



TODAY'S TOPIC:

Patience

You are welcome to use this lesson to inspire spiritual conversation in your family or youth classroom. It is written for elementary age but could be adjusted as needed.

THINKING JOB: Ask a “thinking job question” to get everyone thinking about something pertinent to the lesson. This could be asked moments or hours before your conversation.

Have I ever had to wait for something that I really wanted?

Lesson

Materials	Things to Prepare	Today's Goal
• Pictures of sloths • Ability to play a dance music track • Can also use an hour glass in the lesson	•	Know it is okay and sometimes even better to have to wait for something.

PLAY: Play a quick game of freeze dance. While the kids are seated, explain the rules. Rules: When the music plays, you can move and dance, but when the music stops you must stay absolutely still – “frozen”. Have the kids stand up and dance while you play several seconds of music from the dance playlist. Pause and let everyone get still but just for a few seconds. Repeat. On the third stop, pause for a long time – much longer than the other rounds. Finish by playing the music one last time, then having everyone sit down in the circle.

SAY: Point out that when we played the game, that one “freeze” seemed long. Sometimes waiting for something to happen, like waiting for the music to come back on, can seem like it takes forever! This is when you have to be patient.

ASK: Raise your hand if you have heard your parents or your teacher say, “Be patient!”? That means you are okay with waiting and can do it without complaining. That can be hard when it’s something you really want.

ASK: A good example is baking. What if we didn’t wait to stir all the ingredients together? What if we don’t wait and take it out before it’s cooked?

ASK: Spiritual spin: When we pray to God, or do visioning, or say affirmations, does what we want magically appear right away? Not usually. It’s another chance to be patient. Part of being

patient is still believing that what you want is going to happen. When we bake, we still believe the cookies, or brownies or muffins will be delicious when they are done baking. That works when we are patiently waiting for our vision or prayer too. The trick is believing.

ASK: What are other examples of times you have to be patient? Other possible examples: growing a sunflower from a seed, a long car ride (Are we there yet?), letting paint dry, opening presents at a party.

ASK: Do you think you are patient? If I had a plate with one marshmallow, and told you that if you didn't eat it, you would get ten marshmallows, then left you alone with the one marshmallow, do you think you could be patient or would you eat the one?

ASK: When you're waiting and being patient, does it feel like time goes (say this fast) super-fast or (say this really slow) slow? Sometimes slow is good! Do you know what a sloth is? (show picture) Think of the sloth. It only moves 1 foot per hour when on land. Give an example of what 1 foot is like. Even in the trees it only moves 125 feet in an entire day. That's from here to outside. Imagine how patient you need to be if you are a sloth. Can you think of a time that slow is good?

SAY AFFIRMATION: I can wait for my highest and best. Repeat 4x.

ACTIVITY: Use a one minute hourglass timer and see we can all be still for one minute.

ACTIVITY: Finish with a bonus round of freeze dance if you want.

AFFIRMATION – I can wait for my highest and best. Repeat 4X

Note: Printable affirmations and coloring sheets for this lesson are available at <https://www.milehichurch.org/youth-family/> .