



June 21st Elementary Family Lesson



Bible Story: David Waits to be King (1 Samuel 16 - 2 Samuel 5)

Today's Takeaway: God's power gives us the strength to be patient!

Series Verse: "But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things!" (Galatians 5:22-23 NIV)

Weekly Verse: "Rejoice in our confident hope. Be patient in trouble, and keep on praying." (Romans 12:12 NLT)

Discussion Questions:

1. What do you hate waiting for? Is there anything that you think is worth the wait?
2. Who do you find it hard to be patient with?
3. How can God help you be more patient?
4. What is something you can do to work on your patience?
5. Optional: Look up these verses and discuss them as a group.
- Galatians 6:9, 1 Corinthians 13:4, Romans 12:12

Activity Ideas:

1. Patience/ Endurance Challenges

What You Need:

- No supplies needed

What You Do:

- Have two people sit face to face with their faces about 1 foot apart.
- See who can go the longest without blinking.
- Repeat a few times.
- Next, see who can hold their arms out to their sides the longest.
- Then see who can stay in plank position the longest.
- See who can hum or sing out a musical note the longest.
- See who can hold one foot up the longest.
- Have everyone sit down, and then set a timer for one minute.
- Tell them to each stand up when they think a minute has passed.

- The person who stands up the closest to the timer going off (before it goes off), wins!
- Talk about if it was hard or easy to wait for the other person to give up in the endurance challenges.
- Remind them that patience is the capacity to accept or tolerate delay, trouble, or suffering without getting angry or upset.
- Talk about how waiting or enduring hardship is very difficult, but how it also grows our character and our reliance on God.
- Ask them how they think trusting God relates to having patience.

2. Banana Pass

What You Need:

- A banana

What You Do:

- Have participants get in a line.
- Give one participant the banana and have them hold it between their neck and chin.
- Then have them pass the banana person to person down the line and then back up the line until it gets to the person that started with it.
- The goal is to pass the banana like that 5 times (or more like 10 times if there are only 2 or 3 people playing) down and up the line without dropping it or touching it with their hands.
- If the banana drops, they have to start all over and try again.
- If you want an extra challenge, have everyone lie down and pass the banana from feet to feet like shown in this video: <https://www.youtube.com/watch?v=5F4qX2BmolQ>
- If you have a small family or just one kid participating, you can have them balance the banana on their head or carry it between their chin and neck or between their knees down and back about 15 feet 5 times without dropping it. Same rules apply in that if they drop it or touch it with their hands, they have to start all the way over.
- Ask if they felt frustrated or impatient at all during the game/ challenge and why or why not.
- Have them think about what situations in life tend to make them feel frustrated or impatient.
- Talk about looking to God's strength to help them be patient in those situations, and brainstorm together some ways to look at those situations from a different – growing in and trusting God - perspective...even an eternal perspective.

Family Prayer:

Take a few minutes to pray as a family to wrap up your time together.

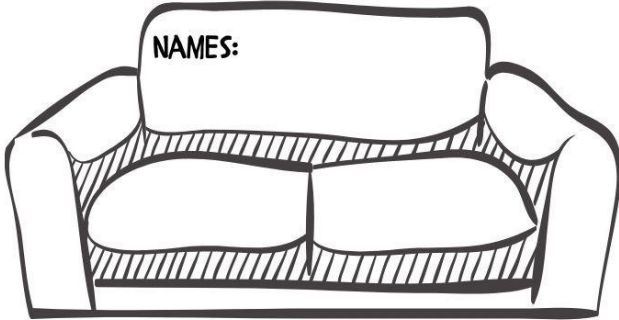
**** If you have a printer, the next page is for your kids to take notes while watching the online service... ****

- MONTH _____
- DAY _____
- YEAR _____

Sermon Notes From Home



WHO DID YOU SIT WITH ON THE COUCH?



HOW DID YOU WATCH THE SERMON FROM HOME?



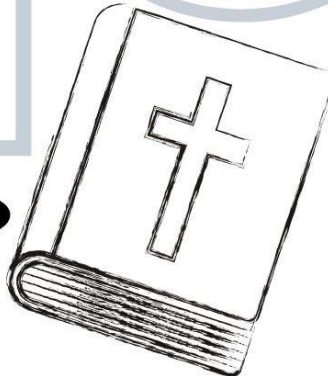
WHAT DO YOU MISS ABOUT CHURCH AT CHURCH?

IF YOU DIDN'T SIT ON THE COUCH, DRAW A PICTURE OF HOW YOU VIEWED TODAY'S SERMON OR DRAW A PICTURE OF WHO YOU WATCHED THE SERMON WITH:

ARE YOU IN YOUR JAMMIES OR CLOTHES?? DRAW A PICTURE:



TODAY'S BIBLE PASSAGE:



3 BIG THINKS FROM TODAY'S SERMON YOU CAN ASK GOD TO USE TO GROW YOU CLOSER TO HIM:

1 _____

2 _____

3 _____

SOMETHING SPECIFIC THAT WAS PRAYED FOR:

SOMETHING SPECIFIC YOU ARE PRAYING FOR:

WHAT IS YOUR FAVORITE PART ABOUT CHURCH AT HOME?