



Lesson 14

Patience Is Rewarded

Intermediate Small Group Lesson

<p>Bible Story</p> <p>David Spares Saul's Life</p> <p><i>1 Samuel 24</i></p>	<p>Materials</p> <ul style="list-style-type: none">• Name tags• Snacks• How Are You Feeling? emoji chart• Handout 1, one copy per student• Scissors• A glue stick• A black marker
<p>Bible Verse</p> <p>“For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.”</p> <p><i>2 Timothy 1:7, New Living Translation</i></p>	
<p>Key Teaching Point</p> <p>Receive godly self-control.</p>	



Small Group Session 1

(15 Minutes)

Distribute name tags and snacks. Choose one of the following icebreaker activities to do together while students eat their snack:

Icebreaker Options (Choose one.):

- Ask students to share their highs and lows (the best and worst things that happened to them either today or from the past week).
- Let students take turns sharing how they're feeling today using the "How Are You Feeling?" emoji chart (from the CKC Games Bag).
- As the students are eating their snacks, ask, **"What sorts of feelings come up in you when someone does something to you that is hurtful or harmful?"**

Pray Together

Collect prayer requests from the students. The leader or a student can pray for the entire group or a leader can pair up students and invite them to pray for one another.

Small Group Game: Emotion Charades

Materials: Emoji Chart in the Crossroads Games Bag

Give the emoji chart to one of the students. Invite them to pick one emotion, without telling anyone what they chose, and then they will act out the emotions with their face and body language as the rest of the children guess what emotion it is without using the Emoji Chart. Continue the game until every student gets a chance to pick an emotion and act it out.

Ask:

- **What emotion do you feel when you get a good grade at school?**
- **What emotion do you feel when you don't get a good night of sleep?**
- **What emotion do you feel when you lose your favorite toy?**
- **What emotion do you feel when you've been wronged?**

Small Group Session 2

(35 Minutes)

Life Application Activity

How do you think the gift of patience and self-control can help you in tough situations?



Take student responses.

Ask, “**What do you think would require you to rely on God’s power more: to take revenge and act out in your anger OR to trust in God, forgive and let go?**” God gives us His Spirit so that we can be full of patience and self-control even in those moments when it’s the most difficult.

Remind them that two gifts God gives us through his spirit are patience and self-control.

Give each child a copy of Handout 1, and a tongue depressor. The children will cut out the stop sign shape with a pair of scissors. On the front, tell them to write the word: “STOP.” On the back, help them write down the Bible verse of the day. Then help them attach the tongue depressor to the back with glue.

Receive the Gift!

Confession: Admitting you need God’s help and turning from your own ways to follow and trust in Jesus.

Meditation: To line up our thoughts with God’s thoughts by focusing on God’s truth revealed to us in the Bible.

Review the Bible verse using the stop sign craft from the previous activity: “For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.” **2**

Timothy 1:7, New Living Translation

What are some situations in which children your age might feel tempted take revenge or act out of anger? (Explain that it is okay to BE angry, and to take our feelings of anger to God, but not to act out of anger in a way that disrespects or hurts the people around them.)

Take student responses.

When those moments happen (and they will!):

- 1. Stop, just like your sign says! Pause and breathe. Count to 10.**
- 2. Confess. Share with God that you need his help, that you feel like you want to take revenge and act out of anger. Tell God that you want to do what is right, but you need his help.**
- 3. Meditate: Take a moment to remember God’s promise: he has given you a spirit of power, love, and self-discipline, everything you need to not act out of your anger or to take revenge.**



Bible Verse Game

Review the Bible verse with a [Bible verse game](#).

“For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.” *2 Timothy 1:7, New Living Translation*

Reflection

Give each child their reflection journal. Invite them to reflect on the following questions and to record their answers in their journal. They may also draw their responses if they wish:

1. What gift can I receive from God?
2. How can this gift impact my life?



Handout 1

