

Week Three: Patience



Theme Verse

Luke 18:1-8



Challenge

Be Still and Know

Step One: As a family, find a quiet place where you can experience God's creation.

This could be: A nature trail, park, the beach, your backyard

Step Two: Before beginning, read Psalm 46:10:

"Be still, and know that I am God."

Step Three: Set a timer for 5 minutes (or 2 minutes for younger children). **During this time:**

No talking, No phones or electronic devices, No distractions, Simply sit quietly and observe God's creation

Step Four: Encourage everyone to notice: What they see, what they hear, what they appreciate about God's creation, and how God's patience has been evident in their own lives.

Step Five: After the timer ends, gather together and share what you noticed during the quiet time.

Family Discussion

1. Was it difficult to sit quietly and wait?
2. What did you notice about God's creation that you might normally miss?
3. How has God shown patience toward you?
4. Where do you need to practice more patience this week?

Weekly Checklist

- ☐ Watch the video and discuss in the following format:

Upward: what does this text tell us about God? **Inward:** what does this text tell us about us?

Outward: how can I apply this text to impact others?

- ☐ At least **one hour** of quality family time. (no phones, screens, earbuds etc.)

Daily Verses

Monday

James 1:2-4

Tuesday

Galatians 6:9

Wednesday

Ephesians 4:2

Thursday

1 Corinthians 13:4

Friday

1 Timothy 1:15-16

Daily Checklist

Monday

- ☐ Pray together.
- ☐ Discuss the verse of the day.

Thursday

- ☐ Pray together.
- ☐ Discuss the verse of the day.

Tuesday

- ☐ Pray together.
- ☐ Discuss the verse of the day.

Friday

- ☐ Pray together.
- ☐ Discuss the verse of the day.

Wednesday

- ☐ Pray together.
- ☐ Discuss the verse of the day.