

Spend some time thinking about the question below and journal your thoughts or share them with a parent.

When is it hard to have patience?

Handwriting lines for journaling.

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Day 1

After watching, write one thing that:

Visit the Parent Cue app (available for iOS and Android) to watch this week's Bible story.

Download it for free at parentcue.org/app.

Even if you already saw it at church, feel free to check it out again!

1. You liked:

2. You learned:

3. You'd like to know:

## Day 2

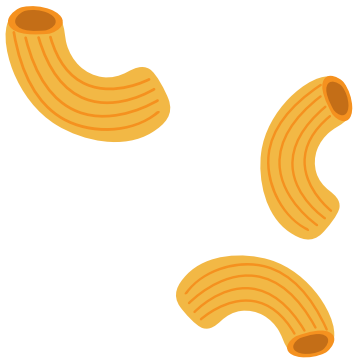
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### Read Proverbs 14:29

Get a sheet of paper and a pencil. At the top, write out Proverbs 14:29. Using an electronic device, go to an online thesaurus and look up the words *patient*, *understanding*, *angry*, and *foolish*.

Write three different versions of the verse. For example: Anyone who is **long-suffering** has great sense. But anyone who gets **irate** quickly shows how **unwise** they are.

Circle the version of the verse that makes the most sense to you.



## Day 3

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### It's pretty challenging to have patience sometimes, isn't it?

Sometimes certain situations or certain people make it especially hard for us to be patient.

Fill in the blanks of the prayer below, using the words from your favorite "translation" from yesterday, as well as an example from your life where it's hard for you to be patient (or a person you find it hard to be patient with).

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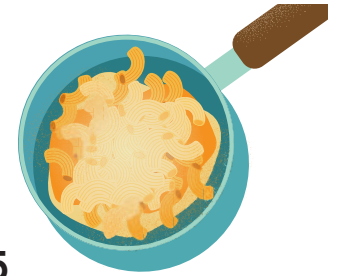
**Dear God,** I want to be a person who is \_\_\_\_\_. But sometimes it's hard and I find myself getting \_\_\_\_\_ quickly, especially when it comes to (personal example) \_\_\_\_\_. I don't want to be a \_\_\_\_\_ person, so please help me learn to wait until later for what I want now. In Jesus' Name, I pray. **Amen.**

## Day 4

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### Find a parent or another trusted adult who follows God.

Ask them about a time they waited for something and as a result, they gained wisdom. If they can't think of anything, then ask them the opposite—was there a time they didn't have patience and now they see the foolishness of that decision? Talk with each other about wise versus foolish decisions and why you want to make wise choices even if that sometimes means waiting until later for what you want now.



## Day 5

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### Why is it important to make peace?

When do you personally find it the hardest to have patience? Circle one answer per section.

#### 1. State of Being

Hungry  
Tired  
Frustrated  
Running late

#### 2. Feeling

dreading  
excited about  
worried about  
annoyed by

#### 3. Person

My sibling(s)  
My caregiver  
My teacher  
My teammates

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The next time you find yourself tempted to lose patience, ask yourself:

- ▶ "Am I \_\_\_\_\_?"  
(word from the first group)
- ▶ "Is there something I am \_\_\_\_\_?"  
(word from the second group)
- ▶ "Is it because I'm dealing with \_\_\_\_\_?"  
(word from the third group)

Once you've identified your trigger(s), you can ask God for help as well as taking some practical steps to avoid those triggers next time (e.g., Have a snack, leave earlier, pray for peace, do something kind for the person who is annoying you, etc.)