



First, watch
this week's
video!

Patience:
Waiting until
later for what
you want now

Memory Verse

Wait for the Lord.
Be strong and
don't lose hope.
Wait for the Lord.
Psalm 27:14, NIRV

Bible Story

Simeon Waits for
the Messiah
Luke 2:25-35

Bottom Line

When you have to
wait, remember
God is with you.

Use this guide to help your family learn how
God can help us to be patient.

Activity

One-Minute Challenge

What You Need:

Timer or phone timer

What You Do:

Tell your child that you'll set the timer for one minute. Give them a pose or action to perform, and challenge them to do it for the entire minute.

Use the actions below and/or come up with some of your own. After your child attempts a couple of these, let them challenge YOU to a minute-long action or pose!

One-minute actions:

- Stand on one foot
- Hold a plank/push-up position
- Stick your tongue out without laughing
- Hold your funniest pose
- Make a grumpy face without laughing
- Pretend to eat your favorite baked treat over and over again
- Crawl around and bark like a dog without laughing

After doing a few challenges, ask your child, "Which of those actions felt like it took the longest to be over? Was it hard to wait an entire minute for any of them?"

Talk About the Bible Story

Who was already waiting for Jesus when Mary and Joseph left for Jerusalem? (*Simeon*)

What promise did God give Simeon? (*that Simeon would see the Messiah before he died*)

How long did Simeon have to wait to meet the Messiah? (*We don't know the exact answer, but it was a long time.*)

What did Simeon get to do with baby Jesus? (*hold baby Jesus*)

How do you think Simeon was able to show such great patience? (*Let your child answer with their own ideas. Prompt them if needed by saying, "because God made a promise to him," or, "because he knew something great was coming."*)

Parents, share a situation you experience regularly where you have a hard time waiting.

Prayer

Use this prayer as a guide, either after talking about the Bible story or sometime before bed tonight:

"God, we've learned a lot about patience today. Now it's time to put what we've learned into practice. Give us the strength to wait the way Simeon did, and to know that You are always with us. We know that to have patience, we also need to have faith. So help us trust You as we wait. In Jesus' name we pray, amen."