

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



Read: Ephesians 4:2

DAY

1

Ready, Set, Wait

With the help of an adult, cook or bake something! While you are waiting for your food to be done, practice patience. Think of some fun things you can do while you are patiently waiting for your food to cook.

KNOW that patience always pays off.

DAY

2

Hide and Seek!

With a friend or family member, play hide and seek. Use this game to help you practice patience with others. You might have to patiently wait for your turn or patiently wait to be found. Whatever you are waiting for, do it patiently and consider others.

ASK God to help you wait patiently for others.

DAY

3

Take Turns with Patience

Look up this week's verse with a friend. Take turns reading the verse together and apart. Say the verse alone, allow your friend to say the verse alone, say it together, then take turns saying a word of the verse.

Taking turns is a way of practicing patience.

LOOK for ways that you can be more patient with those around you.

DAY

4

Patience

There are times when we need to be patient after we ask God for something. Spend some time talking to God about what you want. Then, work on being patient for an answer.

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 "Dear God, I pray that I can learn patience. I pray that You can help me when it gets hard and that You can show me that I have the strength to wait. I pray for \_\_\_\_\_. Please help me wait patiently for Your answer. Amen"  
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THANK God for helping you be patient.

Be patient with each other.



