

WEEKLY PLAN



WEEK 1: PATIENCE IS A DAILY TASK

Patience is one of the most important and difficult virtues to cultivate in the Christian life. It is a daily discipline that requires diligence to practice, trust in the effort, and honesty when we lose it. This week, surrender your lack of patience by asking for God's covering of kindness and humility. Patience starts in recognizing our inability to will ourselves to be more patient.

PRAYERTIME

THIS IS YOUR DAILY SCRIPTURE:

Therefore, as God's chosen ones, holy and dearly loved, put on compassion, kindness, humility, gentleness, and patience, bearing with one another and forgiving one another if anyone has a grievance against another. Just as the Lord has forgiven you, so you are also to forgive (Colossians 3:12-13 CSB).

THIS IS YOUR DAILY PRAYER:

God, You have chosen me and made me holy. I know that I am dearly loved by You. Help me and help my family to put on compassion, kindness, humility, gentleness, and patience. These things come from You. May we bear with one another in patient love and be quick to forgive anytime we have problems with each other. Because this is what You have done for us.



PARENT PRE-READING:

A patient person shows great understanding, but a quick-tempered one promotes foolishness Proverbs 14:29 (CSB).

CONVERSATION STARTER:

I was reading Proverbs 14:29, and it says that a patient person shows understanding. Do you think displaying patience shows people you love them and understand them? What are your thoughts? Do you feel better understood when I don't get angry quickly?

ACTIVITYTIME

TWO-HEADED CHEF:

This activity is best played as game and the point is to work together. Scripture calls us to have unity and be patient with one another. So for this activity prep a meal together, like actually together. Instead of each doing your own part; be linked with someone else in your family. For example, mother and son must link arms. Mom is only able to use her left hand and son is only able to use his right hand. Now let's see how easy it is to make a meal together.



STARTING QUESTION

Would you consider yourself a patient person? Why or why not?

DEEPENING QUESTION

What things happen inside our family that makes you impatient?

READ THIS TOGETHER

Colossians 3:12-13 (CSB) Therefore, as God's chosen ones, holy and dearly loved, put on compassion, kindness, humility, gentleness, and patience, bearing with one another and forgiving one another if anyone has a grievance against another. Just as the Lord has forgiven you, so you are also to forgive.

SCRIPTURAL APPLICATION QUESTION

Why do you think it's important to remember what God has done for us as we learn to forgive and have patiences with one another?