

Day 2

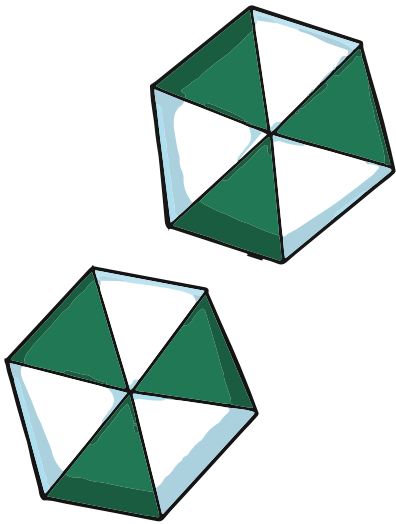
Read Proverbs 15:18

Read Proverbs 15:18 and come up with a way to bring the verse to life, visually. If you like to draw or paint, make an illustration or painting that depicts this truth (it could be a literal example, or something more abstract).

If you're more of an active person, come up with hand motions or body movements that you can do while you say the verse out loud.

Or if you like to sing or play an instrument, come up with a melody that you can put the words of Proverbs 15:18 to—or create a new instrumental song that reminds you of the emotions represented in the song.

If you've created artwork, hold on to it. If you've written a song, find a device to record it, and if you came up with motions, write them down—that way you won't forget them. You'll use them later this week!



Day 3

Move this prayer time into the bathroom.

If you have a tub, fill it up with a couple of inches of water. If not, put the stopper in your sink and fill your sink up with a few inches of water.

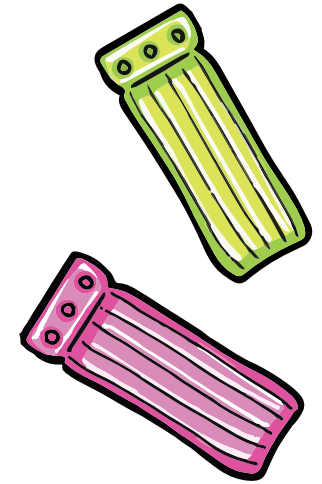
Think about some things that make you really impatient—things that get under your skin and frustrate you. As you think about these things, swirl the water around again and again, stirring up the waves of conflict. Then close your eyes and ask God to help you be patient in each of those situations, describing them and asking God for patience in each case.

Now, open your eyes and look at the swirling water you made earlier. It's already a lot calmer, isn't it? Simply taking a deep breath and talking to God makes choosing patience a lot easier!

Day 4

Find a friend or family member who you know follows God, and share your Proverbs 15:18 creation from earlier this week with them.

First share it with them, then read Proverbs 15:18, and together, discuss how your creation represents the truth found in the verse. Talk about the things that make you impatient, and share ways that each of you have found to choose patience, even in the heat of the moment.



Day 5

What can you do when you're feeling impatient?

It's good to have a game plan of things you can do if you're feeling impatient. On the list of ideas below, number them from 1-10 in the order you feel they would be most helpful for you. Then gather whatever supplies you need to get 2-3 options ready to go to boost your patience whenever you need to!

- Close your eyes and take several deep breaths
- Color in a coloring book or free draw
- Pray and ask God for help
- Punch a pillow
- Repeat the words of Proverbs 15:18
- Kick a soccer ball around
- Talk to a trusted friend