



# June 21<sup>st</sup> Pre-K 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?
2. How can God help you wait better?
3. Is there a person that you have trouble being nice to? Why?
4. How can God help you be more patient with the person you mentioned?

## Activity Ideas:

### 1. Patience/ Endurance Challenges

#### What You Need:

- No supplies needed

#### What You Do:

- Sit face to face with your child.
- See who can look at each other the longest without moving or changing your facial expression.
- Repeat a few times and / or have different family members try it.
- Next, see who can hold their arms out to their sides the longest.
- 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.
- Give your child a cookie or a treat, but ask them not to touch it until you come back.
- Leave and stay gone for 1 minute (This works even better if you leave the child alone, but video them).

- If they waited for you without even touching the cookie or treat, give them an additional one as a reward.
- Talk about if it was hard or easy to wait for the other person to give up on the challenges or if it was hard to wait to eat the cookie.
- Remind them that patience is the ability to accept or handle delay (waiting), 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...and sometimes it has great rewards to wait patiently.
- Explain that when we believe that God is good, it makes it easier to have patience because we trust He has a good reason for making us wait.

## **2. Banana Balance**

### What You Need:

- A banana

### What You Do:

- Give you child a banana.
- Have them balance the banana on their head or carry it between their chin and neck or between their knees down and back about 10 feet 3 times without dropping it.
- If they do drop it, they should start all the way over.
- Once they complete the task, 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...maybe even an eternal perspective.

## **Family Prayer:**

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