



Fruit of the Spirit

Patience - Lesson 1

“Be joyful in hope, patient in affliction, faithful in prayer.” Romans 12:12

Circle Time

Today we are going to start learning about the fourth part of the fruit of the Spirit, which is (count on your fingers as you say the fruit) love, joy, peace, **PATIENCE**. That’s right, patience is next. Who knows what it means to have patience? (Let them respond.) In Romans 12:12 the bible says “Be joyful in hope, patient in affliction, faithful in prayer.” (Go over the verse a couple of times.)

Patience can mean a few different things. It can mean just being still and waiting for something to happen or it can mean to keep going and not give up while we wait or suffer (which is what that big word “affliction” means – suffering). The only way we can have true patience is to give God control of our lives and the Holy Spirit will grow patience in us. Do you like it when you don’t get your own way? (Allow for responses.) No! We love getting what we want right now, don’t we? If I want it to be snack time *right now* but I have to wait I have to be patient. Sometimes that involves being uncomfortable or suffering while we wait. If I am hungry now but snack time is not for 30 minutes, I don’t want to wait because my tummy is growling.

What about going shopping? Raise your hand if you like going to the store with your mom and dad. Is your favorite part at the end when you have to wait in a really long line? Do you wait quietly and stand still next to your parents? Would you be showing patience if you ran around pulling the candy off the shelves yelling, “I want to go NOW”? (Feel free to act these out with two puppets or student leaders.)

Who is the only one who can give us patience? That’s right, God! So we need to ask Him to give us more patience to be able to wait for things.

Prayer Time

Go around the circle and ask each child one thing he/she has a hard time waiting for and pray for each of them to get more patient in that area. Please split up if your ratio of leaders to children is high enough so this can be done more effectively in small groups.

Activity Time

The goal of this time is to utilize a variety of engaging activities –passive and active play, crafts, application, and more – to reinforce what was taught in the lesson. While you may not get to every activity, we encourage you to complete the “Take-Home” activity so children leave with a tangible reminder of what was discussed today.

If numbers are high and/or time and space allow, you may want to use a center format: divide the class into groups (one for each activity) and rotate through the centers after an allotted time.



Board Game

Supplies:

Any board game

Play a board game and practice patience while taking turns.

****Note: only four kids can play at a time****



Work of the Flesh/Fruit of the Spirit Game

Supplies:

Large picture of a fruit basket

Large picture of sad/grumpy face

2 hula-hoops

Scenarios

Place two hula-hoops on the floor. In one, put a large picture of a fruit basket and in the other a sad/grumpy cartoon face. Have kids stand between the two hula-hoops and while you read the scenarios. They have to decide whether a scenario/attitude is a work of the flesh or reflection of the fruit of the spirit and jump into the corresponding hula-hoop. When they jump into the “fruit” hula-hoop, ask them which aspect of the fruit of the spirit the scenario reflects. (Helping = kindness, love, quietly waiting = patience, etc.)



Memory Verse Cards

Supplies:

Magnetic sleeves (for new children only)

Verse cards

Stickers

Let the kids decorate their memory verse cards. Go over the verse in a silly voice three times. Have the kids come up with new silly voices. (Give new children a magnetic sleeve to put it in.)



Coloring with Patience

Supplies:

Hourglass timer

Crayons

Coloring sheet

Give each child only one crayon (each child should have a different color) and a coloring sheet. Turn over the timer and tell the kids to color their sheet with that color. When the timer runs out have them rotate the crayon to the person on their right so they have to share the crayons. Talk about how they have to wait for their turn to use the next color. After you have rotated a few times let them finish coloring their sheets. Talk about the picture and how the older sister is playing patiently with her younger sister.



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