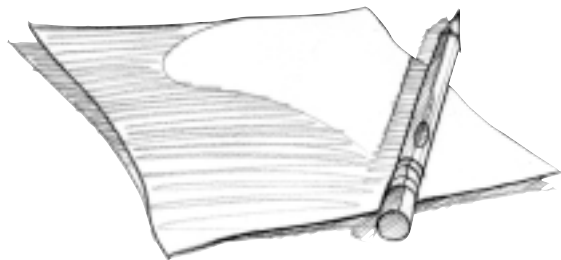
- pen or pencil

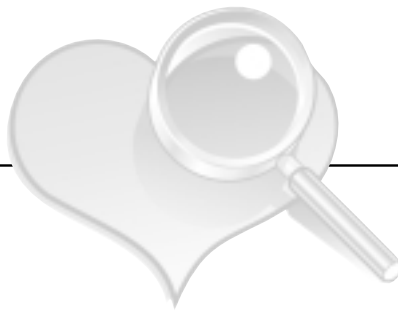
Reproducible Pages:

- Page A, 1 copy for each student

INSTRUCTIONS

1. Greet the students as they enter the class, giving each a copy of Reproducible Page A (Practicing Patience) and a pen or pencil.
2. Tell each student that today's class will be on "patience" and that, in order to get them thinking about this topic, you would like them to complete the worksheet. The students should read the items in the left column. Each is a situation that may be annoying or frustrating to a preteen.
3. In the right column, the students should write one thing that they can do to practice patience when such a situation occurs.
4. When the students have completed the worksheet, they should write their names at the top and hand their papers in to you. These pages will be used later in the class.





STARTING UP

WELCOME AND SINGING

Call the students together in a circle. Welcome everyone by name, being sure to recognize anyone who is visiting. Let them know how glad you are to see them, and how much you looked forward to being with them. Sing a few great songs.

OPENING PRAYER

Who would like to say a prayer to start today's time together? Let a few students lead the prayer. Encourage the students to mention missing students, special church activities, illnesses, and to be especially thankful for the chance to be together.

VICTORIES

Take the time to have the students share about the challenges they were given at the end of last week's class. *Did everyone complete their challenge? How did it go? What fears did you face as you met the challenge to put the lesson into practice? How did everyone do with having consistent quiet times? Would anyone like to share something they learned this week?*

Praise and encourage all the students' efforts, especially noting any area of significant growth. Offer help and suggestions so they can have even more victories in the coming week.

GOOD NEWS FROM THE KINGDOM

MATERIALS USED

For the teacher:

- 1 copy of "Good News from the Kingdom"
- globe or map of the world

INSTRUCTIONS

Now let's take a few minutes to share "Good News from the Kingdom." Be excited as you read about what is happening around the world. Have a globe or map ready, pointing out the location as you share. Remind your students that the kingdom of God is worldwide, and the victories of our brothers and sisters on other continents should inspire us and spur us on.





GETTING INTO GOD'S WORD

STORY

"YOU MUSTN'T QUIT"

This poem reminds your students that life is full of difficulties and troubles, and that these will exist whether they are young or old. The theme of the poem is that these struggles cannot cause us to quit or give up trying to reach our goals.

MATERIALS USED

Reproducible Pages:

- Page B, 1 copy for each student

INSTRUCTIONS

1. Distribute copies of Reproducible Page B (the poem) to the students.
2. Ask one student to read the poem aloud.
3. After the poem is read, have a brief discussion about how we will always have troubles, failures, hard things to do and struggles in our lives. The poem helps us to understand how important it is never to quit, even if times are hard.

