



First, watch  
this week's  
video!

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

### Memory Verse

"The fruit the Holy Spirit produces is love, joy and peace. It is being patient, kind and good. It is being faithful and gentle and having control of oneself."  
Galatians 5:22-23a,  
NIV

### Bible Story

Patience Principle  
Proverbs 15:18

### Bottom Line

Be patient with  
each other.

Use this guide to help your family learn how God's Spirit can help us "make waves."

## Activity

### Patiently Racing

#### What You Need:

Spoon, egg(s), painter's or masking tape

#### What You Do:

Use the tape to mark start and finish lines on the floor. Note: This needs to be a floor that can be easily cleaned, like wood, tile, or linoleum—or go outside if you can. Leave about 20 feet in between the two lines, if possible.

Next, place your child at the starting line. Hand them a spoon and place an egg on it. Say, "You have to race from here to the finish line without dropping the egg. If you drop the egg, you have to come back, get a new egg, and start over."

When your child finishes, say, "You probably had to move a lot slower than you normally would in a race, right? That's because you had to be patient so you didn't drop the egg."

## Talk About the Bible Story

What are some situations where you tend to lose your patience?

Do you have particular people in your life with whom it's extra-difficult to have patience?

Why is it so important for us to be patient with each other?

What are some ways that you can help yourself calm down when you're getting impatient or upset?

*Parent: Share about when you've had to be patient with someone. Talk about what you did to help yourself be patient.*



## Prayer

Use this prayer as a guide, either after talking about the Bible story or sometime before bed tonight:

"God, thank You for giving us the help of Your Spirit so we can be patient with other people. Please help us choose patience, no matter what's going on this week. Thank You for being patient with us when we don't get it right. We love You, and we pray these things in Jesus' name. Amen."