



Patience



Prayer

Say: God sufficeth all things above all things, and nothing in the heavens or in the earth but God sufficeth. Verily, He is in Himself the Knower, the Sustainer, the Omnipotent.

(The Bab, Baha'i Prayers, p. 27)

Quotation

Be patient under all conditions, and place your whole trust and confidence in God.

(Baha'u'llah, Gleanings from the Writings of Baha'u'llah, p. 296)

Discuss the Spiritual Quality

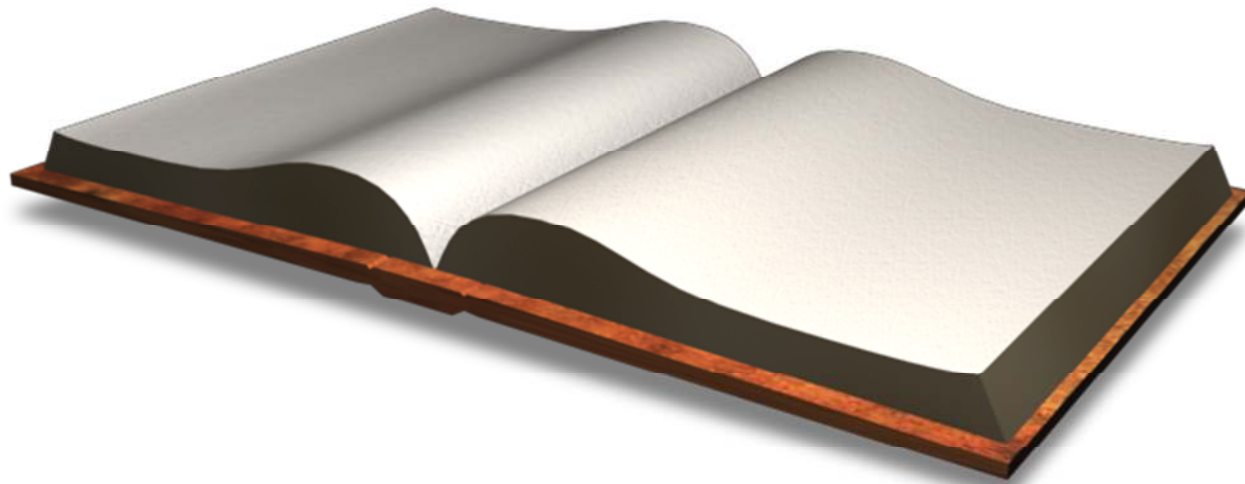
Patience is waiting without complaining. It is hoping and trusting that things will work out in the end.

When we are patient, we know that sometimes things take time. Patience is a virtue that helps us wait calmly and peacefully.

Discuss the Spiritual Quality (cont.)

- When someone says, “Be patient,” what does it mean?
- Can you think of a time you really wanted something and it was hard to wait?
- Can you think of a time when you waited patiently for your turn with a toy or to get something? How did you feel?

Story



Booklet Page 1

When we are patient, we wait without complaining.



Booklet Page 2

We remember that sometimes it takes time for something to happen, no matter how much we want it.



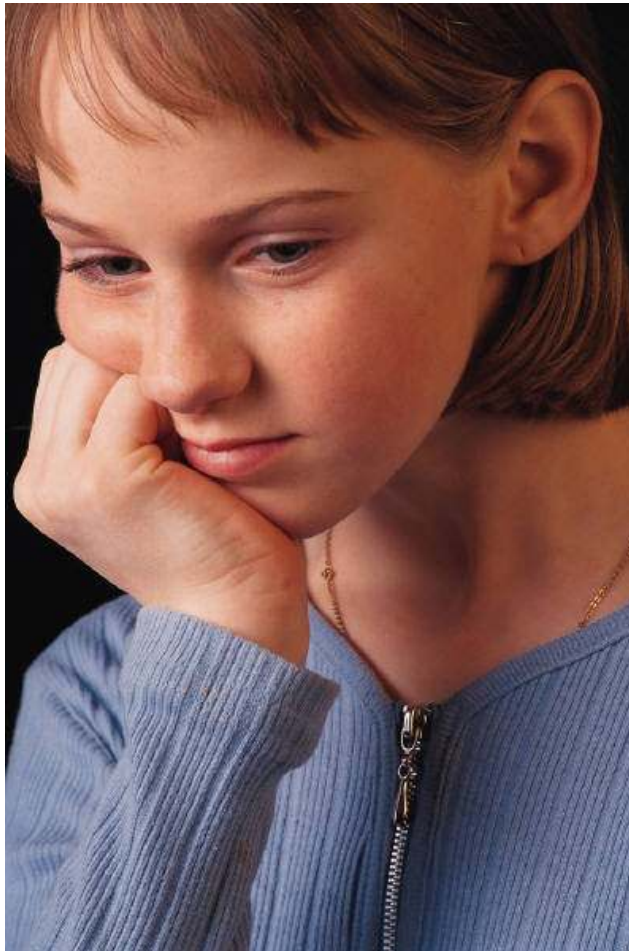
Booklet Page 3

Patience is having self-control and remembering that sometimes there is no other choice but to wait.



Booklet Page 4

We can make the most of situations by remembering that what we are waiting for is worth it.



Booklet Page 5

Patience is trusting God will help everything turn out right in the end. Our effort will pay off!



Booklet Page 6

We cannot control other people or situations,
but we can always control our own behavior.
We may as well enjoy the ride!



Patience (*Virtues In Us #27*)

I am waiting patiently for my turn.

I am waiting patiently for my turn.

I am waiting patiently,

I am waiting patiently,

I am waiting patiently for my turn.

Please Be Patient

(tune to “Farajaka”)

Please be patient, please be patient.

Wait your turn, wait your turn.

Take a deep breath, take a deep breath.

You can wait. You can wait.

Activity

Let's all practice patience!