

WAIT

A Children's Curriculum in Four Rings · Edenic Apprenticeship Model · NKJV

“But those who wait on the LORD shall renew their strength; they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.”

— Isaiah 40:31 NKJV

FOUR RINGS OF LEARNING

Ring	Ages	Stage	Mode	Lesson Theme
Ring 1	0–3	Sanctuary	Observation	God Holds Me While I Wait
Ring 2	4–7	Parable	Imitation & Play	The Rope That Doesn't Break
Ring 3	8–11	Steward	Practice & Mastery	Waiting Is Not Passive
Ring 4	12–16	Herald	Lead & Teach	The Sent Child Waits Before She Goes

Nature is the laboratory. Scripture is the map. You are the bridge.

SECTION 1 – WORD STUDY & TEACHER OVERVIEW

Renewed Strength in the Joy of the LORD

Most of us read the word “wait” the way English uses it — passive, sitting, killing time at a bus stop. The Hebrew is doing something completely different. The healing that Isaiah 40:31 promises does not come from stillness in the ordinary sense. It comes from a specific act of binding — an act so intimate and structural that it changes everything about how we understand the verse.

Core Word Study · קָוָה (QÂVÂH) · H6960 — To Wait, to Bind Together by Twisting

Primitive root: to bind or twist together — as three threads are twisted into one cord that none can break. To wait on the LORD (qâvâh) is to twist your life together with His until you cannot tell where your strength stops and His begins. This is not passive. It is the most active posture available to the human soul — leaning into Him, gathering toward Him, binding strand to strand. Full semantic

range: to wait, to look for, to hope, to expect, to gather together. Key texts: Isaiah 40:31 / Psalm 27:14 / Lamentations 3:25 / Psalm 130:5

Core Word Study · חֵדְוָה (CHEDVAH) · H2304 — Joy, Gladness

The specific Hebrew word for joy in Nehemiah 8:10: “The joy of the LORD is your strength.” Chedvah is not general happiness. It is the gladness of the LORD Himself — the sweet delight of His own heart — poured into the one who has run out. This joy is not manufactured by the one waiting. It flows from the One being waited on. The child who qâvâh on the LORD does not generate strength. She receives His chedvah as her own.

Core Word Study · מְצוּדָה (MA’OZ) · H4581 — Fortress, Stronghold, Place of Safety

The Hebrew word for “strength” in Nehemiah 8:10 is not muscle or stamina — it is ma’oz: a fortress. Read Nehemiah 8:10 restored: “The gladness of the LORD is your stronghold.” The strength renewed in Isaiah 40:31 is the very joy of Christ poured into the one who has run out. Ma’oz appears also in Psalm 27:1 (“the LORD is the stronghold of my life”) and Psalm 31:2.

Why the Untwisted Person Faints

The two verses immediately before the famous one are the key to understanding why the promise works. Isaiah 40:29–30 says: “He gives power to the weak, and to those who have no might He increases strength. Even the youths shall faint and be weary, and the young men shall utterly fall.” The strongest natural strength fails. Even the young men — the strongest stock available — utterly fall. The only ones who do not faint are those who have stopped trying to carry the load with their own threads and have twisted themselves into His.

This is the word study’s central insight: qâvâh is not waiting for God to do something while we do nothing. It is the act of weaving our strands into His so thoroughly that when the load falls on us, it falls on the cord, and the cord does not break.

Teacher Notes

This curriculum covers Isaiah 40:31 through three Hebrew words: qâvâh (the act of waiting/binding), chedvah (the joy that is the strength), and ma’oz (the fortress that joy becomes). The thread runs from Isaiah 40 to Nehemiah 8:10 to Psalm 27:1 and back again. Teach the children to see these three words as one sentence: “Those who twist themselves into God receive His own gladness as their fortress.”

