

# Make Waves:

What you do today can change the world around you



## MEMORY VERSE

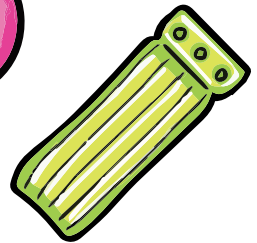
“The fruit the Holy Spirit produces is love, joy and peace. It is being patient, kind and good. It is being faithful and gentle and having control of oneself.”  
Galatians 5:22-23a, NIV

## Bible Story

### Patience Principle

Proverbs 15:18

What can you do when you're feeling impatient?



Weekly Cues



# Preteen

ENGAGE IN EVERYDAY MOMENTS TOGETHER



## Morning Time

Mornings can be frustrating. Be aware of how you are demonstrating patience with your kids—your actions are teaching them just as much as your words.



## Meal Time

At a meal this week, ask everyone: “What are some things you have to wait for? What are some things you can do to make the wait a little easier?”



## Drive Time

While on the go, ask your kid: “What is the weirdest food combination you’ve ever heard about?” (You may need to give them an example, like pickles and peanut butter.)



## Bed Time

Pray for each other: “God, when we are frustrated with people or situations, help us to be patient and gracious with one another.”



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