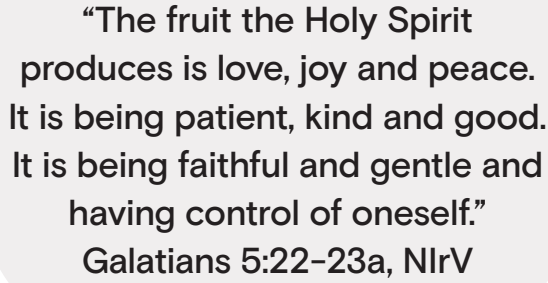


What you do today can  
change the world around you

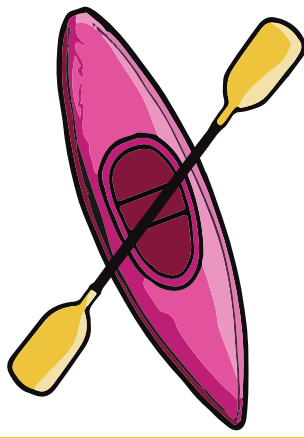


## How can you love others like God does?

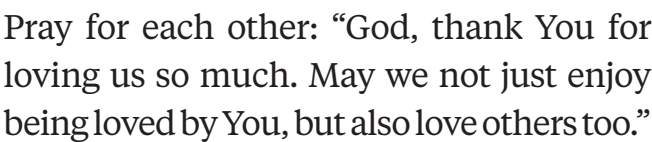
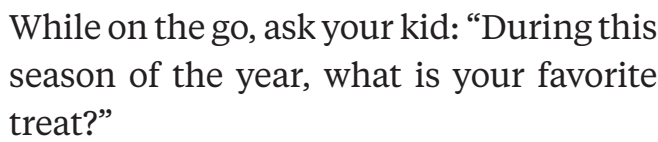
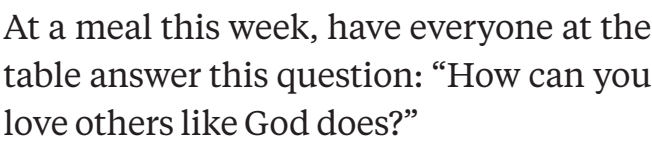
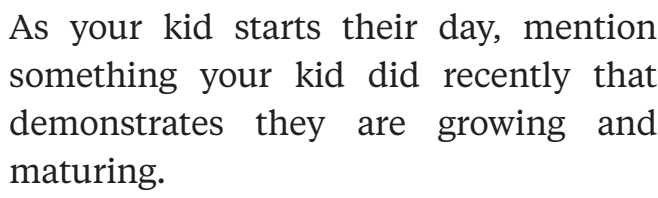
## What are things that bring you joy?

## What are some ways to make peace?

## What can you do when you're feeling impatient?



## ENGAGE IN EVERYDAY MOMENTS TOGETHER



Week Four  
3-5th  
Grade



After watching, write one thing that:

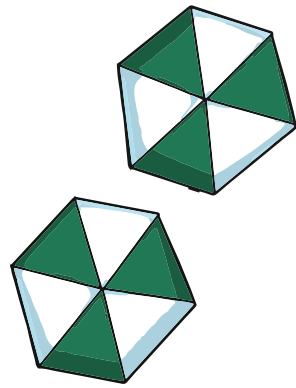
Go to [bit.ly/SundaysAtHomePreteen](https://bit.ly/SundaysAtHomePreteen) and watch this week's episode of The So & So Show.

Even if you already saw it at church,  
feel free to check it out again!

1. You liked:

## 2. You learned:

### 3. You'd like to know:



**Move this prayer time into the bathroom.**

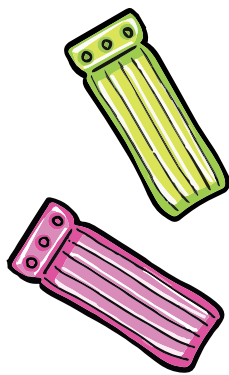
If you have a tub, fill it up with a couple of inches of water. If not, put the stopper in your sink and fill your sink up with a few inches of water.

Think about some things that make you really impatient—things that get under your skin and frustrate you. As you think about these things, swirl the water around again and again, stirring up the waves of conflict. Then close your eyes and ask God to help you be patient in each of those situations, describing them and asking God for patience in each case.

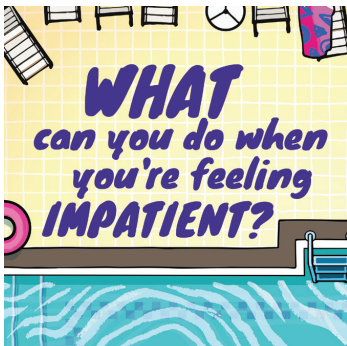
Now, open your eyes and look at the swirling water you made earlier. It's already a lot calmer, isn't it? Simply taking a deep breath and talking to God makes choosing patience a lot easier!

Find a friend or family member who you know follows God, and share your Proverbs 15:18 creation from earlier this week with them.

First share it with them, then read Proverbs 15:18, and together, discuss how your creation represents the truth found in the verse. Talk about the things that make you impatient, and share ways that each of you have found to choose patience, even in the heat of the moment.



**Spend some time thinking about the question below and journal your thoughts or share them with a parent.**



### What can you do when you're feeling impatient?

It's good to have a game plan of things you can do if you're feeling impatient. On the list of ideas below, number them from 1-10 in the order you feel they would be most helpful for you. Then gather whatever supplies you need to get 2-3 options ready to go to boost your patience whenever you need to!

- ☐ Close your eyes and take several deep breaths
- ☐ Color in a coloring book or free draw
- ☐ Pray and ask God for help
- ☐ Punch a pillow
- ☐ Repeat the words of Proverbs 15:18
- ☐ Kick a soccer ball around
- ☐ Talk to a trusted friend

### 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 5:22-23