

SMRUC 613 NEWS

October 14 2018

Ephesians 4:2

Patience

Bible Verse:

Always be humble and gentle. Be patient with each other, making allowance for each other's faults because of your love.

Ephesians 4:2

Circle the words that show patience:

cool

annoyed

frustrated

calmness

edginess

composure

perseverance

peaceful

restraint

serenity

irritated

discontent

cranky

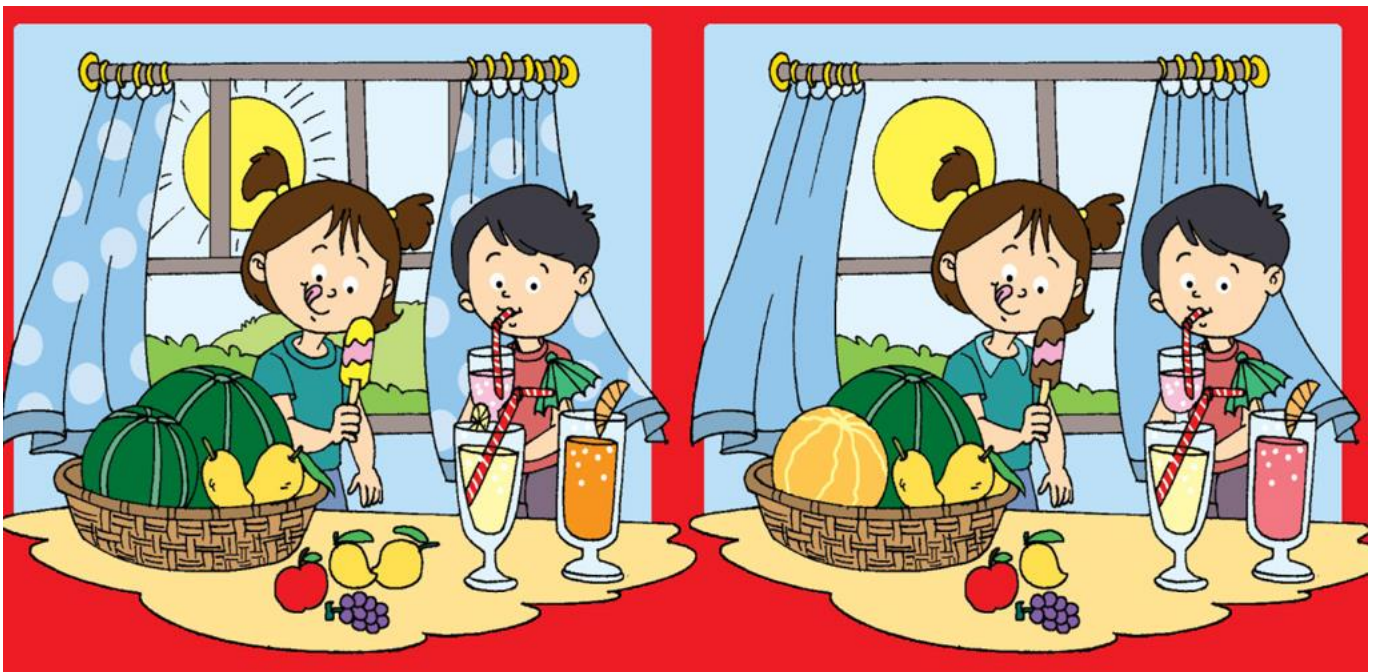
snarky

grouchy

confrontational

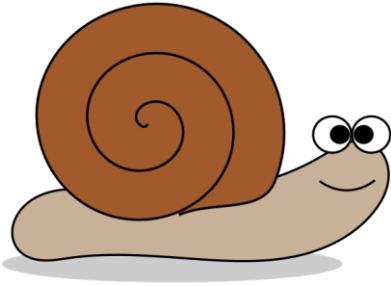
tolerant

Use your patience and find the ten differences in these pictures



<http://www.champak.in/spot-the-difference/puzzles-for-kids-spot-the-difference>

Please Recycle



Have patience, have patience
 Don't be in such a hurry
 When you get impatient, you only start to worry
 Remember, remember that God is patient, too
 And think of all the times when others have to wait for you

How do you know if you are being impatient?

In order to use the fruits of the spirit, you need to be able to identify when you are not at your best. What does it feel like when you are impatient? Here are some signs and symptoms that you might be losing your patience:

- Shallow breathing (short breaths).
- Muscle tension.
- Hand clenching/tightening.
- Jiggling/restless feet.
- Irritability/anger.
- Anxiety/nervousness.
- Rushing.
- Snap/quick decisions/loss of self control



Have you ever felt any of these things? Do you have other signs? What do you do about it?

Ways to Manage When You Feel Impatient:

- Take deep, slow breaths, and count to 10. Doing this helps slow your heart rate, relaxes your body, and distances you emotionally from the situation. If you're feeling really impatient, you might need to do a longer count, or do this several times.
- Make sure you give other people your full attention, and patiently plan your response to what they say.
- If another person is the source of your impatience, stop and look at the situation from their point of view.
- Remind yourself that your emotions are largely a choice that you make. Choosing to be impatient and lose your cool does not help your life or anyone else's.

