

Alley SG—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)

1. Bible Story Extension

What You Need: Prepared glitter sensory bottle (1 per Group), "Sensory Bottle Recipe" Page (1 per student)

What You Do:

- Sit in a circle and place the sensory bottle in the middle so everyone can see it. (Be sure the sensory bottle is settled and has not been shaken up before you set it down.)
- Ask kids to think of things that make them impatient. (ie: getting stuck in traffic or waiting for the bus or train, being the last one in line for lunch in the cafeteria at school, waiting for your big sister to finish getting ready for school in the bathroom so you can use it, etc.).
- Go around the circle, giving each kid a turn to share what they thought of.
- Each time a kid explains what makes them impatient, let them shake the sensory bottle.
- Once everyone has had a chance to share and shake the bottle, place the bottle in the middle of the circle and do not touch it, allowing the glitter a chance to settle and separate again.
- Explain how our tempers can stir up conflict, much like this bottle of glitter.
 - Sometimes, our tempers can cause things to get quite messy.
 - It can take a long time to settle everything down again, back to the way it was.
- **[Make it Personal] (Share with the group about a time when your temper got the best of you. Be sure to choose a situation that is appropriate to share with kids but also allows them to see that everyone struggles with patience. Explain the conflict and how you were able to resolve it. Talk about how you would have been able to avoid the conflict had you chosen to have patience in the first place.)**
- Hand each kid a copy of the "Sensory Bottle Recipe" Activity Page and tell them they can make their own sensory bottles at home if they would like.
 - These bottles can be a wonderful tool for calming down when we feel our tempers rising.

2. Verses to Take with You

What You Need: Large piece of paper (1 per Group, per Service), Jenga® game (1 per Group), marker

What You Do:

- Write the words to Proverbs 15:18 on a large piece of paper so all the kids can see it.
- Play a group game of Jenga.
- Choose one kid to go first.
- They will say the first word from the verse and then remove a block from the stack.
- Continue with each word of the verse, having a kid remove a block for their turn. Keep going until the stack of blocks falls down.
- If the stack falls down before you get through the entire verse, rebuild the stack, and play again, starting from the word you left off with in the first round.
- Ask this question: When we think about Proverbs 15:18, how do these blocks represent patience? (*Our impatience can build slowly, much like blocks being removed one at a time, until we can tend to explode. When that happens, everything can come crashing down, causing a mess. And then it can sometimes take time and effort to rebuild a relationship if we've caused hurt because we were not patient.*)

3. Discussion Questions

- What are some situations where you tend to lose your patience?
- Do you have particular people in your life with whom it is extra difficult to have patience?
- Why is it so important to be patient with each other?
- What are some ways that you can help yourself calm down when you are getting impatient or upset?
- When we choose to be patient, what does that tell other people about God?

4. Just for Fun

What You Need: “Summer Mingle” Page (1 per kid), pens

What You Do:

- Give each kid a copy of the “Summer Mingle” Activity Page and something to write with.
- Point out that the paper is full of squares with various summer activities listed in each square on the grid.
- Instruct kids to mingle around and find out if anyone has done any of the listed activities so far this summer.
- If someone has completed it, they will sign their name on the square with the corresponding activity.
- The first kid to get all their squares filled with signatures is the winner.
- To make it more challenging (and if you have enough kids), make a rule that no one can have the same name twice on their sheet. (Or no more than two times.)
 - Consider playing this game with all of the kids in the preteen environment to make it more fun and challenging.

5. Make it Personal with Prayer

What You Do:

- Ask if anyone would like to pray for the group before you dismiss. If no one volunteers, be ready to pray:

What You Say:

“Dear God, we are so thankful You are patient with us all the time. Help us all follow Your example as we encounter situations that cause us to become impatient easily. We lift up each of our friends here today. Help us remember to pray for each other throughout the week ahead. We love You so much, God. In Jesus’ name we pray, Amen.”