SCRIPTURE STUDY

THE PATIENCE OF JESUS

MATERIALS USED

For the teacher:

- dictionary
- extra Bibles

Reproducible Pages:

- Page C, 1 copy for each student

Select three volunteers to read the following passages aloud to the class: 1 Corinthians 13:4, Ephesians 4:2 and Romans 12:12. Tell the class to listen carefully as each scripture is read so that they will be able to discuss how these scriptures are alike in their message to us. After all three passages are read aloud, ask the following questions:

- *What is the one word that is mentioned in each of these passages?*
- *How would you define the word "patience"?*
- *Is it easy or hard for you to be patient? Why?*
- *From where do you think patience comes?*

Ask one student to look the word "patience" up in the dictionary and read the definition to the class. The dictionary definition tells us that "patience" means "the ability to wait or endure without complaint." This is not an easy thing for any of us to do. Ask for volunteers to discuss situations or circumstances that try their patience.

Share some of the situations in your own life that try your patience. Stress that, because God knows how hard it is for us to be patient, he gave us a "flesh and blood example" of patience in Jesus.

Give each student a copy of Reproducible Page C (The Patience of Jesus). Explain to the students that this page lists many of the things Jesus endured while he lived on the earth.

- *Everything Jesus did required great patience. The things he did were not easy, but he did each thing without complaining. Not only was Jesus uncomplaining, but he always remained joyful and happy. How do you think he was able to do this?*
- *Jesus' patience, happiness and joy came from his relationship with God. He prayed throughout the day, every single day. Jesus loved and honored God, and wanted to please him. When he prayed for patience and wisdom, God gave him the strength to carry out his mission, as well as a joyful attitude. How often do you rely on prayer to gain strength and wisdom from God?*

Read Reproducible Page C with the students. Have a discussion about the situations listed on the sheet. Have the students relate these situations to their own lives.

- *How hard is it to endure these types of circumstances in your own lives? Are you ever tempted to give up or quit doing what is right?*
- *What would have happened if Jesus had given up or quit at any time during his life on earth?*





GETTING INTO GOD'S WORD

ACTIVITY

THE ROAD TO PATIENCE

This game will help your students to consider ways to practice patience in their lives.

MATERIALS USED

For each student:

- small place-marker or game piece

For the teacher:

- coins, 1 for every 2-4 students
- extra Bibles

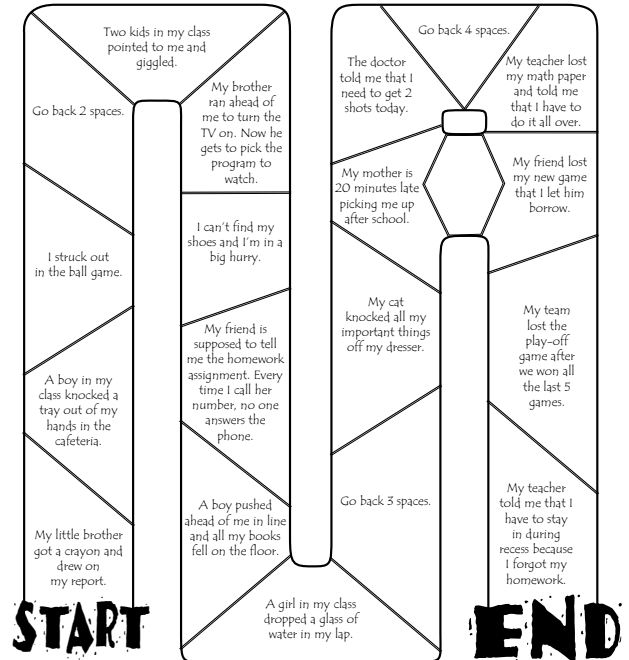
Reproducible Pages:

- Page D, 1 copy for every 2-4 students

INSTRUCTIONS

1. Divide the class into groups of two to four students (depending upon the number of students in the class). Give each group a copy of Reproducible Page D (game board), a place-marker or game piece for each student, and a coin.
2. All of the players in each group should put their marker in the first space on the game board. Each player, in turn, flips the coin. If a player gets "heads," he or she will move ahead two spaces. If the player gets "tails," he or she will move ahead one space.
3. When the player lands on a space, have that player read the situation written in the space. The player needs to explain how he or she would demonstrate patience in that situation.
4. Have the players take turns moving through the board until all have reached the end.

