

# WHAT DO YOU DO WHEN IT'S HARD TO WAIT?

God made you uniquely you! That's true about your likes and dislikes, your talents and abilities, your sense of humor and even the way you handle anger.

There are lots of ways people cool off. Some people take a "time out" to gather their thoughts. Some people find it helpful to express their anger and talk about it—to God or to their friends, like we talked about earlier. Some people exercise, like running laps, doing push-ups, or even punching a punching bag!

But what do YOU do when it's hard to wait? Knowing who you are and how God wired you, what do you think would help you keep your cool?

Use these letters to start thinking of some creative solutions. You don't have to come up with every letter, but let your mind wander and see what you can come up with. Hang it up on your mirror as a reminder of what you can do to keep your cool!

Picture the ending (how do you want this to go?)

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Day 4

LIVE  
FOR GOD

Day 1

HEAR  
FROM GOD

WEEK 3 : PRETEEN

# PATIENCE

*Waiting until later for what you want now*

*Read Proverbs 14:29*

Put down your GodTime and get yourself a bowl of ice cream. (Yes, we're serious!)

*Hopefully you've got some ice cream in your house.*

*If not, you can come back to this later.*

Now put your bowl in the microwave and zap it for a minute.

**Just kidding!** Don't do that. That's a waste of good cookies 'n' cream.

When you get angry because you can't wait, you can ruin a really good thing. It's like microwaving ice cream. Instead, you've got to keep your cool.

Go ahead and eat your ice cream, and say the verse to yourself with each bite. Keep going until you've memorized it.

Anyone who is \_\_\_\_\_ has great \_\_\_\_\_.  
But anyone who gets \_\_\_\_\_ shows  
how foolish they are.

*Do you ever struggle with getting angry?*

*A lot of people do.*

It's especially tough when you have to wait for the things you want. That can drive a lot of people over the edge.

Do you know what you DO have that can help you? Well, it's not a "what." It's a "Who." God is always with you. He understands how you feel and He can give you very real help when you're feeling very real anger.

The hard part is knowing when to stop, take a breath, and pray. Instead of losing your temper, talk to God. Write out what you might say to Him if you're in a situation where you need to keep your cool.

*Dear God . . .*

*Aren't you thankful for your friends?*

They've got your back when you're feeling down. They cheer you up and make you laugh. You can be yourself around them.

Your friends can also help you out if you're feeling impatient. It's true! Sometimes you just need to vent about something that's irking you, and a good friend will always listen. You'll probably feel better just talking it through with someone who cares.

Talking it out may not fix the problem, but it might be just what you need to cool off.

It can turn an, "UGH! I CAN'T TAKE IT ANYMORE!" into a, "Sigh. I'm glad I got THAT off my chest."

You know what? YOU can be that kind of friend too! Be ready to listen and encourage your friends when THEIR patience is being tested.

