



LOW-ENERGY GAME

Flip a Bottle

[10 min]

Supplies

- full water bottles (1 per child)
- 8-foot-long tables (1 for every 8 kids)
- upbeat music (optional)
- music player (optional)

Tips

- You can use the standard size of water bottles (usually about 16 ounces) or the short water bottles (about 8 ounces). Either will work, but the smaller bottles will likely be more affordable.

Toss and Flip a Bottle Until It Lands Upright

Say: In today's Bible story, we saw how Jacob's patience in waiting for Rachel paid off: He finally got to marry Rachel. Jacob waited years, but sometimes it's hard for us to be patient for even a few minutes! Let's see what a few minutes of patience is like.

- Give everyone a water bottle, and have kids stand around the tables.
- Each child will hold a bottle by its neck and lid, then toss it up a few inches so it flips and hopefully lands upright on the tabletop.
- Some kids may be successful right away, but for others it will take multiple tries.
- Allow kids to keep tossing and count how many times they can get their bottles to land upright.
- If you'd like, play upbeat music while kids play.

Talk About It

Ask: • Why did this game take patience?

• What happened as you kept trying and trying?

Say: Patience is more than just patiently waiting for something to happen. Patience can also mean not giving up and to keep trying. As you tried and tried, you figured out some strategies for getting the bottle to land upright.

Ask: • What's something you've learned to do in your life that you had to try again and again before you got it right? Share an example of your own, such as learning to drive a car or learning to read.

Say: Whether it's learning to flip a bottle, learning to tie our shoes, or waiting for a whole week for the weekend, things don't always happen as fast as we'd like. But when we're patient and keep trying, we learn and grow new skills. Jacob showed amazing patience, and with God's help, we can, too. That's because patience is a fruit of the Spirit.

**TALK-ABOUT VIDEO****Let It Snow**

[10 min]

Supplies

- “Let It Snow” teaching video

Discuss and Watch “Let It Snow”

Say: **We’re learning that patience is a fruit of the Spirit. But sometimes it’s just hard to wait!**

Ask: • **What’s something that’s really hard for you to wait for?** Share your own example first, such as waiting to eat dinner when it smells really good or waiting for Christmas in the beginning of December.

Say: **Waiting can be hard! Our friend Awesome Andy doesn’t like waiting either. Let’s see how he solves his patience problem.**

Watch “Let It Snow.”

Ask: • **If you could make it snow right away, what would you want to do in the snow?**

• **Andy wanted snow so he could use his rocket-powered tri-ski-scooter invention now. But Cami said, “Sometimes a great idea won’t work because it’s just not the right time.” Tell about a time waiting made things better for you.**

Share your own story first, such as a time you left later than you planned and then passed a bad accident you might’ve been in if you’d left on time.

• **Andy came up with an idea for another fun invention while he waits for snow. What can you do while you’re waiting?**

Say: **We don’t always get to do what we want right when we want to. But patience is a fruit of the Spirit, so God can help us wait patiently.**



DEEPER BIBLE

How Can God Help Me Wait Patiently?

[15 min]

Supplies

- Bibles
- timer
- paper
- markers
- tape

Wait One Minute

Say: Before we get into our Deeper Bible activity, I just need to read it over and make sure I'm ready. Can you all just talk with a friend? Maybe share about the coolest thing you did this week.

As you pretend to reread the instructions for this part of the lesson, discreetly set a timer and time exactly one minute. After one minute, say: **Actually, you know what? It's too distracting to read when everyone is talking. Can you please sit in complete silence and close your eyes while I get ready? It won't take long.** Again, discreetly time exactly one minute. When the minute is up, announce that you're ready to start.

Ask: • How long would you guess I let you talk for? How about how long you had to wait in silence?

Say: It might surprise you to hear that I timed it, and both of those waiting times were exactly one minute long.

Ask: • Why do some things seem to take longer than others?

Say: The second time I made you wait, you were probably focused on how boring it was just to sit in silence. When we focus on boredom or impatience, everything seems to take longer. But that's not what happened for Jacob. He was focused on love and hope. And check out how long his seven-year wait felt.

Read Genesis 29:20.

Say: Jacob discovered how to wait patiently. So how can God help us wait patiently? Let's dig in to that.

Dig Deeper

Say: When we're waiting, patience has a lot to do with perspective. Earlier, when you were focused on having fun with a friend, time went by more quickly than when you were sitting there with nothing to do. Let's see how we can put our focus on God when we're impatient.

Distribute paper and markers. Tell kids they'll ultimately be drawing three pictures on the front of their paper so they should plan accordingly as they draw. First, kids will each draw an everyday thing they have to wait for, such as waiting at the bus stop or waiting in a cafeteria line.

