

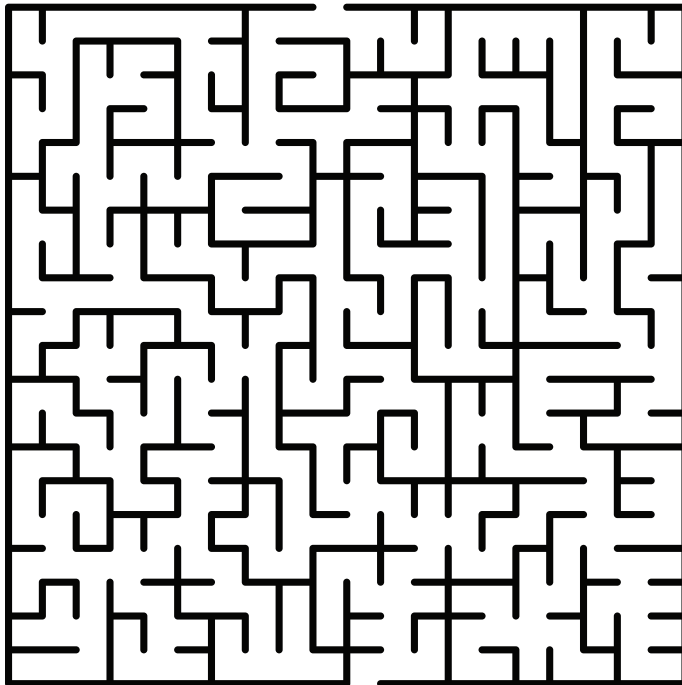


*Waiting until later
for what you want now*



READ 1 CORINTHIANS 10:13

DAY 1



How long did it take you to get through that maze? When you hit a dead-end, were you tempted to give up? Hopefully you knew you could trust that there **WAS** a way out, you just had to be patient and keep trying!

God has promised that He will help us whenever we're tempted to give up on doing the right thing. All we have to do is ask!

ASK God to help you be patient, even when you think you can't wait.

READ PSALM 86:15

DAY 2

Unscramble these words that describe who God is.

DEENRT _____

KDNI _____

CSRUOGAI _____

TTAPINE _____

FLFUHTIA _____

GVOLNI _____

God doesn't ask us to do or be anything that He hasn't already done or been for us! He is patient with us, so He can give us the strength to be patient with Him and His plan.

THANK God for being patient with you.

READ COLOSSIANS 1:11

DAY 3

Do the following "Workout of the Day."

- 10 sit-ups
- 10 jumping jacks
- 10 push-ups
- 10 high knees (like running in place)

Then repeat it 3 times.

Phew! How do you feel? Any stronger? Did you ever feel tempted to give up? You would have to repeat that every day for a while to feel physically stronger, but God wants you to be **STRONG** in your patience most of all! Never give up on making the wise choice to trust God!

KNOW that exercising your patience will help your patience grow stronger too!

READ PSALM 9:10

DAY 4

Sometimes it's hard for us to be patient because we forget that we can trust God to take care of us, and that His plan is best. What's something you're struggling to be patient about? Maybe you are having a hard time understanding math. Or maybe you can't sleep because you're waiting to find out if you made the team or the school play. Maybe your lack of patience has more to do with a person—like a sibling or even your mom or dad.

Take a minute to ask God to help you have patience and to trust Him to help you through your situation. Write the words of Psalm 9:10 on a scrap of paper and stick it somewhere to remind you throughout the day that God's got this!

KNOW that God has never deserted anyone who asked Him for help!

*When you think
you can't wait,
talk to God
about it.*

