**The Christian Value of Patience**

## **Galatians 5:22-23**

“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control”

## **1 Corinthians 13:4**

“Love is patient and kind; it is not jealous or conceited or proud; it is not arrogant.”

## **Colossians 3:12**

“Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience.”

This set of reflection resources is to consider the value of patience as a fruit of the Spirit. Patience is also considered an integral part of Christian love and something we should look to ‘clothe’ ourselves with, in other words, to be seen as part of our identity.

**Key Stage 2 Worship#1**

*You will need the associated PowerPoint presentation.*

**Slide 1:** Show this slide as children enter worship – avoid reminding everyone that the week’s theme is patience. This slide contains some images – ask children to suggest what they might have in common (phone, microwave, dishwasher, automatic floor hoover and ready meals).

They are all designed to save us time. Have we got too used to things being instant and quick? Any other examples, eg next day delivery etc Instant reactions on Instagram etc How does this affect us when we have to wait for something or take a long time to do something?

Is it good for us to have an expectation that everything we want/needs comes quickly?

**Slide 2:** This slide reminds everyone of our theme – patience. Have we lost the ability to be patient because so many things are now given to us instantly or certainly quicker than ever before?

**Slide 3:** Some may be familiar with this advertisingstrategy for Heinz ketchup – good things come to those that wait!

This was an advert slogan during the 80s playing on the thick, rich texture of the ketchup.

You could do a practical demonstration comparing a traditional glass bottle of ketchup to a squeezable plastic bottle……..but of course patience is more than just waiting to enjoy something tasty!

**Slide 4:** Remind everyone that patience is a fruit of the Spirit – God can help us to develop patience if we ask!

Click to reveal the four images, one at a time and consider how they relate to patience:

* some things take a long time to master (eg the violin);
* patience can demonstrate trust in God and can help bring calm to difficult situations;
* some things are worth waiting for, eg beautiful sunset, you could miss out;
* we learn things and sometimes gain inspiration during times of waiting.

Is it ever a good thing to be impatient though? Is that really impatience or perhaps determination and courage? ​

**Slide 5:** This slide depicts a number of examples in the Bible where patience is a key feature – they are all about times of waiting. This is a common theme. Some will be familiar and some less so, but see if the children can match the image to the story.

Each click matches the correct answers.

Take a moment to think back to **slide 1**. In modern life, the pace that things move is often very quick. Perhaps we do not learn patience as easily? Take time to consider how we could find a time each day to practise waiting for something or to do something the old fashioned way and take longer over it! How does it feel?

**Slide 6:** This slide reminds us of two key messages in the Bible about patience (repeated from the whole school worship session):

## **Galatians 5:22-23:** “But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control”

Here we can reflect on how we can grow and develop in patience by inviting the Holy Spirit to help us. The Spirit’s presence in our lives can produce this fruit!

## **1 Corinthians 13:4:** “Love is patient and kind; it is not jealous or conceited or proud; it is not arrogant.”

**Slide 7: Prayer and reflection (invite those who would like to make this their prayer to join in with the amen at the end):**

Dear Lord​

Thank you for times of waiting in our lives when we learn to develop patience and understanding.​

Help us to recognise the importance of this and that it is good for us to sometimes take things slowly.​

Help us to be patient and supportive of each other when times are tough.​

In Jesus’ Name, **Amen​**