THE ROAD TO PATIENCE





SCRIPTURE MEMORY

Be joyful in hope, patient in affliction, faithful in prayer.

Romans 12:12

MATERIALS USED

For the teacher:

- 1 large poster board
- 3 pieces poster board (6" x 10")
- tape
- marker

Reproducible Pages:

- Page E, 1 copy for each student

PREPARATION

1. Write "Be" in large letters on the large poster board.
2. Write "joyful in hope" on one of the 6" x 10" pieces of poster board.
3. Write "patient in affliction" on another 6" x 10" piece of poster board.
4. Write "faithful in prayer" on the third 6" x 10" piece of poster board.

INSTRUCTIONS

1. Have the students sit in a circle. Ask two students to turn to Romans 12:12 in their Bibles and to each read the verse aloud to the class.
2. Tell the students to close their Bibles.
3. Bring the large poster board out and place it in front of the group. Put the 6" x 10" cards on the floor, face down.
4. Select three students to take one card each. The students should turn their cards over and read them aloud to the class. Have each tell the class what they believe their section of the verse means. Other students may give input as well.
5. When the students have each talked about their card, they will need to work together to put the scripture in order on the poster board, using the tape to position the cards in the correct order.
6. When the verse is complete, everyone should read the verse aloud as a group, determining if the phrases are in the correct order. If they are not, give three different students a chance to arrange the cards. Continue until the verse is correct.

WEEKLY CHALLENGE AND SNACK TIME

If your students bring a snack, allow them to eat while you explain to them the challenge for the week. You will need to return the preclass activity sheets to the students.

While the students are eating, ask them to share one of the situations from their worksheet that they feel is most difficult for them to deal with patiently. You should also share a situation from your own life that you feel is extremely challenging to your patience. Discuss weapons we can use in our fight for patience: prayer, studying the Scriptures, confession and asking others for advice and help.

The challenge for this week is for your students to keep a daily "Patience Journal." On the blank pages in the back of their *Extreme Life Quiet Time Journal*, in a notebook or on some paper, the students will keep a list of a situation each day which caused them to be annoyed, frustrated or impatient. The students should also write how they dealt with the situation. If they gave in to their frustration, what was the result? If they were victorious, how were they able to be so? Remind the group that they will not always be victorious in these struggles. However, by noting and writing down these situations, they will be more conscious of them, and more prepared to work through them. By the end of the week, they should see a vast improvement in their ability to be patient in a variety of situations.

Have the students bring their journals to next week's class (Core).

CONCLUSION

End the class with a prayer.

WEEKLY CHALLENGE

Throughout this week, keep a "Patience Journal."

Every day, write down a situation that tested your patience, and how you responded to the situation.

If you gave in to frustration, what was the result? If you were victorious, how were you able to be so?

Bring your journal to class next week to share your victories.

PATIENCE

LESSON TEXT

Psalm 103:6-18; Romans 2:2-4;
 2 Peter 3:9; Nahum 1:3;
 Romans 12:12

LESSON OBJECTIVES

- The students will explain how God's patience impacts their own lives.
- The students will explain why God is patient with us.
- The students will identify specific situations in their lives in which they need to grow in their patience.

MATERIALS NEEDED

For each student:

- pen or pencil

For the teacher:

- extra Bibles
- dictionary
- 4 - 5 copies of the games "Candyland" and/or "Chutes and Ladders"
- candy, gum, pencils, etc. for prizes

Reproducible Pages:

- Page F, 1 copy for each student
- Page G, 1 copy for each student

LESSON PLAN

Getting Ready

Faithful Instruction
 Teacher Focus
 Teacher Tips
 Preclass Activity: Growing in Patience
 Starting Up
 Welcome and Singing
 Opening Prayer and Review
 Great News Sharing

