

**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

### Key Question

What can you do when you're feeling impatient?

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

## Activity

### Puzzle It Out

#### What You Need:

Puzzle (100 pieces or less)

#### What You Do:

Spread the pieces of the puzzle out, and invite your child to work with you to put the puzzle together.

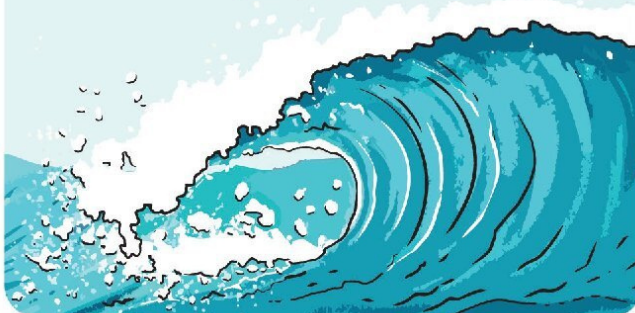
While you're working on the puzzle, ask some questions to spark conversation:

- What was the best thing that happened to you this week?
- What's something you're looking forward to?
- Do you miss anything about being at school?

If the two of you are able to put the puzzle together, commend your child for their accomplishment. Tell your child that it takes a great amount of patience to work on puzzles, especially when you're working together.

If it seems like you won't have enough time to finish the puzzle in one sitting, take the opportunity to recognize how much patience it takes to work on puzzles. Then, pick a time to return to the puzzle together.

Say, "Puzzles definitely take a lot of patience! Today, we looked at a Proverb that reminds us why we should be patient with other people."



## 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 with your child about some strategies you use when you need to have patience in trying situations—specifically when you need to be patient with other people.*

## Prayer

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

"Dear God, we are so thankful that You are patient with us all the time. Help us all follow Your example as we encounter situations that cause us to become impatient. Help us encourage each other when we see each other struggling to be patient. We love You so much, God. In Jesus' name we pray. Amen."