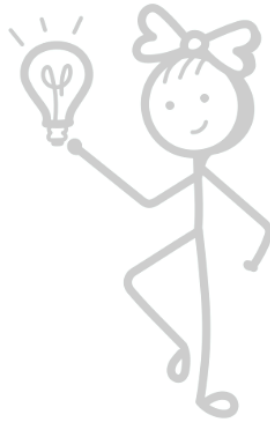
The animal model for this study is the eagle — specifically its capacity to lock its wings in the thermal and rise without beating. The eagle does not manufacture the lift; it enters it. This is the image of qâvâh. Introduce it early and let it carry the week.

HOW TO USE THIS CURRICULUM

One ring per week — or run all four rings simultaneously if you have children across multiple age groups. Each ring stands alone. Start with your child’s age. Each daily pulse takes 5–15 minutes. The Morning Pulse sets the day’s anchor. The Midday and Afternoon Pulses carry the truth into the body

and the world. The Evening Pulse seals the day with memorial and blessing. Nature is integral to every ring — not optional. The Edenic framework assumes the natural world is a classroom.

Memory Verse for the Week: *“But those who wait on the LORD shall renew their strength.” — Isaiah 40:31a NKJV*



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Children’s Curriculum

Each Growth Ring meets the child at their developmental stage with the same theological truth — waiting on the LORD — in age-appropriate language, activity, and formation practice.

RING 1 • Ages 0–3 • Sanctuary

Guide Label: *The Nurtured Child*

Lesson Title: God Holds Me While I Wait

At this stage the child watches before doing. Samuel watched Eli. Timothy absorbed faith through Lois and Eunice before he could speak it. Your role is presence and holding — not instruction. The child is learning what it means to be held in the wait by watching you rest in God.

OPENING WONDER QUESTION

“When Mama holds you while you sleep, who holds Mama?”

ANCHOR SCRIPTURES

“He gives power to the weak... those who wait on the LORD shall renew their strength.”

— Isaiah 40:29–31 NKJV

“I will lie down and sleep in peace, for you alone, LORD, make me dwell in safety.”

— Psalm 4:8 NKJV

HEBREW THREAD

Qâvâh — to be twisted together with. Even the youngest child is not alone when she rests. Her waiting is held inside a cord she cannot yet see.

Caregiver / Mentor Guide

MORNING	Before breakfast, hold the child and say together: “God is holding us right now.” Let silence follow. Mentor Script: “Do you feel how safe you are? This is how God holds us when we wait for Him. We are never alone in the waiting.” Spend one minute in stillness together.
MIDDAY	During play, point to something that waits — a seed, a bud, a sleeping animal. “It is waiting for God’s time. God made it to wait. God makes us to wait too, and He holds us while we do.” Biblical link: Psalm 4:8 — whisper it over the child as they play.

AFTERNOON	At rest time, sing or hum a lullaby. Remind the child: "God never sleeps. He is watching while you rest. When we wait quietly, we are resting in His arms." Let the truth enter through the body and the stillness.
EVENING	Bedtime prayer: "Lord, You hold us while we sleep. We wait for Your morning. We are twisted into Your cord and we will not fall. Amen." Lay hands gently on the child's head. Recall one God-glimpse from the day.

ANIMAL MODEL · EDENIC FRAMEWORK

The Eagle Soaring. Show a picture of an eagle soaring with locked wings. "The eagle does not flap when it rises in a thermal. It opens its wings and trusts the air to lift it. That is what waiting on God looks like — not working harder, but opening wide." The child is not being asked to wait alone. She is being held in the thermal of God's strength.

MEMORY VERSE

"Those who wait on the LORD shall renew their strength."

Isaiah 40:31 NKJV | Spoken aloud, daily, over the child

The Memory Verse for Ring 1 is spoken by the caregiver over the child, not recited by the child.

CLOSING WONDER QUESTION

"If God is always holding you, what do you never have to be afraid of?"

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RING 2 · Ages 4–7 · Parable

Guide Label: *The Wondering Child*

Lesson Title: The Rope That Doesn't Break

Children at this stage learn by copying what they see adults do and by acting out truth through play. Samuel ministered before the Lord as a child by imitating the priests around him. Your job is to demonstrate trust in the waiting — and then give them a story to step into. The image of the twisted cord is their entry point.