Getting into God's Word

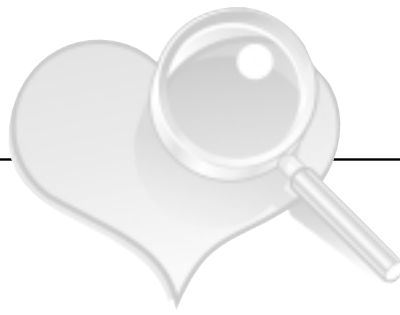
Scripture Study
 Activity: Everyday Patience

Getting It to Others

Scripture Memory: Romans 12:12
 Weekly Challenge and Snack Time
 Conclusion

SCRIPTURE MEMORY VERSE

Be joyful in hope, patient in affliction, faithful in prayer.
 Romans 12:12



FAITHFUL INSTRUCTION

TEACHER FOCUS

Pray before preparing this lesson. Read and meditate on Psalm 103:6-18, Romans 2:2-4, 2 Peter 3:9, Nahum 1:3 and Romans 12:12.

Character training in patience is very needed in our daily lives. Whether we are enduring a traffic jam or waiting for God to answer a prayer, the strength of our patience determines how well we will deal with our life situations each day. In this lesson, your preteens will look at Jesus' patience as an example of what their own should be. This lesson should also lead you to examine your own character in this area. Are you consistently a Christlike example of patience?

TEACHER TIPS

As part of their Weekly Challenge, your students are keeping a journal of one situation each day that frustrates or annoys them. You should also look closely at all the daily situations in your life in which you find yourself losing your patience. The goal is that, once you and your students realize how much patience life requires, you will be more focused on doing the things that help keep you patient and uncomplaining.

The activity for the class today is designed to really test how your students are doing in their struggle to be patient. The activity requires several of the children's games "Candyland" and/or "Chutes and Ladders." You will want to talk to the parents of younger children (three to five years) to borrow these games. You will need enough games to have your class divided into groups of four students to play.

PRECLASS ACTIVITY

GROWING IN PATIENCE

MATERIALS USED

For each student:

- pen or pencil

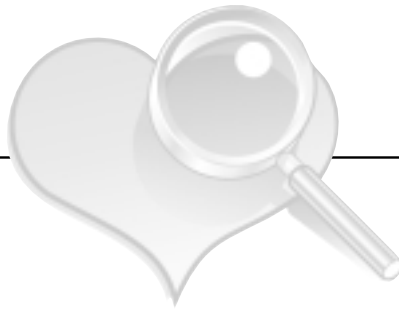
Reproducible Pages:

- Page F, 1 copy for each student
- Page G, 1 copy for each student

(NOTE: These two Reproducible Pages can be copied back to back.)

INSTRUCTIONS

1. As the students arrive, give each a copy of Reproducible Page F (How Patient Am I?) and Reproducible Page G (Growing in Patience), and a pen or pencil.
2. Instruct the students to complete Reproducible Page F (How Patient Am I?) first. The students will rate themselves on their patience in different situations, assigning scores of 1-5 (least patient to most patient) to each situation. When they have rated each situation, the students will find their "patience average" by adding up all 5 scores and dividing by 5.
3. Once the students have completed Page F, have them turn to Page G (Growing in Patience). Using each letter of their first name, the students will list practical ways in which they can practice and grow in their patience on a daily basis. An example is given with the name "Mary" on the worksheet.
4. The students will keep these sheets as a reminder of their goal of growing in patience.



STARTING UP

WELCOME AND SINGING

Call the students together in a circle. Welcome everyone by name, being sure to recognize anyone who is visiting. Let them know how glad you are to see them, and how much you looked forward to being with them. Sing a few great songs.

