



Take Home Sunday School:

Fruit of the Spirit

Fall 2020

This week's fruit is.... PATIENCE!

Patience can be so hard and we have had to have a LOT of patience this year. Patience is waiting with a cheerful and calm heart. It is being able to wait to do things instead of doing what I want to do right now. Patience is giving grace to others (even people that aren't easy to get along with) and loving them even when they make mistakes.

There are many ways that you can see patience in action. When you put together a puzzle, wait for something to bake, or give a friend or sibling an extra dose of grace when they mess up. The way things are with staying safe from the virus, we have lots of times that patience can be put into action. When our computers don't connect right, when we are confused by a homework assignment, when we have been cooped up with our family for so long! We can all use an extra dose of patience these days. Thankfully we have some help in moments when it is hard to find patience, the Holy Spirit! When you know you need patience, but are feeling angry or tired instead, you can take a breath, and pray to the Holy Spirit, "Help me be patient." It might not fix it right away, but the more you invite the Holy Spirit to help, the easier patience should be to find.

A Bible verse on Patience Ephesians 4:2:

Always be humble and gentle. Be patient with each other, making allowance for each other's faults because of your love.

Activity

This week's activity is to practice patience by sending a letter by snail mail and patiently waiting to get one back! In your packet this week, you will find an envelope and a piece of paper. Use the paper to write a letter or make a card. You will send it to the person labelled on the front of your envelope. The envelope we gave you already has their address and a stamp, so it is almost ready to go once your letter or card is done! Just get your parents to help you put your return address on the envelope so your pen pal will know where to send their letter to you. Also included is a little slip of paper you can send with your card or letter that explains the activity and that you hope to get a response. Don't worry though, we promise that who you send it to is ready to respond.