

Superstars Spot

28th June – Fruits of the Spirit: PATIENCE

Ephesians 4:2 (ICB) – *Always be humble and gentle. Be patient and accept each other with love.*

Before we look at the Bible story today have a go at these activities!

Get Chatty

What do you find hard to wait for?

Maybe it's waiting to go on an outing? Waiting for cookies to cook? A special day like a birthday coming soon?

Sometimes it's so hard to wait and we can get really frustrated and even cross with each other.

Maybe there are things **we find easy to wait for**? Bedtime? Hairwashing?

Have fun discussing with your family, noticing how we are all so different!

Get Ready

Are you growing any plants? Herbs? Vegetables? Sunflowers? Maybe, you have been strawberry picking?

Waiting for plants to grow and then waiting for them to give us the fruit, vegetables or even flowers takes time. We must water them and take care of them.

We must wait and wait and then HOORAY the fruit is ready to be picked, the vegetables can be dug up and we can see what we have been patiently waiting and hoping for.

Bible Story

Today's Bible story is from **Luke 15**, the **story of the prodigal son**.

In the story we see the son, who didn't have any patience! He wanted to do everything his way and NOW!

His father however did have patience. He waited peacefully for his son to come home and then they had a party with a feast of food!

Spotlight

Do you remember last week we talked about Jesus in the storm, Jesus had the peace fruit. He wasn't worried or scared of the storm because he knew God was in charge and taking care of him.

The **peace fruit** helps us to have **patience**, it helps us to **wait peacefully**. We can wait peacefully **trusting God is at work** and we **will see what we are hoping for**.

Just like we have to have patience for our seeds to grow, taking care and being gentle with our plants, we **can share patience with others** around us, **taking care of those we love** as we **wait peacefully** for all we hope for.

Prayer

Let's pray and come close to Jesus.

*'Holy Spirit, please fill me up with your supernatural patience. Help me to wait peacefully knowing you are taking care of me all the time. Thank you Jesus that you help me share patience to all my family. Thank you Father God that my family **will see** all that we are trusting & hoping for.'*

Activity Ideas

Seed Planter:



Can you plant some seeds and watch and wait for them to grow? Maybe some cress or sunflower seed?

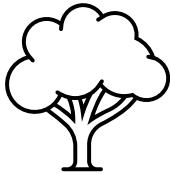


Pass the Patience Parcel:

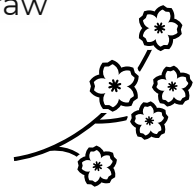


Can your family make a pass the parcel game for you all to play? You can **practice patience** by **waiting peacefully** for your turn to get a chance to unwrap a layer!

Blooming a Family Patience Tree



Take a large piece of paper and draw a trunk of a tree. Encourage your family to each do a **handprint** or draw round your hands to make the **branches** of the tree. You can then stick tissue paper **flowers** on the ends of each of the fingers or draw them on.



The **title** of your picture could be *'we wait peacefully for each other'*. You could add this verse to help remember we need Holy Spirit's supernatural help for this!

*Galatians 5:22-23 – 'But the **Holy Spirit** gives love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control.'*

Extra add-on:

To have **patience fruit** in our hearts we can first **let Father Gods love** grow in our hearts, we can **trust** Father God is taking care of us, so if we have to wait we can trust **He is at work growing**.

So we know Father God loves us and then we can share that love by being patient with others as Gods love grows in their hearts too. Know we can trust God that He is taking care of us. Just like we **KNOW** one day the fruit will appear on our plants and our seeds will grow.

Holy Spirit is growing Father Gods love in our hearts, love that helps us be patience. We can know that even if we have to wait, even if we can't see anything happening, Father God is taking care of us and we can trust him.