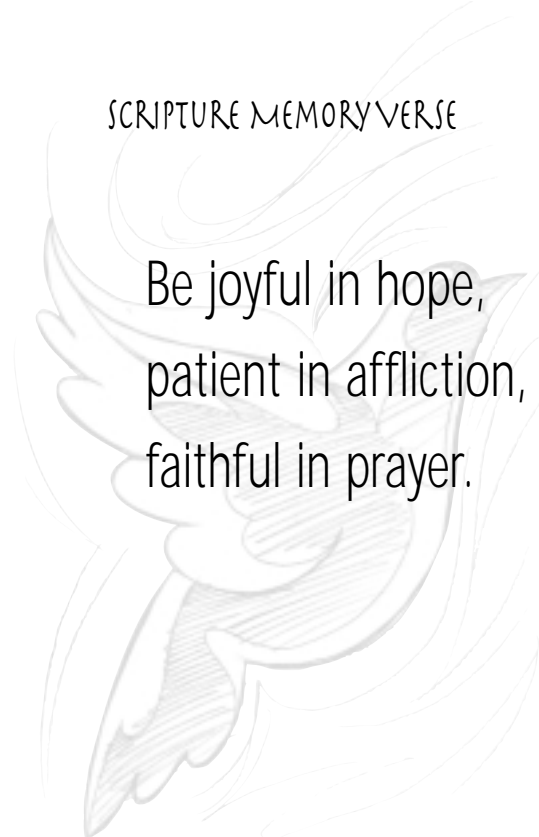
OPENING PRAYER AND REVIEW

- Open with one of the students praying for each student to be more patient, joyful and uncomplaining in their daily lives.
- Have one student recite the memory verse for this lesson: Romans 12:12.
- Have a student briefly review the previous lesson (Core Lesson).

GREAT NEWS SHARING

Allow several minutes for the students to share great news about their lives. This could be about a family member who became a disciple, someone healed from an illness, someone studying the Bible, great grades, etc. Remind the students to be brief so as many as possible can share.

SCRIPTURE MEMORY VERSE



Be joyful in hope,
patient in affliction,
faithful in prayer.

ROMANS 12:12



SCRIPTURE STUDY

MATERIALS USED

For the teacher:

- extra Bibles
- dictionary

Begin the discussion by asking how the students are doing with their patience this week. Ask for volunteers to share what they are learning about themselves.

In your last class, you discussed Jesus' patience, and how difficult, yet important, it is to be patient. Today we are going to discuss God's patience and how much it impacts our lives.

Have the students turn to Psalm 103:6-18. Select a volunteer to read the passage aloud.

- *What does this passage say about God's patience? (slow to anger, compassionate—v8-9)*
- *Why is he so compassionate and patient? (great love for us—v11)*
- *Who is God compared to in this passage? (a father—v13-14) How is God like a father? (compassionate, he knows us—v13-14)*
- *How long will God love those who obey and fear him? (forever—v17)*

Select two more volunteers to read Romans 2:2-4 and 2 Peter 3:9 aloud.

- *Why is God so patient and tolerant? (wants us to repent) Read the definition of "repent" from the dictionary (feel regret or remorse, to reform/change).*
- *What do we need to change? (sin, need to become disciples, obey him)*
- *Do we deserve to have God be so patient with us? (no) Why does he wait? (doesn't want anyone to perish, wants all with him in eternity)*

Tell the students that God is so great and loving that he will be patient with us in our sin and disobedience, as long as we realize our sin and ask for forgiveness. Ask the students: *How long does God wait for us to change and obey him?* Select a few volunteers to share their thoughts. Then have the students turn to Nahum 1:3, and read this verse aloud to the students.

- *What does this verse say about how long God will wait? (He is slow to become angry, but he will eventually punish those who do not obey him.)*

Explain to the students that God wants everyone to be saved and to obey him. He gives us many chances (grace) to change. He also gives us many people in our lives to help us to change and obey him. He is very forgiving of our mistakes. However, if we continually sin and disobey him throughout our lives, eventually we will lose our chance at salvation.





ACTIVITY

EVERYDAY PATIENCE

In this activity, a child's game will teach your preteens that patience is necessary in every aspect of our lives, and that it will always bring great rewards.

