

Right Relationship Concept: Patience

Use with Lessons on:

Advent

Wait..be still...

Fruits of the Spirit:
Patience

- Key Concepts:
- Patience is an important quality of right relationships.
- “Good comes to those who wait.”
- The bible tells us to wait on the Lord
- Many things, including good relationships, take time. Being patient includes being tolerant of mistakes—allowing others the opportunity to try again to get it right
- Being patient means not losing your cool...

Discussion:

Patience: More Than Just Waiting Grades PreK—4

Sometimes it is really hard to wait... like waiting for Christmas. How many of you just can't wait for Christmas? Has anyone ever told you to be *patient* when you were waiting for something? What does it mean to be patient?

Patience has to do with more than just waiting. Patience involves finding a way to be happy with what you have right now. Sometimes the people in our lives are very patient. They let us know that they

are happy with us even when they have to wait for us....They watch and wait when it takes a while for us to get something done. They repeat what we need to know when it takes a while for us to learn something new. They listen when we are sharing long, long stories. They never give up on us.

People aren't always patient. Sometimes people even get angry when they think things aren't moving along quickly enough.

Everyone loses their patience sometimes, even adults.

Practicing patience is an important part of right relationships. Remember to **tell your parents when someone is** especially good at being **patient with you and when someone is not patient with you** or they become angry with you. Your parents can help you decide if something in the relationship needs to change.

Game / Activity:

Hurry Up and Wait

Advent is a time of waiting. We wait for Jesus to come, remembering when he came as an infant, and looking forward to him coming again.

During Advent, we don't just wait, we also prepare. We make ourselves ready.

We are going to play a game today called, “Hurry Up and Wait” to help us practice patience and readiness.

Rules and game play. (similar to “Duck, Duck, Goose” only the words “Wait, Wait, Hurry” are used instead). Seat students in a circle. Choose one person to walk around the outside, touching each person on the head. As they touch each head they say wait, wait, wait...then, when they choose, they tap the next person and say “hurry up.” The tagged person runs around the circle trying to

tag the tagger before they reach the empty space in the circle and sit down.

Table Version. Shuffle a deck of red and green index cards (red cards can be marked “wait” and green cards marked “hurry up”) or use a deck of playing cards and instruct students that red cards mean “wait” and black mean “hurry up”. Deal cards one at a time, moving clockwise around the table. If a child gets a wait card they put the card face up in front of them and watch as play continues...if they get a green (black) card they hold the card on top of their head facing the other players... then return the card to the table...all other players try to pick up a card and hold it on their head... by the time the green card gets placed on the table. Anyone who has a card on their head when the green card is placed scores a point.

Discussion. “Was it difficult

to wait for your turn?” “What did you do to be ready when it was time to hurry?” Patience helps us to be ready while we wait. When we are impatient, we can get distracted by our thoughts (e.g. I wish it was my turn...I hope I get picked...I hope I don't get picked...I wish I was outside....), our feelings (e.g. boredom, frustration, worry), or our actions (e.g. looking around the room, talking to our neighbor, out of our seat), rather than waiting and being watchful. If we can keep our focus on what we are waiting for it helps us to be ready. If we have patience, we can focus on being ready.

During advent, patience helps us stay focused on what we are waiting for....Jesus. If we keep our focus on seeing Jesus in everyone, we will also be patient with others.

Discussion: Be Still... Grades 2-6

Have you ever taken time to be still and notice the world around you? Have you ever just stopped and noticed the people in your life? Take a minute right now—everyone be as still as you can—as quiet as you can. Now, while you are quiet and still, look around the room. Who do you see? What do you notice?

When we are always busy, when we don't take time to be still, it can be hard for us to notice God. God speaks to us through creation (not necessarily through words and voices) but through all that we see and hear and feel.

God speaks to us through the important people in our lives. Think about the times when you felt the closest to someone you love. What were you doing? Chances are the times you have felt the closest are the times when you had a chance to be still—(holding a new sibling, rocking with grandma, holding grandpa's hand, falling asleep in Mom or Dad's arms). They aren't necessarily the times when you had the most fun, got the most done, won the biggest prize, or got exactly what you wanted when you wanted it. They are the times when you were patient, when you

waited, when you took the time to be still and to just be.

Being still can also give us time to decide if we are in a good situation.

Take time to just be still and notice how you are feeling. Are you calm and relaxed? Happy or sad? Nervous or scared? Do you feel guilty or ashamed?

If you notice that a situation or person is making you feel uncomfortable, tell a trusted adult. They can help you decide if you are in an unsafe situation or relationship and what to do.

