



**elev8**

life on another level

# Student Workbook

**YEAR 2**

**Life and Action**

**Patience**

**Bible Readings**

Genesis 12:1-9

Genesis 21:1-7

Genesis 29:5-30

Exodus 32



### Learning Outcomes

At the end of this week you will be able to:

- Locate the theme of patience in the Bible
- Express the theme or story in your own way
- Apply your learning from the story to your own life and community

### Notes from Bible Reading

**Scripture** A word or phrase that stood out to me:

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**Observation** What is happening in this Bible reading?

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**Application** Something that I learned about who I am or how I should live:

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**Prayer** What I would like to say to God, ask of God, or what I think God is saying to me:

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**Key Question** What does the Bible say about patience?

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### Engage

Go around the group and share one thing for each heading that has happened since you last met:

- Plus – What has been good or enjoyable?
- Minus – What has been difficult or painful?
- Interesting – What has been unusual or thought provoking?

What do you find hard to wait for? (e.g. some people find fast food still too slow, or their internet connection speed)

### Explore – Locate

- *What stood out to you in the Bible readings this week?*
- *What did you find meaningful or significant?*
- *Is there anything that you didn't understand or found confusing?*
- *Any questions or comments you may have?*

**Read together:** Genesis 29

Consider what patience actually is and the value of having it, especially now that the world likes to promise things will come quickly to you.

Genesis 12 & 21 detail the story of Abram & Sarai (also known as Abraham & Sarah) and God's promise to them for a son.

Whereas Genesis 29 is about Jacob and his promised wife/wives. Notice the amount of time (in years) passed before the promise was realised. Imagine what they were thinking in the meantime. How do you think they kept focussed? What do you think it was like particularly for Jacob, the second time around?

Rather than deal with individuals, Exodus 32 is where a whole group of people are impatient. Keep in mind who these people are, and what they had witnessed:

- the Ten plagues on the Egyptians - Exodus 7:14-12:31
- the Exodus from Egypt with gifts from the Egyptians - Exodus 12:30-36
- the crossing of the Red Sea - Exodus 14:10-31
- miraculously providing water in the desert - Exodus 15:22-27 & 17:1-7
- miraculously providing manna bread and then quail meat in the desert - Ex 16:4-19

Notice God's initial reaction to the people's latest actions. Surprisingly this chapter has a human asking God to be patient with his people. If patience is about waiting until a promise is realised, what promise does Moses remind God of, and who has to be to keep it?

### Explore – Express

Create a 3-5 minute skit of any of this week's reading that you can video and upload to YouTube. Feel free to translate it into modern settings or language.

You might want to keep in mind or discuss these questions while you're planning for your skit:

- What was going through each of the people's mind in the midst of their waiting?
- What are the temptations or doubts that go through their mind?
- How do you think they dealt with and fought those temptations or doubts?
- How good are you at waiting for something you know is going to take a long time? What are the thoughts, temptations and doubts that go through your mind when you have to be patient? How do you deal with those situations?
- How difficult is it for you to be patient with others?
- Have you ever been involved with situations where a group has a hard time coming to the right decision (eg a group of friends deciding what DVD / movie to watch together)?
- How do you think people like teachers, coaches, parents cope with being patient with uncooperative or unenthused young people?
- How do you think adult leaders cope with being patient with uncooperative or unenthused people?
- What sort of thoughts do you think keep them going?

### Explore – Integrate

- Psychologists talk about patience being a skill, something that the more you practice the better and more natural it will become for you.
- Who are the people I need to be more patient with? How can I spend more time with them in order to get the practice to improve? What areas of my own life do I need to have more patience in?
- Church communities are often great places to practice and improve patience as there can be very different people, with all sorts of very different reasons to be there.

Like school, you have a huge mix of personalities, backgrounds, interests, dislikes, insecurities, etc but you have theoretically more reason or excuses to mix more and spend time with anyone in church communities because you are meant to get along well with others (as opposed to school where there are lots of reasons why you don't need to get along with others there).

So who can I spend more time with in a church community to increase my patience but potentially improve my life (because God is in them also)?

- What aspects of the church community do I need more patience with or to focus less on in order to feel more positive about them?

### Extend

Discuss with your group the challenges you are tackling. Use the time to ask for any help you might need or to work together on any shared projects that you have.

#### Questions that may be helpful include:

- What challenges are you working on at the moment?
- Do you need any support or assistance?
- Are there any challenges that you have completed that we need to recognise and celebrate?
- Are there any new challenges that you want to work on?

### Encourage

Tell another student in your group something you value or appreciate about them.

Share one thing you would like to pray for and pray for one another.

A popular prayer around the world is called the *Serenity prayer*:

*Lord give me the strength to change what I can,  
the grace to accept what I can't,  
and the wisdom to know the difference.*

Offer this prayer for areas of your life you think you need more patience in.