



APRIL
14-20

*Waiting until later
for what you want now*

READ PROVERBS 14:29

DAY 1

If you've got some bubble solution, try this experiment. (If you don't, you can try mixing some dish soap with water and using a circle of some sort – like a mason jar lid or the ring around a milk jug as a makeshift bubble wand. Just be sure to ask an adult for permission first!)

Try blowing bubbles with various speeds. See which bubbles are bigger and last longer. Are the bubbles bigger when you have patience and blow slowly or when you blow air fast and furious through the ring?

Just like with bubbles, when we have patience with others, we will find ourselves stronger and wiser for it!

KNOW that getting angry quickly destroys relationships.

READ EPHESIANS 4:2

DAY 2

Fill in the blanks with vowels to see what you should (and shouldn't do) to keep your cool with others.

Don't be P R ____ D at all. Be completely G ____ N T L ____.

Be P ____ _____. Put up with one another in L ____ V ____.

ASK God to help you keep your cool.

READ PROVERBS 15:18

DAY 3

Get a medium sized bowl and put it in the kitchen sink. Fill it with water, then use a spoon to stir the bowl as fast as you can. What happens to the water? It makes a big mess, doesn't it?

Did you know that's what it's like when you have a bad temper? It makes a big mess in your life and your relationships. But if you keep your cool, it can have the opposite effect. You can actually be a force for peace in the world!

ASK God to help you choose patience and peace.

READ PROVERBS 16:32

DAY 4

Make up some motions for Proverbs 16:32. Then show them to someone in your family and see if they can guess some of the verse.

Patience may be hard in the moment, but you'll feel so much better when you choose it!

THANK God for helping you to keep your cool this week!

*When you think
you can't wait,
keep your cool.*

