

Alley Rundown—June 26th, 2022

Today's Bible Story: Let it Go (Patience Principle) • *Proverbs 15:18*

Today's Key Question: What can you do when you're feeling impatient?

Today's Bottom Line: Be patient with each other.

Monthly Memory Verse: *The fruit the Holy Spirit produces is love, joy and peace. It is being patient, kind and good. It is being faithful and gentle and having control of oneself.* Galatians 5:22-23a (NIRV)

CG: Dude Perfect Filler Videos

CG: Summer JAM Slide

"Summer JAM is coming up THIS WEEK and we're so excited to invite you to 3 nights jam-packed with FUN and Adventure! You won't want to miss it. Visit the Summer Jam Tents after our time together today to sign up!"

"How's everyone doing today? Have you ever thought about patience? I know, I know, probably not something you ever want to think about. But for a moment here, think about what it means to be patient. After all, it seems like we're always waiting for something! Like this one time . . .

Share a personal story about how you once lost your patience, something like the paragraph below.

"I consider myself to be pretty patient, but I really can't stand it when something doesn't work the way it's supposed to, like putting something together. I can't tell you how many kids' toys or desk chairs or TV stands or shelving units I've put together. I'm an expert shelving builder. I was putting together a shelf, like one of those inexpensive white laminated three-shelf things that you put in your room for books or finished LEGO sets, or something. I figured this would take no time at all. I'd do this and get to the rest of my day. Well, all was going well until I had to put the cardboard on the back. These kits come with all of these tiny little nails that you're supposed to use to fix the cardboard backing to the shelves. Well, I couldn't exactly get the nails to stand in the right spots, and I kept missing with the hammer and they would go flying. These nails should have gone in SO QUICKLY, but they were taking forever, and this project was really eating to the other plans I had for the day. After the seventh nail went shooting across the room, I did what anyone would do, and reared back and just hit the thing as hard as I could. I ended up cracking the shelf and breaking it completely.

"Probably not the best solution, right?"

"When things don't go as quickly as you think they should, when you have to wait more than you expect, when files just take longer and longer and longer to upload or download, it's all too easy to get frustrated and lose your cool. Waiting is the worst. We want things right NOW, but waiting, well . . . it's just a part of life. Like, everyone knows this. We have a saying in our family when we go to Disney and have to wait two hours in a line. We say, 'it's part of the magic!' with a fake smile, hating every second of it.

"So, if waiting is a 'known' thing, if waiting and having patience is a part of life, if it's something that is, honestly, expected of us and we need to do it every day . . . why are we all so bad at it? Seriously, though, how can we get better at this thing called patience? How can we learn to calm down and keep our cool when we feel stuck and frustrated? Is it even worth trying to fix, or are we destined to be horrible at having patience forever? This is definitely a great question to think about—one that we can discover more about when we take a look in the Bible.

"Remember, in the Bible we find truth captured by people who experienced God first hand and were inspired to write their experiences down so others could learn from them years and years later—people like you and me! Let's check it out with the help of this week's Episode of the So&So Show!"

CG: Lesson Video (Runtime: 14:00)

God can totally help us choose to be patient when we listen to His Spirit inside of us. And you know that when you're frustrated you sometimes can't back down or see a way out of it. Sometimes we need a bit of outside, or in this case, inside, help!

"Needing patience can look like waiting in line at an amusement park or for your mom to finish work, so you can go eat dinner. You may need patience when you're playing a game with a brother or sister and you just want the game to be over! Maybe you get frustrated because it seems like your least favorite class just won't end so you can get to P.E. class!

"It's easy to get frustrated and take it out on the people you care about. But when you start to feel frustrated, pause and take a deep breath. Say a quick prayer and ask God for help. Maybe even think about this Proverb! When you choose to be patient, things calm down."

"As you head to your Small Groups, think about this question:

SLIDE: Key Question

"What can you do when you're feeling impatient? Think about the moments when it's easy for you to lose your temper. Times when you need to wait or need a good dose of patience. How can you respond in a way that calms things down so everyone can keep their cool? You'll talk more about this with your Small Group, but before you head out, let's pray and ask God to teach us to turn to Him for patience when we need it most. Let's pray."

Lead group in a prayer related to what they just heard. After prayer, lead offering.

Offering:

"All Summer we are giving our offering to help dig water wells in the Country of Malawi! When you bring your offering each week, it will go to making sure that the people of Malawi will be able to have clean water to drink, cook with, and more. So if you brought your offering, you can bring it up now!"

CG: Malawi Wells Pictures