

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

What can you think about when it's hard to wait?

Handwriting lines for journaling.



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

Read Exodus 32:1-14

As you read Exodus 32:1-14, circle any words or sentences (or write them here) that refer to the impatience of the Israelites. These may be words that refer specifically to their impatience or that describe the actions they took as a result of their impatience.

Next, put a box around (or simply find) the paragraph where Moses shows God that he remembers what is true. (See a hint below if you need it.)

How might things have been different if the Israelites remembered what Moses recalled about God and the plan to rescue the Israelites?



See Exodus 32:13

Day 3

Waiting for something you really want might be one of the hardest things ever!

Not only can you ask God for help, but it also can help you pass the time while you wait! Think of something that is SUPER hard for you to wait for. . . then fill in this prayer and pray it out loud.

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**Dear God,** thank You for all the good gifts you give us. There is so much good in this world that you have created, that sometimes it's really hard to wait for things. It is especially hard for me to wait for \_\_\_\_\_, so I need Your help. Please give me patience so I do not mess up the good thing You have made and prepared for me. Help me to remember that I can trust You no matter what, so I can wait, knowing You know what is best. In Jesus' Name, I pray. **Amen.**

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Look at how much time has already passed while you prayed! Talking to God about being patient can help you actually practice patience at the same time!

Day 4

When you have to wait, remember what's true.

Grab a sheet of paper and a writing utensil. Then throughout the day, ask friends and family what they think about and/or what they do when they have to wait. Get a list as large as you possibly can. Then, sit down with the list and circle the ones that are truths that are good to focus on when you have to wait. Add your own ideas if there aren't very many. Next, circle the best ideas people had for things to do while you wait. Again, add to this list with your own ideas. Save this paper for tomorrow!



Day 5

What can you think about when it's hard to wait?

Take the list of things you made yesterday and make a WAYS TO WAIT poster to hang in your room. If you have cardstock or poster board, that's awesome, but simple white paper will work too! Get all the markers, colored pencils, paint, etc. you have, as well as any stickers, glitter, and any other decorative items.

At the top of the poster, use a Sharpie to write WAYS TO WAIT in block letters, then color in the letters. Underneath, write the list you came up with yesterday—it should be a combination of things that are true that you can think about, and things you can do to help yourself wait.

Decorate the poster however you'd like, then find a place to hang it—ideally, in a spot where you often find yourself waiting. . .