

## Lesson #14: Patience

### OPENING

**Teacher:** Instructs everyone to sit quietly, rest their arms in a position that they feel most comfortable and lower their faces to listen to the prayer. Explain when you pray, you have to show respect to God.

Recite opening prayer:

**“I bear witness, O my God, that Thou hast created me to know Thee and to worship Thee. I testify, at this moment, to my powerlessness and to Thy might, to my poverty and to Thy wealth.**

**There is none other God but Thee, the Help in Peril, the Self-Subsisting.”**

- Ask the children if any of them know a prayer by heart that they could recite for the class.

### **Memorizing prayer**

**“I bear witness, O my God, that Thou hast created me to know Thee and to worship Thee. I testify, at this moment, to my powerlessness and to Thy might, to my poverty and to Thy wealth.**

**There is none other God but Thee, the Help in Peril, the Self-Subsisting.”**

### **Lesson on Patience: What is Patience?**

Patience is one of the most important qualities we can possess. Without patience we can achieve little in this life. In our studies, in our work, in our friendships with others, in our efforts to grow spiritually, patience is necessary. Not all things in life can be done quickly. Many things can only be done little by little, day after day. When we exercise patience, we do not try to hurry those things that require time. We need to be patient with others and ourselves, because we are all learning and growing.

### ***What would patience look like if...***

- Your mother is very late picking you up and you have been waiting a long time?
- You decide that you want to be a teacher when you grow up?
- You are playing with friends and one wants to go first playing a game, and you don't want to wait your turn.
- You want to grow some vegetables in your garden?
- You start to get annoyed when your friend or sister forgets to put back something she borrowed from you?
- Everyone is getting a piece of cake and you are last in line.

**Congratulations! You are practicing patience when you...**

- Calmly tolerate a delay or confusion
- Are willing to wait for things you want
- Set goals and stick with them until they are completed
- Do something now which will help you in the future
- Accept things you cannot control with humor and grace
- Are gentle with others when they make mistakes
- Rely on God to help you persevere

**Keep trying! You need more practice when you...**

- Think that everything you want should come right away
- Figure that if something takes time that it is not worth it
- Get frustrated if things do not bear fruit right away
- Do only those things that have instant payoff
- Are irritable with others when they make a mistake or keep you waiting
- You are very hungry and dinner is not for another hour.
- Don't trust God to help things turn out alright

***AFFIRMATION***

*I am patient. I am gentle with others and myself when mistakes are made. I set goals and persevere until my goals are won. I trust God that all will be well.*

To help us in our efforts to acquire patience, let us memorize the following quotation:

**“He, verily, shall increase the reward of them that endure with patience.”**

Endure

1. Charlie and his family moved to a faraway place. For the first few months, they had many difficulties. But, with the help of their kind neighbors, they were able to endure these difficulties and are now very happy in their new home.
2. Jack became ill. He was in a great deal of pain, but did not complain. He endured his suffering with patience.

**Other quotes:**

- Buddhism: The greatest prayer is patience Buddha
- Christianity: Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Colossians 3:12,13
- Islam: And be patient in adversity: for, verily, God is with those who are patient in adversity. Quran 8:46 (Asad)
- Baha'i Faith: The sign of love is fortitude under My decree and patience under My trials. Baha'u'llah

**Singing Time**

Son of Spirit

If You're Happy and You Know It (It's best to end with this uplifting song.)

### Story

Li Xin was very fond of peaches. They were one of his most favorite foods. Every day, he would bring a peach with him to school and eat it during his lunch break. He enjoyed every bite, but he always threw away the pit, with the seed inside.

One day, Li Xin's class was learning about seeds. This gave Li Xin an idea. He would plant a seed from his peach and help it grow into a tree! At lunchtime, he saved the pit from his peach and wrapped it in a piece of paper. When school ended, he raced home and asked his father to help him find a place to start growing his tree. His father reminded him that he would have to wait for the pit to dry before he could get the seed out. Still, Li Xin wanted to plant the pit right away. "Li Xin," said his father, "if you don't have the patience to dry the pit, how will you have the patience to wait for the seed to sprout?" So Li Xin set the pit out to dry.

A few days later, Li Xin was finally able to crack the pit and pull out the seed. His mother showed him a corner of the yard where the tree could grow big and tall. Li Xin dug a small hole and dropped in the seed, then covered it with a mound of moist earth. He grinned with excitement. His tree was finally on its way!

Every day, Li Xin would visit the mound, hoping to see some sign that the seed had sprouted. But no sprout appeared for weeks, and Li Xin grew disheartened. Seeing Li Xin's concern, his mother asked him what was wrong. "My seed is not growing," Li Xin said. "I wonder if I will ever have a tree." "Well," said his mother, "this seed has a lot of growing to do. In that way it is very much like you. When you were born, you were just a tiny little thing and all you did was eat and sleep. And now look at you! You are a young boy, walking, talking, and thinking for yourself! This tree may take many years to grow, but, if you care for it well, then someday you will be able to sit in its shade and enjoy its fruit." Thinking of this, Li Xin grew hopeful again. He knew from his class that a seed had to go through many changes before it could even become a sprout.

Then, one spring day, Li Xin went out to visit the mound, as he always did, and to his great excitement he saw a tiny green sprout poking up through the earth! His tree was growing! He ran to his neighbor, who was a farmer, and told her the exciting news. She gave him advice on how to care for the tree while it was so young and vulnerable, and he listened to her every word, eager to nurture it as best he could. "Soon I will have many peaches to give you as thanks for your good advice," said Li Xin. But the neighbor just smiled. "Li Xin, do you remember how you had to be patient while you waited for the pit to dry?" Li Xin nodded. "And do you remember how you needed even more patience while you waited for your seed to sprout?" Li Xin remembered this, too. "Well," said the neighbor, "it will take even longer before your sapling becomes a tree and sometime after that before it gives fruit. It could be years before the tree is ready to produce any peaches for you to enjoy." Li Xin is learning patience with his tree.

**Activity**

Show patience by learning how to paint a face mask.

**END CLASS:**

Remind Children that the class was about Patience. Ask them what the lesson means and give an example.

Someone says a closing prayer. Ask Children to settle down and bow their heads. Remind them that the quote talks about a pure heart.

**“He is God! O God my God! Bestow upon me a pure heart, like unto a pearl. -  
‘Abdu’l-Bahá**