

## **Prayers and Proverbs**

### **Week 7 10/11/20**

**Read:** Proverbs 14:29

- **29** Whoever is patient has great understanding, but one who is quick-tempered displays folly.

**What is Patience:**

- Think all the way back to when we talked about patience as a fruit of the spirit!
- We said that patience is, waiting with a cheerful and calm heart. Being able to wait for things instead of doing what I want right now. Patience is giving grace to others even when people aren't making it easy to get along with and loving them even when they make mistakes.

**Think!**

- So patient people have great understanding. But the verse said something else, didn't it? People who get angry quickly are foolish or folly. They're not always fun to be around, because you don't know when they're going to explode! You see, in any situation where we have to wait, we have a choice to make. We can choose to keep our cool and be patient or we can choose to let ourselves get angry.

**Questions:**

- Do you think it is easy to be patient?
- What can you do if you are feeling overwhelmed and you can't be patient?

**Answers:**

- I don't think it is easy to be patient. If it was so easy, why would it be so important in the Bible? Why would we have to learn about it so much?
- PRAY! When we are feeling overwhelmed or like we need something right in the moment, we ask God to help give us patience!

**Activity:** This week fill out the coloring sheet and try to memorize this verse! (It's super short!!)

**Prayer:**

Dear Jesus, I ask for patience and self-control. I know these are part of the fruit of your Spirit's presence in my life, so I ask that the Holy Spirit have more impact on my heart and life. Please give me the understanding and wisdom to keep my mouth shut until I have had an opportunity to pray and think about the issues and people involved, AMEN.