OPENING WONDER QUESTION

"Have you ever seen a rope made of twisted threads? What happens if you pull just one thread by itself?"

ANCHOR SCRIPTURES

"Wait on the LORD; be of good courage, and He shall strengthen your heart; wait, I say, on the LORD."

— Psalm 27:14 NKJV

"The joy of the LORD is your strength."

— Nehemiah 8:10 NKJV

HEBREW THREAD

Qâvâh — the image is three threads twisted into one cord. One thread snaps alone. Three together hold. When we wait on the LORD, we are twisting our small thread into His unbreakable one. *Chedvah* — the gladness He gives is not a feeling we work up. It is His own delight shared with us, and it becomes our strength.

Teacher / Parent Guide

MORNING	Show the child a twisted rope or cord. Let them try to pull it apart. Mentor Script: "You are like one of these threads. When you wait on God, you get twisted into His cord. Nothing can break that." Then show a single thread snapping. Let truth enter through their hands.
MIDDAY	Ask: "What is something you are waiting for right now?" Pray it together: "God, we give You this waiting. We twist it into Your hand." Biblical link: Nehemiah 8:10 — teach the child: "His joy in us is our stronghold."
AFTERNOON	Nature activity: find something waiting — a chrysalis, a bud, a dry seed. Sketch it. Ask: "What is it waiting for? What will God do to it?" The Sower analogy: "The seed waits in the dark. Does that mean nothing is happening?"

EVENING

Read Psalm 27:14 aloud together. Let the child repeat: "The LORD is my stronghold." Ebenezer Moment: "When did you choose to trust God's timing today?" Celebrate it — even if small. "God saw that. He is pleased."

BODY PRAYER — TEACH THE CHILD TO DO THIS DAILY

1. Hold both arms open wide — like eagle wings. 2. Close your eyes. 3. Take one slow breath in... and out. 4. Say: "Jesus, I open my wings into Your wind. I wait for You. Amen."

ANIMAL MODEL · EDENIC FRAMEWORK

Eagles rise on thermals — invisible columns of warm air. The eagle does not create the thermal. It circles until it finds one and then opens its wings. The thermal does all the lifting. God's joy is our thermal. We do not manufacture it. We open our wings and He does the rising. Use movement games: "locked wings gliding," contrasting with frantic wing-beating. Children internalize through joyful repetition that waiting is power, not weakness.

MEMORY VERSE

"The joy of the LORD is your strength."

Nehemiah 8:10 NKJV | With motions — repeat daily

Motions: "joy" = open arms wide; "LORD" = point up; "strength" = flex both arms. Repeat daily.

CLOSING WONDER QUESTION

"If God's joy is your stronghold, what can you put inside it for safekeeping?"

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RING 3 · Ages 8–11 · Steward

Guide Label: *The Thinking Child*

Lesson Title: **Waiting Is Not Passive — It Is Active Binding**

At this stage children are ready to handle real tools and real responsibility. Eli gave Samuel a real priestly task. Paul gave Timothy real ministry. The mentor works side-by-side, then steps back. This lesson requires children to practise the waiting — not just experience it passively. They begin to understand that qâvâh is an act of the will, not a mood.

OPENING WONDER QUESTION

“If waiting on God is not the same as doing nothing, what is it?”

ANCHOR SCRIPTURES

“Those who wait on the LORD shall renew their strength; they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.”

— Isaiah 40:31 NKJV

“The LORD is good to those who wait for Him, to the soul who seeks Him.”

— Lamentations 3:25 NKJV

HEBREW THREAD

Qâvâh comes from the same root as a cord or rope. It means to gather toward, to expect, to bind together by twisting. It is an active posture of the soul — leaning into God, orienting toward Him, bringing one’s threads to His cord. This is why Isaiah says “those who WAIT” receive strength — it is not given to those who merely wish. It is given to those who actively turn toward Him. Ma’oz — the word translated “strength” in Nehemiah 8:10 is ma’oz: a fortress, a high stronghold, a place of safety. The joy of the LORD is not a feeling. It is a fortified place the soul can run into.

