

GOD Time

Day 1

Read Proverbs 22:24-25

Week 1 04

Are YOU a hot-tempered person? If so, the Bible tells people not to be friends with you. Wow, that's pretty serious. Don't let your impatience cost you friendships.

Make a list of 5 things you can do to help you control your  (and your ) when you get angry.



- 1
- 2
- 3
- 4
- 5

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THANK God for being patient with you.

GOD Time

Day 2

Read Proverbs 15:1

Week 1 04

Sometimes it's hard to keep your mouth closed when you're angry. Know what? God doesn't always want us to keep our mouths shut! But He wants peacemaking words to come out, not hurtful ones.

Think of "gentle answers" to the following situations:



- your little sister broke your favorite video game
- your best friend asked someone else to go on vacation with him or her
- your parents grounded you for lying to them

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ASK God to help you give gentle answers.

GOD Time

Day 4

Read Matthew 5:16

Week 1 04

Impatient actions don't just reflect badly on you, but also on God. If you want others to see who God really is, you need to do the right things. Don't let your impatience keep others from seeing God in you.

Look back at Matthew 5:16 and turn it into a prayer, asking God to help you "shine your light" and show the world what a great God He is.



KNOW that God wants you to
be a light for Him.

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GOD Time

Day 3

Read Proverbs 29:11

Week 1 04

When you get mad, do you stay under control, or do you get out of control? God wants us to be patient and keep our tempers in check. If we don't, it could cost others their safety.

Being impatient and losing your temper in the car could have bad consequences if you distract the driver. Make a sign that says and post it in a prominent place in your car.

CHILL
OUT



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LISTEN to God's wisdom about being patient.