



First, watch  
this week's  
video!

**Patience:**  
Waiting until  
later for what  
you want now

### Memory Verse

Wait for the Lord.  
Be strong and  
don't lose hope.  
Wait for the Lord.  
Psalm 27:14, NIV

### Bible Story

Esau's Impatience  
Genesis 25:24-34

### Key Question

What could you  
miss out on by  
not waiting?

Use this guide to help your family learn how  
God can help us to be patient.

## Activity

**I'm So Hungry . . .**

### What You Need:

No supplies needed.

### What You Do:

You and your child will take turns adding foods to a numbered list, then repeating all of the previous items and amounts.

Say, "We're going to take turns going through the entire alphabet and the numbers 1-26, saying, 'I'm so hungry I could eat \_\_\_\_\_.' You fill in the blank by naming a food that starts with the correct letter and the correct number. For example: one apple. One, because A is the first letter of the alphabet. B will be two, C is three, and so on.

"When it's your turn, you also have to remember all the foods that came before. For example, if we're on letter D, you'd say something like, 'I'm so hungry I could eat one apple, two bananas, three cakes, and four dumplings!' So, by the time we get to Z, we'll try to repeat the entire alphabet—including all the numbers AND foods that came before. Ready?"

*(Play the game.)*

## Talk About the Bible Story

In our story, what did Esau have trouble waiting for? *(something to eat)*

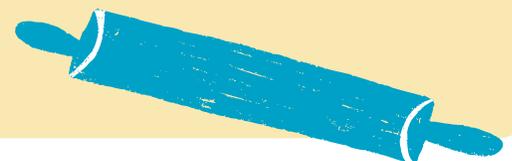
When Esau didn't wait, what did it cost him? *(his birthright as the firstborn son)*

Why do you think waiting is so hard for everybody—adults included?

What might be an upside or benefit of being patient?

What are some situations in which you'd like to do better at waiting with a good attitude?

*Parent: Talk about a time when not waiting cost you something.*



## Prayer

Use this prayer as a guide, either after talking about the Bible story or sometime before bed tonight:

"Dear God, we need Your help. Waiting isn't always easy, but we know that it's much better to wait on You than to face the consequences of losing our cool. Let us learn from Esau's foolish and impatient choice. When we think we can't wait, help us to stop and remember what it might cost us if we don't wait patiently. In Jesus' name, amen."