

# WHAT CAN YOU THINK ABOUT WHEN IT'S HARD TO WAIT?

Having patience is really about changing your attitude.

Let's say you're stuck in traffic, for example. You can either grumble and complain about it, or try to look at the bright side. Either way, you still have to wait. But you'll be a lot better off if you can think about what's GOOD in that situation.

Look at the difference in these two mindsets.

- Just my luck!
- This ALWAYS happens to me.
- This is all HER fault.
- This day couldn't get any worse!

*Or . . .*

- We'll get there when we get there.
- It's not the end of the world.
- At least we can listen to music.
- Deep breath . . . it's going to be okay.

You'll still arrive at 4:29 p.m. But you'll arrive in a MUCH better frame of mind, right? No wonder God wants us to choose patience!

# PATIENCE

*Waiting until later for what you want now*

*Read Exodus 32:1*

Really, Israelites? Really?

That's probably what you're thinking, right? They made a false "god" out of gold—just because Moses was taking a long time to talk to God? Really?

Underline this sentence in your Bible:

*This fellow Moses brought us up out of Egypt.*

There it is. Right there. It's not like the people couldn't remember what was true. Moses DID lead them out of slavery in Egypt—or, more accurately, GOD used Moses to lead them. For some reason, the Israelites just ignored everything that God had done in the past because they felt like they couldn't wait anymore.

Think of some times that you get impatient. Maybe your mom is late to pick you up after practice. There are lots of things that are true about your relationship with her. She loves you. She takes care of you. She wants what's best for you. There's probably a good reason why she's late; probably something came up that was out of her control.

Do you think it matters how you act in that situation—how you talk to your coach? How you talk to your mom when she gets there? News flash: it does! More than you might imagine. If you're getting impatient, don't forget to think about what's true.

*Day 4*

LIVE  
FOR GOD

*Day 1*

HEAR  
FROM GOD

WEEK 4 : PRETEEN

*A great way to remember what's true about God is to actually say those things—to Him!*

Of course, talk to Him about the things you need, ask Him for forgiveness and thank Him for all the blessings in your life but don't forget to tell Him how great He is too.

Remember how Jesus taught us to pray? It's in Matthew 6:9-13? He started out with:

"Our Father in heaven, may your name be honored."  
(Your translation might say, "hallowed be your name.")

How can you honor God's name? What are some things that are true about Him? We'll start a list, and you can keep going. This week, when you talk to Him, remember to honor Him. It might just help you remember to be patient and trust Him more.

*God, You . . .*  
made a perfect world.  
are so creative.  
are a good Father.  
love each and every one of us.  
never give up on me.

*Do you think you know everything about your parents?*

Here's a fun project. Give them a piece of paper and a pen. Ask each of them to come up with five truths and one lie about their own lives—before they had kids. These should be things you don't already know about their past.

Get them to share their lists at the dinner table tonight and then come back to this devotion.

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What did you find out?  
Anything new?  
Anything surprising?  
Anything you wish you could forget?

*Ha!*

We feel so much closer to people when we know more about them. That can even be true for the people you think you already know the best. You understand them more. You probably cut them some more slack. You'll probably find it a little easier to be patient with them too.

Is there someone in your life who really tries your patience? Try to get to know a little bit more about them. Understanding them might make a world of difference!

*Day 2*

PRAY  
TO GOD

*Day 3*

TALK  
ABOUT GOD