

City SG—June 26th, 2022

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

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. Jumping Verse

What You Need: Long jump rope (1 per Group), Bibles

What You Do:

- Make sure each kid has a Bible.
- Read the memory verse out loud together/to your group (Galatians 5:22-23a).
- Ask if any of the kids would like to read the verse out loud.
- Choose two kids to make waves with the jump rope.
- Instruct the rest of the kids to line up next to the jump rope.
- Direct the kids to jump one at a time over the jump rope.
- Each time a kid jumps over the rope, they go around one side and return to the back of the line, making one continuous line of kids jumping rope.
- Instruct the group to say one word of the memory verse each time a kid jumps over the jump rope.
- Encourage everyone to be patient with their friends as they each work to jump over the rope.

What You Say:

"That was great jumping! We had to **[Bottom Line]** be patient with each other when someone didn't make it over the jump rope. I am so proud of you all for being patient with your friends.

"Just like a healthy tree produces flowers, fruit, and leaves, we produce things, too. When we follow Jesus, the Holy Spirit living inside of us will help us choose love, joy, patience, and all the other things mentioned in our memory verse. We can always choose not to show love, be joyful, or patient. But we know that people will know we follow Jesus by how we treat them and show them love, joy, and patience."

2. Patience Prompts

What You Need: Bible, circle on the floor (carpet tape)

What You Do:

- Ask kids to sit inside the circle.
- Review today's passage by reading Proverbs 15:18 to the kids.
- Ask kids what they think it means to "stir up conflict."
- Look for answers such as causing trouble, starting an argument, or picking a fight.
- Remind them that losing our temper ALWAYS stirs up conflict and makes a situation worse.
- Explain that you will name an action.

- If they think the action “stirs up conflict” they should run around inside the circle as if they’re spoons stirring something in a big kettle.
- After you count to five, they should freeze in place and sit down where they are.
- If they think the action you name is something that helps calm things down, they should slowly tiptoe inside the circle as you count to five, then sit down.
- Add to or alter the list below to include actions your kids can most easily identify with.
 - yelling at someone when you are mad
 - calling someone a mean name
 - giving a hug or a shoulder pat when someone is upset
 - saying you’re sorry
 - shoving or hitting
 - counting to ten and taking a deep breath
 - teasing
 - thinking about what might happen if you lose your temper
 - throwing a tantrum
 - sharing
 - asking what you can do to help make things better
 - speaking with a gentle voice
 - grabbing something while another kid is still using it
 - asking God for help
 - thinking of ways to get even
 - pushing to get in front of someone
 - thinking of something nice you could do for the person you’re upset with then doing it

What You Say:

“You all did a great job of knowing what patience looks like. Remember that whenever you’re impatient, you’re stirring up conflict. You’re making waves—but not in a good way. The quiet, calm actions you tiptoed to in our game are the kind of waves God wants you to make. Patience can help you avoid an argument with someone or stop it more quickly. Harsh and unkind words spoken when you are mad can really hurt someone and get you into trouble. That’s why God wants you to **[Bottom Line] be patient with each other.**”

3. Catch the Wave

What You Need: Bible, *(optional)* smartphone

What You Do:

- Ask kids to form a line by standing shoulder to shoulder then hold their arms straight out in front of them with palms facing down, like a flying Superman pose.
- Demonstrate how to dip their arms up and down like the motion of a wave. Their arms should remain extended.
- Next, show kids how to make the wave move from one end of the line to the other by taking turns dipping their arms.

- Begin with the kid on the end then as soon as they make a wave, the next kid makes another wave and so on down the line.
- The wave should be one smooth motion from kid to kid.
- Read Galatians 5:22-23a and have kids recite it with you by way of review.
- Explain that you will read the verses again but will pause.
- As soon as you pause, the kid at the beginning of the line will start the wave then quickly run to the end of the line and try to get there in time to “catch the wave” and finish it.
- That kid will fill in the next word from where you paused then you’ll continue on with the verse. The kid who is now at the head of the line will be the one to start the wave at your next pause and run to catch it.
- Continue until everyone has had at least one turn.
- *(Optional)* Video the kids once they have the wave down and let them see it.

What You Say:

“Great waves, you guys! And good job of remembering the Fruit of the Spirit, too. All of those words I paused at were part of a long list of special ways God wants us to live. Some of the things on that list might be harder for you than others—like **[Bottom Line] be patient with each other**. That’s one that is sometimes hard for me. **[Make it Personal] (Share an example of a time when it’s easy for you to get frustrated. Tell kids what you do to not let your impatience get the better of you.)** When we believe in Jesus, God gives us the Holy Spirit to help us. When we stop and ask for God’s help, it gives us time to calm down and make a wise choice about what we will say or do.”

4. Pray and Dismiss

What You Need: Foam Die (1 per Group)

What You Do:

- Let kids take turns rolling a die then lead them in a short group prayer each time, based on the number they rolled.
- Lead kids to repeat each prayer after you.

What You Say:

(One) “Dear God, help me wait without complaining.

(Two) “Dear God, help me be patient with those in my family.

(Three) “Dear God, help me be patient with my friends.

(Four) “Dear God, help me be patient when I don’t get my way.

(Five) “Dear God, help me show patience to those who are mean to me.

(Six) “Dear God, help us to not only **[Bottom Line] be patient with each other**, but show each fruit of the Spirit and send out a wave of love to those around me.”