Say: Waiting for these kinds of things can feel boring. Sometimes we might whine and complain. But check this out.

Read Psalm 62:1.

Ask: • What can you learn about waiting from this verse?

Say: When we trust God, we can wait quietly. No more whining! So on the back of your paper, draw several mouths with X's over them, but leave a

blank space in the middle of the paper. Allow time.

Say: There's another kind of waiting we have to do. It's still a regular kind of thing, but there's more urgency to it. You might feel anxious. It's things like riding in the car and being stuck in traffic when you're already late for your soccer game, or waiting for the Wi-Fi to come back on when you're trying to livestream something and you're missing it. It's time-sensitive, and you're not just bored; you're anxious.

For their second picture on the front of their paper, have kids each draw an urgent kind of waiting. Encourage kids to think of specific examples from the last week or two.

Say: The Bible has something to say about our attitude when we're looking forward to something.

Read Romans 8:25.

Ask: • What does it mean to wait confidently?

Say: When we trust God, we can be patient and confident, even when it's hard. That's because patience is a fruit of the Spirit. So on the back of your paper, write the words "patiently and confidently" a few times, leaving that middle space blank. Allow time.

Say: There's one more kind of waiting that's more like what Jacob had to do. It's the kind of waiting that takes a *long* time—months or maybe even years. For example, maybe you have an awesome birthday party on the calendar, but it's not for another two months. Maybe you're going to Disneyland next summer. Maybe your parents said you can get a new phone, but only if you clean the bathrooms every week for a year. Maybe you've been praying for something and you're waiting for God to answer.

For their third picture on the front of their paper, have kids each draw a picture of something they're waiting for that's a long-term thing.

Say: When we wait for answers to prayer or other long-term hopes, sometimes it feels like we're waiting for God to show up. And here's what we can do while we wait.

Read Psalm 27:14 from the NIV translation: "Wait for the Lord; be strong and take heart and wait for the Lord."

Say: Let's be strong and take heart right now! Write a prayer in the middle space on the back of your paper, asking God for patience. Allow time.

After kids have finished writing their prayers, see if one or two kids would be willing to read their prayers aloud (or let you read them aloud) to close this section with prayer.

Say: Now let's see how God's patience can change the way we see things. Roll both edges of your paper toward the center to make a pair of binoculars, and tape it in place. Make sure the mouths with X's, the words **patiently and confidently**, and your prayer are on the outside. Show kids how to do this if needed, referring to the picture below.



Have kids look through their binoculars as you say: **When we're waiting, we can look at things in a different way—through God's patience.**

Kids can take their binoculars home to remind them how to wait patiently, quietly, confidently, and with strength.



LIFE APPLICATION WRAP-UP

Wait and Listen

[5 min]

Supplies

- Bible

Wait and Listen

- Read Psalm 62:1.
- Have kids silently tell God something they're waiting for.
- Then allow a minute or so for them to wait quietly, listening for God's voice.

Cheer

Say: **Patience is a fruit of the Spirit. We can wait quietly for God to work in our lives, because our victory comes from him! Let's give a victory cheer!**
Lead kids in cheering like they would after a big goal at a sporting event.

Wrap Up

Pray: God, thank you for **the fruit of the Spirit of patience**. Sometimes life involves waiting! Thank you that you can help us wait quietly and will bring victory in the end. In Jesus' name, amen.

Thank kids for coming, and encourage them to come back next week.



ACTIVITY PAGES WITH A POINT

Patience With Pennies

[10 min]

Supplies

- "Fruit of the Spirit: Patience" Coloring Page
- pennies (1 per older child)
- pompoms (1 per older child)
- crayons

Older Kids: Do an Activity Page

Say: Today we're learning about the fruit of patience. When we follow Jesus, he helps patience grow in our lives. Jacob had to wait a long time for Rachel, but it didn't feel like long because he loved her so much. When we love God, he can help us wait patiently, too. Let's see if you can wait patiently as you try to succeed in this game.

Distribute the activity pages, pennies, and pompoms. Kids will place a pompom in the semicircle and try to flick a penny from the start line to knock the pompom out. They can continue to try patiently until they get it.

Ask:
• How did you feel if you had to try a lot before you got it?
• Tell about a time you lost patience and gave up on something because it was taking too long.

Say: Patience is a fruit of the Spirit. That means when God promises us something, we don't give up! We wait patiently for God to do what he says.

Younger Kids: Color a Coloring Page

Distribute the coloring pages and crayons. Say: Today we learned that patience is a fruit of the Spirit. Jacob had to be patient while he worked and waited to marry Rachel. Let's color that.

Allow time for kids to color.

When kids finish coloring, three-hole-punch their pages and put them into binders, if desired.