

Fruit of the Spirit: PATIENCE

There are nine fruit of the Spirit. Each fruit of the Spirit links to different Christian values and has 12 days of CW.
With thanks to staff at All Saint's CE Primary School in Newmarket for the wonderful idea!

Background Notes: The fruit of the Spirit are found in the book of Galatians, which is part of the New Testament in the Bible. The letter to the church in Galatia was written by Paul. Christians believe that the Bible says that the moment someone chooses to believe in Jesus Christ they receive the Holy Spirit. The Holy Spirit's help make Christians more like Jesus. One of the main purposes of the Christian life is to progressively allow the Holy Spirit to produce more of His fruit.



Key Bible verse: But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. Against such things there is no law. (Galatians 5 v 22 and 23)

Resources

Lion Storyteller Bible by Bob Hartman
Hey-O! Stories of the Bible by Saddleback Kids

Consider...

- Learning the BSL for each fruit of the Spirit.
- Interspersing your CW with a focus on a different festival, theme or learning more about courageous advocacy.

Fruit of the Spirit Songs

Silly, catchy and useful to help remember the fruits!

<https://www.youtube.com/watch?v=X-hrxEjWxkE>

<https://youtu.be/Rezg4jYFoj0>

<https://youtu.be/xWoWDdeD-ns>

How can we link the fruit of the Spirit to our school Christian values?

Love: Friendship, Trust

Patience: Perseverance, Wisdom

Faithfulness: Truth, Hope

Joy: Thankfulness, Courage

Kindness: Generosity, Service

Gentleness: Compassion, Humility

Peace: Respect

Goodness: Creativity, Responsibility

Self-Control: Justice, Forgiveness

PATIENCE

LISTEN:

[Be Still my Soul](#) - This worship song is based on Psalm 46:10 - Be still, and know that I am God.

[Wait on You](#) – this worship song talks about waiting on God.

	Key message	Bible	Engage and Response: Christians believe...
1	Fruit of the Spirit: Patience	Galatians 5 v 22 and 23	Have you ever been told to be patient? What did you need to be patient for? Share some examples of times when it might be good to wait. Watch this video . Christians believe that patience means you believe that God is still good, even when things take time, and you have to wait. Endurance is the ability to continue with an unpleasant or difficult situation, experience, or activity over a long period of time. We will talk over the next few weeks about patience and how we can grow in it. Developing patience is a strength. If you'd like to, <u>pray and ask the Holy Spirit to help you grow in patience.</u>
2	Waiting patiently	Romans 8:25	Watch this video of the Marshmallow test. What would you do? How do you think the children felt in the video? Sometimes when we wait the time goes so slowly! I wonder...what do you think is of greater value to God: to have a quick win of something tasty or fun or to be patient, knowing that there may be a greater reward if we wait? Christians believe that they can know more about God as they wait, and that is a huge reward for them. Read the verse in Romans together: "But if we hope for what we do not yet have, we wait for it patiently." I wonder...what might the writer be hoping for? What might Christians be hoping for? What might you be hoping for?
3	Growing in patience	2 Corinthians 6:4	Jesus frequently encouraged his disciples to 'endure patiently' the difficulties and obstacles they would face by following him. Paul does the same in his letter to the Corinthians. Read the verse together. Sometimes people deliberately look for situations where they have to be patient, to help them to endure it and grow in it. We can pray to grow in patience. If you'd like to join in, use the EXAMEN prayer. 1. GIVE THANKS for all the times you have been patient. 2. ASK FOR HELP in growing in patience. 3. REFLECT on times when you have needed to be patient and it has been



