



family challenge

April 13, 2020

Patience

“Be completely humble and gentle; be patient, bearing with one another in love.”

- Ephesians 4:2

I will learn to sit still.

I will learn to wait for my turn.

I will not talk while others are talking.

I will keep my cool.

Family Activities

Fruit Ripening

Items Needed - Bananas

Go to the store and buy some bananas that are still green (pick out the greenest ones they have). Tell you children that you are going to show them why patience is so important. Have the children taste a banana that is still green, then wait a few days and taste one when it has ripened. Explain that life is like waiting for fruit to ripen. Sometimes, when we are impatient for things and demand them right away, the end result will not seem as good as if we have waited.

Mealtime Manners

Items Needed - A Family Dinner

Mealtime is a good time to practice patience. Here are some suggestions to practice patience at the dinner table:

- 1) Wait until everyone is sitting down and has been served prior to eating.
- 2) Eat slowly, using utensils.
- 3) Wait patiently until everyone is finished with their first helpings before having seconds.
- 4) Wait patiently when you have asked for an item to be passed.
- 5) Wait until everyone is finished eating to get up from the table.

Talk about how mealtime is more enjoyable when we show patience and use respectful manners.