











Theme	 <h1 style="margin: 0;">PATIENCE</h1>	
 Key concept	Patience is one of those qualities that we all need to develop especially when times are tough, when people and governments are frustrating. Patience to wait for the right time, patience with each other and the patience to wait on God when things seem to be taking so long to sort themselves out.	
 Listen	Mr Noah built an Ark https://www.youtube.com/watch?v=4jsTsqmJ51M- Can you create some actions to go with the words?	
 Think	Think of a time when you've had to show patience: Can you think of a time that you've had to have patience with yourself, others, circumstances and the world?	
 Gather	Find a place where you can be still, without interruptions. You might like to light a candle as you begin. I wonder what you think when you join the end of a long queue? I wonder who you think of when your teacher asks you to think of someone who is patient? I wonder if you can think of a time in your life when you had to be patient and wait for something? How long did you have to wait? A minute? An hour? A day? A week? A month? Longer?	
 Engage	In today's Bible story, Noah has some disappointments and finds that he has to be patient. At the beginning of the story we are reading today, God had told Noah to build a great big Ark. He had to take all his family and two of every kind of animal to save them from the coming flood. Noah had carefully followed God's plan. Noah had to show patience with the animals and people he was locked in with and with the timing of God's plan. He had confidence that God was with him, but he couldn't see how the plan would work out. Let's read the story together For the full story you could watch The Jesus Storybook Bible version which is available as a video here. https://www.youtube.com/watch?v=yCLRcA9mlQE	
  Reflect	When Noah saw the rainbow in the sky at the end of the story, he must have felt as if his patience had been rewarded. The rainbow was a sign of God's promise to his people. Draw or paint a rainbow or make a rainbow out of things you have around you. Use the colours of the rainbow to help you think about or pray for yourself and other people: Red is the colour of bravery; pray for or think about those people who are having to be brave at the moment. Orange is the colour of waiting; pray or think about having to be patient and wait for things to get back to normal. Yellow is the colour of sunshine; be thankful for some good things in your life. Green is the colour of growth; pray or think about the people who are patiently growing and producing our food. Blue is a peaceful colour; pray for or think about people who are anxious at this time, that they would find peace and be patient with themselves. Indigo is a sad colour; pray for or think about those who are sad or lonely, and that those around them would be patient with them. Violet is a royal colour, the colour of leaders; pray for or think about the people in our government, that they will be patient and make wise decisions.	
 Send out	I wonder... how might you be patient like Noah this week? I wonder... what you will do to increase your levels of patience this week? I wonder... how might you help someone else who is feeling frustrated this week?	
Spiritual development 	Plant a seed – Nurture the seed by watering it and caring for it – Watch it grow (Show patience) Take photographs as it grows.	