

Make Waves: What you do today can change the world around you.

DAY 1

Read Proverbs 14:29

Soda Explosion

With an adult's permission, grab a bottle of soda from the kitchen and head outside. Shake up the bottle for 15 seconds and then with your arms extended away from you, open the bottle.

What happened? Did the soda explode everywhere?

Sometimes we can be just like that exploding bottle of soda. One thing after another happens that makes us angry. And all that anger eventually comes out in one big explosion. When we let that anger out in an unhealthy way, (like yelling or hitting or kicking or breaking something) people around us can get hurt.

That's why patience is so important. Because when we respond with patience, we avoid a big blow up. And as our verse reminds us, we won't look foolish! So, this week, if you find yourself getting frustrated, ask God to help you calm down so you can respond with patience instead. Because patience is way better than being covered in sticky soda!

DAY 2

Read Ephesians 4:2

Have you ever held a newborn baby? You have to be very gentle and careful. Because a baby's bones aren't completely formed yet, they cannot hold up their heads on their own. So when you hold a baby, you have to be careful to support his little head. And if the baby is sleeping, you want to be very quiet and still so you don't wake him up!

Picture patience like that sleeping baby. When it comes to how we treat others, we need to be gentle. We need to be careful not to say or do something we don't mean. When we feel ourselves getting frustrated, it's good to stop and think about a better way to respond so that we don't do or say something we'll regret. Just like you wouldn't want to do anything to hurt that sweet sleeping baby, we need to be careful and gentle with others as we show patience.

Find something soft like a pillow, cotton ball or feather. Write out the words of today's verse on a card and set it next to the item you've selected as a reminder to **be gentle and patient with the people around you this week.**

DAY 3

Read Luke 6:31

Do you know who spoke the words in today's verse? Jesus! When it comes to how we should treat others, Jesus was very clear. This one big idea—treating others the way you want to be treated—is the key to being a good friend.

Think about it. Do you like it when someone is impatient with you? When someone tells you to hurry up? When someone interrupts you? No! No one likes to be treated that way. If you want to have good friends who are patient with you, you need to be patient too!

Say it FIVE Times

This week, when you feel your impatience kicking in, stop and say the phrase below five times out loud or in your head. Each time you repeat it, say it just a little bit more slowly. This will give you time to calm down and respond in a more patient way. When we treat others the way we want to be treated, we'll always choose patience.

"I should treat others the way I want to be treated."

DAY 4

Read Proverbs 16:32

A Picture of Patience

Think about a mighty warrior, dressed for battle. Picture someone strong, brave, a leader worth following. Grab a piece of paper and draw that warrior.

Now imagine you as a 2nd or 3rd grader being tougher than that mighty warrior. Does that seem possible?

It is when you are patient with others. When you hold your tongue instead of saying something unkind, when you take a deep breath and count to 10 before you hit your brother back, when you choose to be patient and kind, you are showing more strength than a mighty warrior. A person who controls their temper is greater than any military hero.

Showing patience is harder than capturing a city. But there is good news. God has given us the Holy Spirit to help us! This week, when you're tempted to respond in anger or impatience, stop and think about that mighty warrior. Remember our verse today and ask God to help you make waves of patience.

Be patient with each other.