

**SERIES:** AS FOR ME & MY HOUSE

**WEEK:** MAY 24 - PATIENCE

## OPEN IT UP

TALK WITH YOUR FAMILY OR GROUP ABOUT WHEN IT'S MOST DIFFICULT FOR YOU TO EXERCISE PATIENCE. FOR KIDS, ASK THEM WHEN IT'S HARD FOR THEM TO WAIT UNTIL LATER FOR SOMETHING THEY WANT RIGHT NOW!

## TAKE IT FURTHER

### **PRESCHOOL & ELEMENTARY:**

- 1) WHY IS IT SO HARD TO WAIT WHEN YOU WANT SOMETHING REALLY BADLY?
- 2) WHAT DOES IT FEEL LIKE WHEN YOU NEED TO WAIT FOR SOMETHING YOU WISH WAS ALREADY HERE?
- 3) WHAT'S A WAY YOU CAN REMIND YOURSELF TO PRACTICE PATIENCE THIS WEEK?

### **STUDENTS:**

- 1) OUR CULTURE IS ONE OF INSTANT GRATIFICATION. WHERE ARE YOU USED TO INSTANT GRATIFICATION IN YOUR LIFE?
- 2) WHAT IS YOUR RESPONSE WHEN SOMETHING YOU EXPECTED TO BE IMMEDIATE IS SLOWED OR DELAYED?
- 3) WHAT'S ONE WAY YOU COULD DEVELOP THE PRACTICE OF PATIENCE AND LEARN TO BE OKAY WITH WAITING?

### **GROUPS:**

- 1) IN WHAT WAYS HAVE YOU WATCHED OUR CULTURE OF INSTANT GRATIFICATION ERODE YOUR CAPACITY FOR PATIENCE?
- 2) THE SPIRITUAL DISCIPLINE OF SLOWING IS DEFINED BY JOHN ORTBERG AS: CULTIVATING PATIENCE BY DELIBERATELY CHOOSING TO PLACE OURSELVES IN POSITIONS WHERE WE SIMPLY HAVE TO WAIT. HOW COULD YOU PRACTICE THE SPIRITUAL DISCIPLINE OF SLOWING THIS WEEK?

## LOOK IT UP

**JAMES 5:7-11 | PROVERBS 14:29 | I CORINTHIANS 13:4 | EPHESIANS 4:2**

## TRY IT OUT

### EVERYONE:

CHOOSE ONE AREA OF YOUR LIFE THIS WEEK WHERE YOU WILL PRACTICE THE SPIRITUAL DISCIPLINE OF SLOWING. PERHAPS YOU INTENTIONALLY DRIVE IN THE SLOW LANE. REFUSE TO HONK YOUR HORN. WAIT SEVERAL HOURS BEFORE VIEWING SOCIAL MEDIA IN THE MORNING. CHOOSE THE SLOWEST CHECK-OUT LINE. EAT YOUR FOOD AT A SLOWER PACE AND WITHOUT MULTITASKING. TAKE EMAIL OFF YOUR PHONE. ORDER SOMETHING ONLINE AND CHOOSE THE SLOWEST SHIPPING SPEED. COMMIT TO BEING FULLY PRESENT IN THE ONE THING YOU'RE DOING AT THE MOMENT.

### FOR KIDS:

TEACH THEM TO COUNT TO TWENTY SLOWLY AND TAKE DEEP BREATHS WHEN THEY START FEELING IMPATIENT. (THIS ONE MIGHT BE GOOD FOR ADULTS TOO!) TEACH KIDS A SCRIPTURE VERSE ABOUT PATIENCE FROM THE LOOK IT UP SECTION AND REFER TO IT AS A FAMILY WHEN IMPATIENCE STARTS TO TAKE OVER.

## CLOSE IT OUT

### FAMILIES:

GOD, THANK YOU FOR OUR FAMILY AND THAT YOU ARE SO PATIENT WITH US EVEN WHEN IT'S DIFFICULT FOR US TO BE PATIENT WITH EACH OTHER. PLEASE HELP (CHILD'S NAME) TO DEVELOP THE FRUIT OF PATIENCE AND TO REMEMBER THAT IT'S OKAY TO GO SLOW AND IT'S OKAY TO WAIT. THANK YOU FOR GIVING HIM/HER TO US AND HELP US TO SHOW (CHILD'S NAME) WHAT PATIENCE LOOKS LIKE BY THE CHOICES WE MAKE AND THE EXAMPLE WE SET. AMEN.

### GROUPS:

BE HONEST WITH EACH OTHER ABOUT WAYS YOU STRUGGLE WITH THE FRUIT OF PATIENCE. PERHAPS IT'S NOT WAITING AT A RED LIGHT OR IN A CHECK-OUT LINE THAT'S HARD, PERHAPS IT'S WAITING FOR A SPOUSE, OR WAITING TO START A FAMILY, OR WAITING TO FIND A JOB THAT MOST CHALLENGES YOU. JOIN IN PRAYER WITH EACH OTHER AND ENTER INTO THE WAITING TOGETHER. PRACTICE CULTIVATING PATIENCE IN SMALL WAYS THIS WEEK.