

BePatient

BeSpace activities to bring a sense of peace and thankfulness to your life...

Christians believe that we should practice being patient. This can sometimes be difficult when we are waiting for something or being annoyed by someone. It means we need to be quiet rather than complaining and smile when we might not want to. But being patient can also bring us and the people we know and love... peace.

- Being Patient in waiting:** Have you ever had to wait for something? A present? Mum to stop talking? Have you ever said “are we nearly there yet” on a journey? Sometimes it can be hard to wait patiently for something without complaining. This activity involves you sitting quietly and waiting for one minute to go by. When you think the minute is up you need to stand up. You will need someone to keep time and tell you how close you were to the minute. You could have a family challenge and see who stands up nearest to a minute. How did it feel to sit and wait? Try the game again and try to be mindful of ‘waiting without complaining’. If you would like, ask God to help you to be patient when waiting for something.
- Baking fun:** Do you like baking? If you have the ingredients at home can you make a cake or some cookies? As you mix the mixture think about what your cake would be like if you didn’t stir it properly or missed out ingredients, because you just wanted to get the cake in the oven? When your cake/cookies are in the oven, think about what your creation would be like if you took it out of the oven too early because you wanted to eat it before it was ready? If we are impatient when making a cake we will have a cake that is not very nice – it might even make you sick! As you eat your treat, spend a bit of time reflecting on being patient for the things you want. You can also reflect on sharing and waiting your turn with a smile.
- Patient snails:** Do you have a garden? Have you ever watched a snail moving from one place to another? Maybe you could find a few snails and have a snail race and see which one reaches the end first. Alternatively if you have any playdough or even Blue-Tac, can you make a snail slowly. As you do this, think of someone who you need to be more patient with, e.g. a brother or sister playing with your toys, mum or dad telling you to tidy your room etc... While you are making your snail, you could reflect on how you are going to be more patient with this person. You could always ask God to help you to be more patient with this person – and like the snail, you’ll get there in the end!



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**“Encourage the disheartened,
help the weak, be patient with
everyone.”**

1 Thessalonians 5:14 (NIV)

**“Clothe yourselves with
compassion, kindness, humility,
gentleness and patience.”**

Colossians 3:12 (NIV)



- Patient attitude:**
In these times of uncertainty and change we may find being patient a little more challenging than normal. Watch the clip on this [link](#) if you are able to. How can you try to be more patient with your family or in waiting for something that you really want to do?

Print and cut out your BePatient Card to take away...