Be Still and Know that I am... Isaiah 46:10

Discussion: Patience in Relationships Grades 7-12

Patience is more than waiting. Often when we think of patience we think only of waiting. But there is much more to patience than just waiting. Patience in relationships involves making use of time to help you make good decisions.

Being patient requires that we give others time to remedy their mistakes. Such patience requires stepping back and reminding ourselves that we are all created with unique strengths and weaknesses. No one is gifted at everything. Patience involves taking time to let others learn from their mistakes, rather than writing them off the first time they mess up. Having patience for others' mistakes doesn't mean tolerating abuse or intentional harm by others.

But it does mean being willing to forgive when someone intended no harm and is sincerely trying to make things right. If you are having trouble sorting out what's a mistake and what's intentional, talk it over with a friend, a parent, or a neutral party.

Being patient involves being slow to anger. You may not agree with someone, but you take time to step back and think about a situation so you can react without losing your cool.

Patience means planning ahead for the future, rather than demanding exactly what you want when you want it. Taking time to think about what's best for the relationship in the long run, not just acting

on your current wants is an important quality of a right relationship.

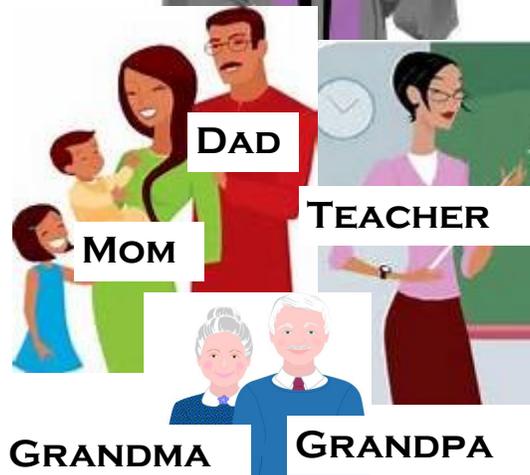
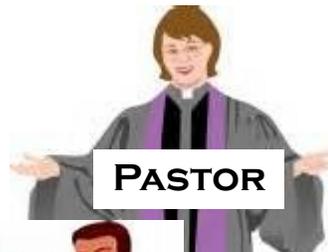
Take some time to think about how you treat others in your relationships. How patient are you with your friends? Your parents? Your teachers? Your boyfriend or girlfriend?

Think about those people you are in relationships with. Are they patient with you? Are they tolerant of your mistakes? Do they allow you to learn from your mistakes and forgive you when you intended no harm? Are they slow to anger or quick to condemn? Are they able to plan for the future or do they demand what they want when they want it? If you find yourself in a relationship that isn't right, get help.

Patience

Some things come easily to us and others take patience to learn. Who helped you learn to do the following? Draw a line from the person to the activity. Were they patient with you? Draw a smiling face if they were.

Talk to your parent(s) about adults who are patient with you and those who lose their patience.





Friends: Skating through the Ups and Downs

We urge you, brothers, admonish the idle, cheer the faint-hearted, support the weak, be patient with all. See that no one returns evil for evil; rather, always seek what is good (both) for each other and for all.”

1 Thessalonians 5:14-15

Have you ever become frustrated with your friends or classmates when you had to wait for them? When they've given up? When they can't keep up? It's no coincidence that people often say that someone who is angry or frustrated has lost their patience.

In a right relationship we are called to be patient with one another...to “cheer the faint-hearted,” ...“to support the weak,” ...”to always seek what is good for each other and for all.”

The next time you see a peer struggling or lagging behind, what could you do “for the good of each other and for all?”

A true friend is patient, allowing their friends to learn from their mistakes, work at their own pace, and grow at their own speed.

What helps you be a patient friend?

- Praying for others. Imagining how others feel. Seeing Christ in others.
 Doing something to help others. _____ .



If you are in a relationship where you always feel pushed to do more, where your 'best' never seems good enough, where others seem to have lost their patience with you, talk to an adult you trust.

Try Your Patience



Are you a patient person? Or do you have a hard time keeping your cool when things don't go your way? Here are some things to try to improve your patience....

