

Patience

[Moses and the Israelites]



THE BIG IDEA

Patience is trusting God to keep His promises in His perfect timing.



MEMORY VERSE

See Resource FOS4 Ideas for Learning Memory Verses.

Galatians 5:22-23 (ESV)

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.



KEY VERSE

Psalm 37:7a (ESV)

Be still before the Lord and wait patiently for him.



READ

Exodus 12:31-40; 16.



DISCUSSION

Give each child a sweet to hold. Explain that they must not eat the sweet but wait until you tell them they can eat it.

What other things do we have to wait for?

Birthday? Christmas? Summer holiday? What is it like having to wait? Do you like waiting? Why not?

Waiting for something that we really want can be hard because we just want it now. Especially if it's something we've had to wait for a long time to happen.

The Bible teaches us about waiting. It teaches us that we need to have patience.

What is patience?

Can anyone tell me what they think it means to be patient? Patience is trusting God to keep His promises in His perfect timing. It is being willing to wait for something without being annoyed or restless. Waiting with a good attitude. You have to be patient when you wait for your brother or sister to finish playing with a toy or video game that you want to use. You have to be patient when you wait for a BB leader to give you a sweet. Those things usually only take a few minutes, but could you ever be patient enough to wait for something for 40 years? The people in our story today had to wait 40 years on a promise God made them.

Resources



Praise Song

See Resource FOS5

Love, Joy, Peace, by Shelley Spiers



Games

See Resource FOS1

The Waiting Game

Pass the Parcel



Crafts

See Resource FOS3

Planting a Pot Plant

Patience Pear



Programme Card

Maze

https://bit.ly/Jnr_Maze



The Talk

Patience in a Bible Character

In Exodus, we read about Moses. He was the person God chose to help millions of Israelites, who were working as slaves in Egypt, escape and move to a new country, known as the Promised Land. Firstly, he had to convince Pharaoh, who was like the King of Egypt, to free the Israelites. But of course Pharaoh didn't want to let his slaves be free and even though God sent nine very unpleasant punishments, called plagues, such as sending lots of flies to fill the skies, giving people lots of painful lumps on their skin and turning the skies dark, Pharaoh continued to refuse to let the Israelites go. Eventually, after a tenth plague that meant all the Egyptians who didn't worship God, lost their oldest child, Pharaoh finally agreed to let the Israelites go.

Moses then had the job of leading millions of people out of Egypt and across the desert to the country that would become their new home. This journey was very long and difficult for them all; it took 40 years to complete. During this time, Moses taught them lessons from God and helped form them into a great nation.

Unfortunately for Moses, the Israelites did their best to frustrate him, complaining about the food, threatening to return to Egypt and challenging Moses' authority. They thought he shouldn't be their leader as to them he seemed to not know where he was going.

Throughout this whole time, Moses showed great patience, especially when the others were being very impatient and making life difficult for him. Of course, Moses was human and sometimes got impatient as well but for forty years he faithfully led the Israelites safely to the border of the Promised Land because he knew God would keep His promise.

Patience in Me

Tell the children they can now eat the sweet. Congratulate them for waiting so long and highlight how good it is to finally be able to eat the sweet.

So what does it look like to be patient when you are Anchors/Juniors age? It could be that you wait for your turn when you're playing a game at school. Or maybe you could be patient by not being angry when you don't get to see your friends when you had planned to. Be patient in these kinds of things, and God will bless you!

If you become impatient about God's promises, you are actually saying one of two things. Either you don't believe that God always keeps His promises, or you don't believe that God's timing is perfect. But does God know best? Of course He does! He knows everything, and He will keep His promises. If we believe this, if we have faith, then we will be patient like Moses (and like Jesus). God has given you His Holy Spirit to remind you of His truth so that you can be patient in all things.

Prayer

Dear God

We thank you that You are perfect and that even though we can become impatient as we wait for things to happen, You are patient. We thank you that Your Holy Spirit helps us to be patient just like You. Help us when we get tired of waiting and help us to be thankful that You work all things for good in Your own perfect timing. Help us to accept this, as hard as it may be, and be ready to wait until Your will is done.

In Jesus's name I pray, Amen.