

Explore It TOGETHER

SESSION
03

HOPE IN JESUS TEACHES ME PATIENCE

 **John 14:1-13: Jesus comforts his disciples**

Here are some ideas and activities you could do as a family



Sense

Find a space in your garden and lay on the grass looking up at the sky. Notice the shapes of the clouds. As you lay there patiently see what pictures you can imagine the clouds are making.



Create

Make a kitchen masterpiece. People have all different ways of making trifle, but it is certainly a great dish for testing your patience. Do you include jelly? Or custard? Or both? Whipped cream or Angel Delight? Will you eat it all in one go or treat yourself to a bit each day. Make, wait, enjoy but remember - 'good things come to those who wait!'



Investigate

Plant some different seeds from fruit and vegetables in your fridge. You could try tomato, apple, melon seeds etc. Plant and care for your seeds and patiently wait for them to grow.



Play

Play a family game of Hide and Seek or Sardines. Are you able to patiently wait to be found or do you just get too excited?



Pray

Have you remembered to say thank you to God for your food today? Saying grace at dinner time is a great way of inviting God into your life each day. The Salvation Army Family Ministries are publishing weekly prayers on their Facebook page that you can use. Do you have a special family prayer you would like to share? They would love to hear from you.



Bake

Do you know how yeast works? Look online and see what you can find out. Find a recipe together for bread and patiently work to knead the dough, let it rise, knead it again and so on. As you wait, talk about the other times in your life you have had to be patient and how easy that has been.