- **Remember—no one is perfect...and everyone is a gift.** We are all created in God's image and we all have different gifts. Keep in mind that some things may be more difficult for us and easier for others...and some things that are relatively easy for us may be a challenge for others. Take joy in what you can do well...and view challenges as an opportunity to share your gifts to help others, or to experience the gifts of others as they are helping you.
- **Take time to be still.** Quiet yourself and focus on what you can see, feel, and hear around you. Turn your focus to something that you have never taken time to notice before. Consider the complexity of creation. Listen, really listen to what others are saying. Try to imagine yourself in someone else's shoes.
- **Be still before God.** Participate in Adoration of the Blessed Sacrament. What better place to practice patience than in the presence of the Eucharist. Pray, meditate, reflect, ...allow yourself to experience His peace.
- **Turn around.** If your impatience leads you to thoughts and actions that interfere with your relationships—with others, with yourself, with God...turn back. The word repent means to turn around....confess your sins and receive the sacrament of reconciliation. Give yourself a fresh start.
- **Step back.** Try to put yourself outside of the situation to gain new perspective. Think of the situation as happening to someone else...what would you advise them to do?
- **Change your feelings**—let your thoughts and actions follow. If you find yourself losing your patience, do something to change your feelings. Take a deep breath, imagine yourself relaxing (picture yourself in the most relaxing place you can think of: fishing, lounging on the beach, zoning to your favorite music, etc.), go get some air or a cold drink of water, exert some energy by taking a walk, exercising, etc. When you change how you feel your thoughts and actions will change as well.
- **Change your thoughts**—let your feelings and actions follow. Stop and notice what you are thinking. Tell yourself to “hold that thought,” force yourself to think of an alternative...or think about something entirely different—try to see things from another person's point of view.
- **Change your actions**—let your thoughts and feelings follow. Act calm, chose to respond with a calm demeanor, put a smile on your face. Stop stewing and do something helpful for someone.
- **Make your actions count.** Do something productive while you wait. Make use of time to better yourself....engage in self-reflection, examination of conscience, discernment, meditation / prayer,

Identify three strategies to try out this week:

1. _____
2. _____
3. _____



*Jesus teaches us
that his Church
is built on a
solid
foundation.
He wants us to
experience
relationships
that are built
on a solid
foundation as
well.*

Temple of Cards Activity 7-12

Temple of Cards

Divide students into small groups. Give them each a deck of cards and the instructions that they are to “build a temple” using just the cards. You can give them some examples / building strategies if you wish. You can find examples online at sites like:

- www.wikihow.com/Build-a-House-of-Cards
- www.wikihow.com/Build-a-Tower-of-Cards
- www.instructables.com/id/How-to-build-a-card-house/
- www.thekingsoftheblog.com/en/activity-33-build-a-house-of-cards/

If you notice groups struggling with frustration, step in and offer them suggestions, not only suggestions on construction, but strategies to relax, calm down, and be patient.

Limit the amount of time that the groups will work on their temple, but don't announce how much time they will have....you don't want them to have to sense that they need to hurry. When time is up, bring the groups together for discussion.

Consider the following questions:

What was most difficult about this task? What did you enjoy the most? Was it difficult to build a solid foundation? What fruit of the spirit was most useful in your efforts?

Continue with the following discussion:

It takes a great deal of patience to build a temple / house of cards. If you move too quickly the whole thing can fall down. The process of building a card house takes thought and planning. You have to anticipate how each move will impact the structure and choose your moves wisely! You have to be able to tolerate a total collapse and be willing to keep at it or you will have nothing but a pile of cards (or a scattered deck if your frustration tolerance is really poor).

Jesus teaches us that his Church is built on a solid foundation. He wants us to experience relationships that are built on a solid foundation as well.

Most relationships are not quite as delicate as a house of cards, but patience is important for relationships as well. What happens if you move too quickly in a relationship? What happens if you don't take time to think through the impact of your ac-

tions? What happens if you don't choose your actions wisely? What happens to a relationship if you cannot tolerate obstacles or are not willing to stick with someone through challenges?

Think about your current relationships:

Which relationship(s) challenges my patience the most? How can I better show patience in this relationship(s)? In which relationship(s) do I experience the patience of others?

If you find that you are involved in a relationship(s) that's lacking in patience....talk to someone. A trusted peer or adult can help you decide if there is something you can do to strengthen the foundation of your relationship or if what you are dealing with is a scattered deck of cards....



This week we discussed the Right Relationship concept of patience in the context of our religious education lesson.

Younger grade levels (PreK-2) discussed the concept of patience as “being happy with what you have right now” and considered the importance of informing parents when another adult shows patience toward us, or when another adult loses their patience with us.

Grades 2-6 discussed the value of “being still...” taking time to notice God’s presence in the world around us and in our relationships with others. Taking time to be still also allows us to reflect on our feelings and gives us time to decide if the situation we are in is a good one.

At the middle school / high school level, students discussed the value of patience in relationships and how patience involves using time to better ourselves and the lives of others. Students were asked to consider whether they display patience in their relationships with others and what they experience from others.

