

City SG - April 14-15, 2018

Bible Story: Are We There Yet? (A Patience Proverb) • *Proverbs 14:29*

Bottom Line: When you think you can't wait, keep your cool.

Memory Verse: "Wait for the LORD. Be strong and don't lose hope. Wait for the LORD!"
Psalms 27:14, NIV

1. Follow My Lead

What You Need: "Follow My Lead" Activity Page (one copy for each kid); Markers

What You Do:

- Give each kid a copy of the Activity Page.
- Instruct them to follow the directions on the bottom of the page. (The last direction tells them not to start until you give the "okay.")
- Wait a couple minutes for kids to read directions. The kids who read the directions thoroughly should end up patiently waiting for you to tell them it's time to start drawing.
- If any kids start drawing before you tell them it's time to start, wait a minute or two to see if they notice that some kids haven't started yet.
- Keep it light hearted but point out the last line of instructions (#8) to the kids who started drawing. See how they react!
- Then give the entire group the "go-ahead" to follow the instructions.
- When they've drawn and colored everything according to the directions, kids can color and decorate their page however they want.

What You Say:

"You guys did a great job of following the instructions on your Activity Page. It was funny to realize you had missed something, wasn't it? The pictures you came up with look really good."

[Transition] Today in Large Group, we talked about a book with a lot of instructions that, if you follow them, will help things go smoothly for you in life."

2. Grain by Grain

What You Need: Two Pairs of Chopsticks, cell phone timer, bowl of Cheerios®

What You Do:

- Set out a bowl of Cheerios on a table and give two kids chopsticks
- Set the timer for 30 seconds.
- Instruct the two kids with the tweezers/chopsticks to use them to take out as many Cheerios as possible before the timer goes off. (They don't have to use chopsticks properly. Kids can put one chopstick in each hand and bring them together to squeeze the Cheerio.)
- Encourage the spectators to cheer on both kids.
- When the timer goes off, count how many each person got and declare a winner.
- Then let two other kids give it a try.
- Continue as time and interest allow.

What You Say:

“That game was pretty exciting to watch, but it might not have been as exciting to play! How did you feel when you were trying to get the Cheerios out of the bowl, but you couldn’t grab very many at a time? *(Pause for answers.)* I bet you definitely felt frustrated and rushed because you were trying to grab them fast and you couldn’t use your hands—only those tiny tools. Maybe you even felt like you were going to lose your cool. You guys did a great job of being calm under pressure. Also, those of you who were waiting did a great job of being patient until it was your turn to give it a try. In both situations, you had to remember: **[Bottom Line] When you think you can’t wait, keep your cool.**”

3. Deeep Breath!

What You Need: No supplies needed

What You Do:

- Practice saying the memory verse together a group.
- Instruct kids to take a deep breath and say the whole memory verse as they exhale without taking another breath.
- Try it again as a group.
- Then give kids an opportunity to volunteer to say the memory verse individually all in one breath without taking another breath.

What You Say:

“That was pretty funny to listen to! Bonus points for those of you who also managed to say the verse reference too while spitting all of that out! Even though we said it in a silly way, this verse has a very important message: we need to wait on the Lord and be strong and hopeful while we are waiting. In other words, **[Bottom Line] when you think you can’t wait, keep your cool.** This week you might face a situation where you have to wait in line, or wait for someone else, or wait for something you want to do, but in all of those times we have to remember that waiting is sometimes just a fact of life and the best thing to do is just get through it well.”

4. Pray and Dismiss

What You Need: No supplies needed

What You Do:

- Invite kids to take three deep breaths and sit down cross-legged before praying.
- Ask kids what makes them feel calm or how they calm themselves down when they get angry or upset.
- Take another deep breath together and then say the prayer below.

What You Say:

“God, thank You that you taught us in the Bible how to keep calm and be patient because You knew all along that we would need to know that. Please give us patience this week when we are in situations where we feel frustrated or stressed or like we just want to blow up. Also, if we see each other this week, remind us to tell one another: **[Bottom Line] When you think you can’t wait, keep your cool.**”