

Activity Sheet

Fruit Of The Spirit - Week 4: Patience



Bible Time



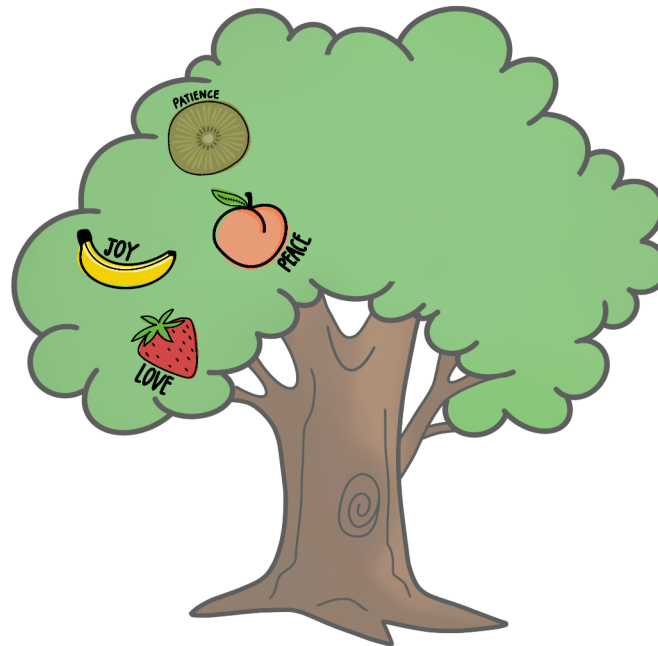
This week we are looking at a story that we looked at in our Heroes of Faith series. Do you remember Sarah? Well today we are thinking about the promise that God gave to Sarah and Abraham again. You can find the promise in the book of Genesis and chapter 17. When God asked Abraham to count the stars I wonder what he thought? I don't think he imagined that God was going to tell him that would be the number of his descendants. What an amazing promise but also what a strange one! You see Abraham and Sarah were really old, nearly 100 and I don't think they ever expected to have a child, but God promised that they would, and they trusted God. But as the time went by and they got older, I wonder if it was harder to wait and have patience?

Have you ever had to wait for something? It can sometimes feel like an eternity to your birthday or Christmas or that holiday! Waiting and being patient can be hard, but God loves us and when he promises something he will deliver - but he might make us wait a while and show patience. There is also another way to look at patience - sometimes we need to be patient with other people, to wait for them to change their attitude or start doing things differently. God is always patient with us even when we let him down, if he can be patient with us, then we should be patient with others.

Prayer For The Week



Dear Lord. Thank you that you are always patient with us, help us to be patient with other people. Thank you that you promise you will help us and be with us, help us to patiently wait for things you have promised. Amen.



Ideas For The Week



Try playing some games or making something that requires a bit of patience this week. Ask your parents to spot when you are being really patient with other people.

Chat Time



Chat about the story. Use these questions to help you get started:

- What did God promise Abraham?
- Why did this promise seem impossible?
- What was Abraham's wife called?
- Have you ever had to wait for something?
- How did it feel to be patient?
- Who has to be patient with you?
- Talk about ways we can show patience!

Memory Verse



Be completely humble and gentle, be patient, bearing with one another in love.

Ephesians 4:2

Song Of The Week



Faithful God by I Am They

Listen to our smAll Nations playlist at: www.allnationselim.org/smallnations

Show Us



Send us pictures of you and your family watching smAll Nations, dancing, joining in with the game and making the craft. Ask a grown-up to email them to: smallnations@allnationselim.org