As parents, we are the primary teachers of our children. Not only do our words have tremendous impact on our children, but our actions as well. Often this season of preparation becomes hurried. Sometimes as parents it is easy to get lost in the hustle and bustle. We become so focused on what needs to be done, that we can lose sight of the miraculous gifts that are present with us each day. How do we approach such precious gifts? Do we toss them aside, as wrap crumpled and torn? Do we ignore them to focus on the items at the top of our list? Do we consider them obstacles to our goals? ...Or do we look upon them with wonder and awe, amazed by their beauty, their intricate detail, their abilities and characteristics?

Pause

Take some time this advent season to stop and notice the children in your life. Listen, really listen, to what they have to say. Notice their strengths and their vulnerability. Pray that all children will be noticed, that their strengths will be built upon and their vulnerabilities protected.

Give Thanks

Take time during advent to pray in thanksgiving for your children – to pray for all children. Pray with your children. Let them hear you thank God for their very being. At moments of peak frustration stop and give thanks for the gift of children.

Prepare to Receive the Christ Child

Jesus tells us, "Whoever receives one such child in my name receives me; and whoever receives me, receives not me but him who sent me." Mark 9:37 NAB. When we look at our children do we see the face of Christ? How differently would we approach our children if in receiving them we were aware that we were receiving Jesus Christ? Would we ever look upon them with scorn or malice? Would we overlook them for something temporarily “more important”? We would use them to meet our own needs? Pray for the patience, kindness, gentleness and self-control necessary to receive our children with the reverence deserving of God’s great gift.

If your child reports concerns about a relationship with an adult or peer, or if you would like more information about right relationships, please contact the Diocesan Child Protection Office (308)382-6565 or cpo@gidiocese.org.

**Wait for the LORD, take courage;
be stouthearted, wait for the LORD!**
Psalm 27:14

Brothers and sisters: Put on as God’s chosen ones, holy and beloved, heartfelt compassion, kindness, humility, gentleness, and **patience**... Colossians 3:12

...The fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, self-control...Galatians 5: 22-23

I, then, a prisoner for the Lord, urge you to live in a manner worthy of the call you have received, with all humility and gentleness, with **patience**, bearing with one another through love, striving to preserve the unity of the spirit through the bond of peace. Ephesians 4:1-3

One cannot justify unjust anger; anger plunges a man to his downfall. A patient man need stand firm but for a time, and then contentment comes back to him. For a while he holds back his words, then the lips of many herald his wisdom. Sirach 1:19—21

***Be Still and Know
that I am...***

Isaiah 46:10

**HEWLETT-PACKARD
COMPANY**

**Primary Business
Address
Your Address Line 2
Your Address Line 3
Your Address Line 4**

**Phone: 555-555-5555
Fax: 555-555-5555
E-mail: someone@example.com**



Your business
tag line here.

Activity Examples

Activity
Grades PreK - 2

Patience

Page 1

Some things come easily to us and others take patience to learn. Who helped you learn to do the following? Draw a line from the person to the activity. Were they patient with you? Draw a smiling face if they were. Talk to your parent(s) about adults who are patient with you and those who lose their patience.

Reading
Riding a Bike
Skating
Being Patient
Playing
Caring for Creation
PASTOR
DAD
MAM
TEACHER
GRANDMA
GRANDPA
COACH

Page 2

Activity
Grades 2 - 6

Friends: Skating through the Ups and Downs

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In a right relationship we are called to be patient with one another...to "cheer the fainthearted," "...to support the weak," "...to always seek what is good for each other and for all."

The next time you see a peer struggling or lagging behind, what could you do "for the good of each other and for all?"
I could wait for them and stay with them. I could finish and cheer them on until they finish. I could say a prayer for them. I could do something to help them. I could remind myself that everyone has different gifts and be thankful for what we each can do differently.

A true friend is patient, allowing their friends to learn from their mistakes, work at their own pace, and grow at their own speed.

What helps you be a patient friend?
 Praying for others. Imagining how others feel. Seeing Christ in others.
 Doing something to help others. Think about how God made everyone.

If you are in a relationship where you always feel pushed to do more, where your "best" never seems good enough, where others seem to have lost their patience with you, talk to an adult you trust.

Add this to your Resource Binder

Please keep these materials and add them to the resource binder for your catechists.

If you have ideas for future issues, questions, or feedback on the materials you have received to date. Please contact the Diocesan Child Protection Office at (308) 382-6565 or cpo@gidiocese.org.