MATERIALS USED

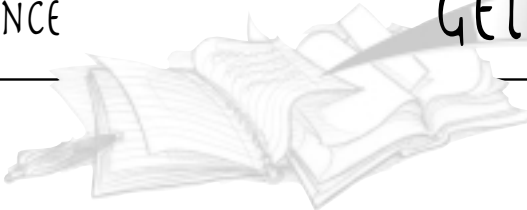
For the teacher:

- 4 - 5 copies of the games "Candyland" and/or "Chutes and Ladders"
- candy, gum, pencils, etc. for prizes

INSTRUCTIONS

1. Divide the class up into groups of four students. Give each group a copy of either "Candyland" or "Chutes and Ladders."
2. Tell the students to go ahead and play the game. Let them know there will be prizes for the winners.
3. As the students play the games, you and your assistants should watch the behaviors and attitudes that occur. Especially note any students who have fallen behind and have been sent backwards. Are they dealing with the game patiently and with a great attitude? Or are they getting frustrated, thinking they will miss the prize?
4. After fifteen minutes, call an ending to the games, whether or not all the teams are finished. Discuss some of the things that were said, and the attitudes and patience that were displayed. Announce that the winners who will receive prizes are those who practiced the most patience on each team, especially when they were losing.





SCRIPTURE MEMORY

Be joyful in hope, patient in affliction, faithful in prayer.

Romans 12:12

INSTRUCTIONS

Review the memory verse with the students, selecting several students to recite it for the class.

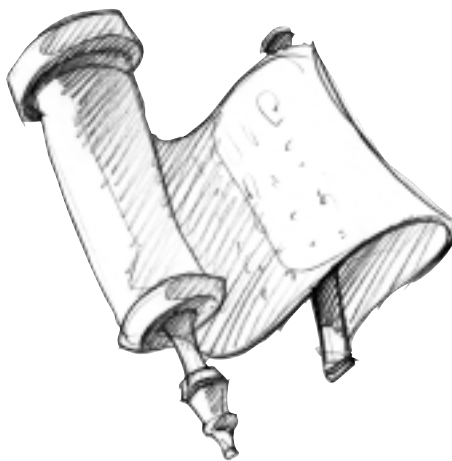
WEEKLY CHALLENGE AND SNACK TIME

If your students bring a snack, allow them to eat while you remind them of the challenge for the week.

The students were asked to keep a daily journal of situations which caused them to lose their patience, recording how they dealt with each situation. Remind the students to bring their journals to their next class (next Core Lesson).

CONCLUSION

End the class with a prayer.



WEEKLY CHALLENGE

Throughout this week, keep a "Patience Journal." Every day, write down a situation that tested your patience, and how you responded to the situation. If you gave in to frustration, what was the result? If you were victorious, how were you able to be so? Bring your journal to class next week to share your victories.

PRACTICING PATIENCE

Things That Are Frustrating

1. The bus is fifteen minutes late to pick me up for school.
2. Another student pushes ahead of me as I am getting on the bus, and he knocks my books and papers to the ground.
3. The first bell at school rings late, and I have to stand outside in the cold wind.
4. My teacher can't find the homework I handed in yesterday.
5. The lunchroom runs out of pizza, and I have to eat peanut butter and jelly for lunch.
6. Two boys run ahead of me in the hall and knock me down.
7. My ride is thirty minutes late picking me up after soccer practice, and it is beginning to rain.
8. After I get home, I find that I forgot to write down my math homework assignment.
9. My mother calls me to help clean the kitchen while I am talking on the phone.
10. My brother races me to the TV. He gets to watch his favorite show, and I can't watch my favorite show.

How I Can Be Patient

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

YOU MUSTN'T QUIT

When things go wrong, as they sometimes will,
When the road you're trudging seems all uphill,
When the funds are low and the debts are high
And you want to smile, but you have to sigh,
When care is pressing you down a bit,
Rest! if you must—but never quit.

Life is odd, with its twists and turns,
As every one of us sometimes learns,
And many a failure turns about
When he might have won if he'd stuck it out;
Stick to your task, though the pace seems slow—
You may succeed with one more blow.

Success is failure turned inside out,
The silver tint in the clouds of doubt,
And you never can tell how close you are,
It may be near when it seems afar;
So stick to the fight when you're hardest hit—
It's when things seem worst that YOU MUSTN'T QUIT!



