Take Action: Practicing Patience

At a Glance:
Jacob works for seven years to marry Rachel. Laban insists that it is customary to marry the older daughter before the younger and gives Jacob Leah instead. Jacob works patiently for an additional seven years to marry the bride he loves. Choose one or two activities that reward patient behavior.

Supplies Needed:
- supplies will vary depending on the activity you choose (see *Patience Activities* on the following pages)

Teacher Preparation:
- Preparation will vary depending on the activity you choose.

Directions:

1. In our story Jacob works patiently to marry the woman he loves. There are many times in life when we need to be patient too. Can you think of an example?
2. Choose one or two activities to do with the group.
3. It can take a lot of patience for us to become a heavenly person. If we keep trying, the Lord leads us to life in His heaven.





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Patience Activities – Choose 1 of 5

1. Candy Tent

This activity can be used with other activities throughout the class. Children are shown candy at the beginning of class and told that they may eat it now—or wait and receive even more later. Each child has the freedom to choose when they want to eat, but students who wait are rewarded with more candy.

Supplies Needed

- Candy supply with three kinds of wrapped candy: one should be small and basic, and one should be larger and more desirable.
- A tin, box or "tent" to leave the candy in. Students are free to look at the candy during class.

Preparation

- Set up "tent" and scatter enough small candies for each child to have one inside. Keep the remaining candy out of view.

Directions

1. As the children enter for Sunday School, draw attention to the candy. Tell them that they are welcome to have one piece of candy now, or that they can wait and have their candy later. Students who wait until later will receive more candy.
2. Allow students to make a free choice without judgment. Continue with the lesson.
3. At about halfway through the lesson, draw attention to the candy again. Throw in more candy and invite the children who waited to have two pieces if they wish. Tell students that if they wait longer, they will receive even more candy later. Continue the lesson.
4. Towards the end of the lesson, draw attention to the candy again. Add a larger or more desirable candy for each child who has not yet taken candy. Invite students who have not yet taken candy to do so now. Students may each take 3 pieces of candy.
5. Conclude the activity by telling students that sometimes the Lord wants us to wait for things—not because He wants us to go without, but so that He can bless us even more later.

2. Cooking

Cooking demonstrates the principle of waiting best if it requires the use of an oven or stove. If you do not have cooking facilities, choose a recipe that does not require heating.

Supplies Needed

- Oven, cooking equipment, recipe and ingredients

Preparation

- Select a recipe that cooks quickly or does not require cooking. Purchase supplies. Prepare ingredients if needed. Lay ingredients out on the table ready to use.

Directions

1. Look at all of these ingredients! What do you think we can make from them? (let students guess before telling them what you will make)
2. How would it taste if we ate the ingredients right now before we cook? (discuss safety (eggs, meat) and perhaps allow students to sample foods that are safe to eat but do not taste great alone, e.g. flour)
3. Make the recipe. Before cooking ask students if it's ready to eat yet? Discuss the pros and cons of eating vs. waiting until the food is cooked.
4. Cook and eat the food.

3. Opening a Gift

Wrap a “gift”. Show the wrapped gift to the class. Build curiosity and anticipation about the gift by allowing students to handle it and make guesses about what could be inside.

Supplies Needed

- A “gift” to wrap. It could be candy to share, a commonplace object, or something special like the Lord’s Word.
- Attractive wrapping paper and ribbon.

Preparation

- Wrap the gift with care and make it look attractive.

Directions

1. Draw attention to the gift as students enter the Sunday School room. Build curiosity and anticipation about what could be inside by allowing them to handle the package. Encourage them to guess what it might be. Tell the children that they will get to open it later. If you have hidden the Lord’s Word, tell the students that you think it contains the most precious thing on earth. What could it be?
2. Draw attention to the gift later during the class. See if they want to guess again. Continue to build curiosity.
3. Finish by opening the gift and sharing what’s inside. If you have hidden the Word ask them why it’s the most precious thing we have? It is where the Lord shares Himself with us!

4. Planting Seeds

Supplies Needed

- Seeds that sprout quickly (e.g. beans)
- Potting soil
- Containers to plant in, e.g. peat pots, recycled containers or plastic bags
- Water
- Picture of a full-grown plant with fruit
- Newspaper to cover the table

Preparation

- Prepare a working space and set up supplies for each child to plant seeds

Directions

1. Show students a picture of what they will be planting. Have you ever eaten this? How does it taste? What’s your favorite thing about eating it? (Encourage excitement about the food they will be growing. If planting flowers, discuss their color and beauty.)
2. We are going to grow _____. We will start by planting seeds today. It will be a many weeks before our food (flowers)will be ready.
3. Lead the children to the planting area. Guide them through planting. Build anticipation about what they are growing as you work.
4. What do seeds need to grow strong?(sun, water, warmth)
5. We will have to patiently take care of the seeds at home so they can grow big and strong, and in time we will have strong plants.

5. Taking Turns

Choose a game in which children take turns. Encourage the children to wait patiently and think of others as they wait. From time to time make comments about how nicely children are waiting. Reward good waiting behaviors you see either with words or a small treat.

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