

# Patience means waiting until later for what you want now.



## DAY 1

### Read Proverbs 15:18

Ever play the blame game? Ever point a finger at someone else as if to say, "It's not my fault. It's her fault?"

Be honest. No one else has to hear your answer. Does the blame game stir things up and or calm them down?

The next time you find yourself in an argument with a friend or sibling, stop and ask yourself a simple question: "Am stirring things up or working to calm them down?" If you're stirring things up, take a deep breath and then try to respond with patience instead.

**Find a friend and play the patience game.** Sit on the floor to face each other. The object of the game is to sit completely still as you stare at each other. The first person to laugh, loses. Play again and time yourselves to see how long you can go before someone "loses" it.

## DAY 2

### Read 1 Corinthians 13:4

Jesus said that the number one thing we can do is love. Love God and love others. Today's verse reminds us what love looks like. It's kind. It's not jealous or braggy or proud. But the first part of the verse might actually be the hardest.

Love is patient. Love doesn't hurry or yell or push to the front or insist one way is the only way. Love lets others go first. Love waits it's turn.

Think back over your day. Were you impatient with anyone? What happened? What could you have done differently to help you focus on showing love to that person instead of impatience?

**On a piece of paper, write out the words "LOVE IS PATIENT" in big block letters.** Decorate the page with lots of color so it will really stand out. Post your masterpiece on the fridge or in another prominent place where everyone in your home can see it. Each time you read it, ask God to help you show love to others by choosing to be patient. Then thank Him for always being patient with you.



### DAY 3

#### Read Ecclesiastes 7:8-9

Do you know what a fool is? A fool is someone who makes unwise decisions. No one wants to be called a fool.

When you're waiting, what if you thought about the end instead of the beginning? In the end, don't you want to be seen as a wise, patient person? Don't you want to be the kind of friend others can trust and depend on?

When you fly off the handle, when you interrupt because you think what you have to say is more important, when you push ahead when you're not prepared, it could cost you. You might look foolish. **It's better to choose patience.**

**If you don't wait,  
it could cost you.**

### DAY 4

#### Read Proverbs 16:32

According to our verse today, what's better? To choose patience or to lose your temper? Instead of fighting or insisting your way is right, it's better to take a deep breath. It's better to calm down before you blow up. Becoming frustrated and impatient won't solve the problem. So, instead of blowing up, what if you tried these steps instead:

##### **Calm It Down Steps**

1. Stop
2. Count to 10
3. Try again

When you're not patient, it could cost you. You could end up hurting others by saying something unkind that you don't mean. You could even end up hurting yourself. **So the next time you're about to lose control because you think you can't wait, stop, count to ten, and then try again. Ask God to help you so you can protect yourself and others.**