			hard. 4. SAY SORRY for the times you have rushed to do something. 5. DECIDE on one thing you are currently waiting for and choose to be patient in it.
4	A father who waits patiently	The Prodigal Son: Luke 15:11-32 Lion Storyteller Bible p120. Hey-O! p296.	How would you feel if you lost something precious? In this story, the man's son decides to leave and take his inheritance. Watch this video. The father may have been hurting but he waited patiently for his son to return. This story is one of Jesus' parables which means that Jesus told it because it had a hidden meaning. I wonder...who the father represents in the story? (God)...who the son represents in the story? (us) God waits patiently for us to return to him. We can choose to return to God at any time. Christians believe that they just need to say sorry to God and turn back, a bit like the son did. God is always patient.
5	A lady who prays patiently	Persistent widow: Like 18:1-8	Today's Bible story is another parable from Jesus. Can you work out the hidden meaning? Watch this video. What does the lady in the story keep on doing? Have you ever had a time when you asked someone something, and they wouldn't listen to you or wouldn't do what you asked? I wonder... how the lady in this story felt about having to go back repeatedly? Jesus wants people to be more like her – what should Christians keep on doing? Sometimes people might pray for something in particular – for a friend to be well or for a war to stop. It may not happen immediately, and it'd be very easy to give up and to stop praying. It is so important to stay patient. He told this story to encourage his followers to keep trying. In fact, he said this is how they should pray to God – over and over again, without giving up.
6	Joshua and the Israelites are patient	Joshua 5 Lion Storyteller Bible p38. Hey-O! p100.	Joshua led a group of people called the Israelites, who were God's chosen people in the time on earth before Jesus came. Joshua became the leader of the Israelites after Moses had died. Watch this video. Jericho was shut to stop the Israelites entering it. God told Joshua to lead the Israelites and to walk around the city walls for six days then on the seventh day they had to walk around seven times. I wonder... how they felt whilst walking? Six days seems like a long time to wait! They kept trusting in God and stayed patient.
7	Abraham waits patiently	Abraham: Genesis 12- 18:10 Lion Storyteller Bible p16. Hey-O! p36.	The story of Abraham tells us what it is like to wait patiently for something for many years, and what can happen when we are impatient. God promises Abraham that he will become a father of many nations. Watch this video. God told him to look at the heavens and count the stars. Have you ever tried to count the stars? There are so many! God told Abraham that he will have as many children as there are stars in the sky. Over the years this promise is repeated. Eventually, they are gifted with a son of their own. The New Testament book of Hebrews (6:15) says of their patient wait, "And so, after he had patiently endured, he obtained the promise." The story reminds us that if we wait patiently and trust in God, we will get all that is promised to us.



8	Job waits patiently	Job	The story of Job is probably one of the best stories of patience in the Bible. Job was a righteous man which means he does the right thing. Then he lost all his money and his family. However, Job did not blame God. He accepted that God had a plan and would be patient for God to reveal His plan. Watch this video. Job's friends came to talk to him. They tried to find out what great sin Job had committed to deserve the punishment he received. Job though, had done nothing wrong, nothing to anger God. He only ever did what God expected of him. Job knew that sometimes bad things happen to good people. Job knew that God had a plan, he was willing to accept what God allowed in his life and wait patiently for God to reveal the reasons why this was happening to him. In the end God rewarded Job's patience, faith, and trust with twice as much as he had in the beginning (Job 42:10).
9	Waiting for Jesus, trusting in God's promise	Simeon and Anna: Luke 2: 22-40	After the birth of Jesus, Mary and Joseph take Jesus to the temple. Watch this video. At the temple was a man called Simeon; the Holy Spirit had revealed to Simeon that he would not die before he had seen the promised Messiah, Jesus. As a result of this promise Simeon had patiently waited at the temple for this to happen. Imagine just waiting at a temple, not knowing where or when this promise would come true. For Christians, patience is often linked to trusting in God and waiting on God's promises. On seeing the baby Jesus Simeon praised God, declaring that 'as you have promised, you may now dismiss your servant in peace. For my eyes have seen your salvation.' His patience was rewarded by meeting Jesus. Similarly, Anna, who was an old lady, never left the temple. She worshipped day and night, fasting and praying. She too was waiting for the Messiah. On seeing Jesus, she gave thanks and spoke about him to everyone who was waiting. This story reminds us that there are things worth waiting patiently for. Simeon and Anna had waited for years to see the Messiah. Through waiting patiently, trusting in God, they were rewarded.
10	Noah waits patiently	Noah: Genesis 8:6-13 Lion Storyteller Bible p12.	Watch this video. At the beginning of the story, God had told Noah to build a great big Ark. He had to take all his family and two of every kind of animal to save them from the coming flood. Noah had carefully followed God's plan and had to be patient with the timing of God's plan. He had confidence that God was with him, but he couldn't see how the plan would work out. What helped Noah to be patient? If you had been in the ark, what would have made you impatient, and what would you have done about it? I wonder... if you have to feel patient, or if you can choose to be patient? I wonder... how you would coop– not cooped up in an ark, but in a car on a long journey?



11	Choosing to be patient: Nelson Mandela	BBC	Find out about Nelson Mandela. He was a man who had to be very patient. He spent 27 years in prison. He knew that to bring about change, it would take time. https://www.bbc.co.uk/bitesize/articles/zj3p8xs
12	Clothe yourself with patience	Colossians 3:12 Psalm 40:1	Paul wrote these words to one of the very first churches: "Clothe yourselves with compassion, kindness, humility, gentleness and patience." What does it mean to clothe yourself? Maybe patience isn't always something that we have to feel inside first – maybe it's something we can choose to put on, a bit like a jumper? If patience was an item of clothing, I wonder... what it might look like? Read the verse from the Psalm together: "I waited patiently for the Lord; he turned to me and heard my cry." Could you encourage anyone else with this verse this week? Would it help them to know that God hears them?