William J. Bennett, editor, with commentary, *The Book of Virtues* (New York: Simon & Schuster, 1993), 536.

THE PATIENCE OF JESUS

Jesus obeyed his parents. *He never complained.*

Jesus worked hard as a carpenter. *He never complained.*

Jesus sat with the teachers in the temple courts for three days so he could learn from them. *He never complained.*

Jesus walked everywhere in a hot, dusty region of the world. *He never complained.*

Jesus had to wait thirty years before he began his ministry. *He never complained.*

Jesus could not do any miracles among his own relatives because they lacked faith in him. *He never complained.*

Jesus traveled through Galilee, Nazareth and Jerusalem to teach people about God and to help people. Everywhere he went, there were people who mistreated him. Many times, he was

- not warmly greeted
- not cared for
- misunderstood
- criticized
- hated
- abused
- made fun of
- laughed at
- not thanked

He never complained.

Jesus went to trial for a crime he did not commit. He was totally innocent. *He never complained.*

Jesus was wrongly accused, beaten, mocked and spit on. *He never complained.*

Jesus was hung on a cross to die a very cruel, slow, painful death. *He never complained.*

Jesus had to be separated from his father because of our sins. *He never complained.*

Jesus rose from the dead!

THE ROAD TO PATIENCE

Go back 2 spaces.

I struck out in the ball game.

A boy in my class knocked a tray out of my hands in the cafeteria.

My little brother got a crayon and drew on my report.

Two kids in my class pointed to me and giggled.

My brother ran ahead of me to turn the TV on. Now he gets to pick the program to watch.

I can't find my shoes and I'm in a big hurry.

My friend is supposed to tell me the homework assignment. Every time I call her number, no one answers the phone.

A boy pushed ahead of me in line and all my books fell on the floor.

A girl in my class dropped a glass of water in my lap.

Go back 4 spaces.

The doctor told me that I need to get 2 shots today.

My mother is 20 minutes late picking me up after school.

My cat knocked all my important things off my dresser.

Go back 3 spaces.

My teacher lost my math paper and told me that I have to do it all over.

My friend lost my new game that I let him borrow.

My team lost the play-off game after we won all the last 5 games.

My teacher told me that I have to stay in during recess because I forgot my homework.

START

END

SCRIPTURE MEMORY VERSE

Be joyful in hope,
patient in affliction,
faithful in prayer.

ROMANS 12:12

WEEKLY CHALLENGE

Throughout this week, keep a "Patience Journal." Every day, write down a situation that tested your patience, and how you responded to the situation. If you gave in to frustration, what was the result? If you were victorious, how were you able to be so? Bring your journal to class next week to share your victories.

HOW PATIENT AM I?

NAME: _____

Directions: Read each statement below and rate yourself on a scale of 1 to 5. Writing a "1" means "I am not patient at all," and writing a "5" means "I am very patient in this situation."

1. Waiting for someone who is very late. _____
2. Waiting in a long line at a store or to do something fun. _____
3. Answering a younger child's questions that have been asked many times. _____
4. Coming right away when my parents call me to do something, when I am playing a game or watching television. _____
5. Repeating something I said to a friend who keeps saying, "What did you say? I can't hear you." _____

Now do the math. Write each of your numbers below and add them up. Then divide by 5 to determine your "patience average."

My Scores:

- a) Total of all numbers: _____.
- b) Divide total (a) by 5: _____. This is your "patience average."
- c) What is my overall patience average?
- d) What is my strongest area?
- e) What is my weakest area?
- f) What can I do to grow in my patience in this area?

How did you do with this exercise? As you compare notes with your friends, you will probably find that everyone has at least one particular situation that causes them to be impatient. Whether you did very well or you need improvement, remember this: Different circumstances and people will test your patience throughout your life. When these situations occur, remember to go back to the Bible and look to Jesus' example for guidance. Pray for God to grant you greater patience as you grow closer to him.