Teacher Guide

MORNING	Study exercise: look up qâvâh in a Strong’s concordance (print or digital). Find three other verses where it appears. What do they have in common? Mentor Script: “A steward cannot wait passively. They observe, they orient, they prepare. Bind your thread to His cord today — deliberately.” Record observations: what do you notice in your study territory today that shows something waiting on God?
MIDDAY	Practical application: identify one area of your life where you have been straining in your own strength. Write it down. Pray: “Lord, I stop pulling on my own thread. I twist it into Yours.” Micro-Economy connection: “How does trusting God’s timing in your stewardship — giving the tithe, waiting for the harvest — require a quiet confidence that ma’oz is your place of safety?”

AFTERNOON	Investigate: research the thermal behaviour of eagles. How do they locate thermals? How long can they soar without flapping? Write a paragraph connecting this to Isaiah 40:31. Case Study: compare a leader who acted in impatience (Saul, 1 Samuel 13) with one who waited (David, 1 Samuel 24). What did each one's waiting — or refusal to wait — produce?
EVENING	Journal: "What does ma'oz — a fortress — tell me about God's joy? How does joy function as a place of safety?" Ebenezer Stone: if you moved through a moment of impatience today and chose to bind yourself back to God, find a smooth stone. Write one word on it: "I waited." Place it in the jar. This is your physical history of growth in qâvâh.

ANIMAL MODEL · EDENIC FRAMEWORK

The Eagle in the Thermal. Eagles can soar for hours on a single thermal without a single wingbeat. Scientists have tracked them covering 500 kilometres using only thermals. The eagle's entire design — hollow bones, wide wingspan, sharp eyes that locate the shimmering air — is built for receiving the lift that God puts in the atmosphere. We are built similarly for qâvâh. We are designed to receive, not manufacture. The child identifies one area of their stewardship where they will stop straining and open their wings instead.

MEMORY VERSE

"Those who wait on the LORD shall renew their strength; they shall mount up with wings like eagles."

Isaiah 40:31 NKJV | Memorise the full verse. Recite at the morning territory check each day this week.

Personal Reflection: "Describe a moment this week when you were tempted to pull on your own thread. What caused it? What did you do? What would qâvâh have looked like differently?"

CLOSING WONDER QUESTION

"In what area of your life do you most need to stop flapping and open your wings into His thermal?"

RING 4 · Ages 12–16 · Herald

Guide Label: *The Sent Child*

Lesson Title: *The Sent Child Waits Before She Goes*

Timothy was being given real ministry responsibility. Jesus at 12 was already in the temple — listening, asking, and amazing teachers. At this ring the young person moves from being shaped to actively shaping others. The waiting is now their own — tested, chosen, and expressed through leadership. They do not wait because they have no commission. They wait because the timing is God's.

OPENING WONDER QUESTION

“Why would God ask the person He is about to send to wait? What does the waiting do to the one being sent?”

ANCHOR SCRIPTURES

“But they that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.”

— Isaiah 40:31 NKJV

“Wait for the LORD; be strong, and let your heart take courage; wait for the LORD!”

— Psalm 27:14 NKJV

“But as for me, I will look to the LORD; I will wait for the God of my salvation; my God will hear me.”

— Micah 7:7 NKJV

HEBREW THREAD

Qâvâh appears at the intersection of commissioning and preparation. The prophets who waited longest were the ones sent furthest. Jeremiah waited in the pit. Joseph waited in the prison. David waited in the wilderness. The waiting was not the delay of the mission — it was the making of the messenger. The cord cannot be twisted without time. Chedvah and ma'oz together form the Herald's theology of joy: the gladness of the LORD is not a reward for the one who has endured. It is the very fortress within which the sent one does the work. The Herald goes out from the ma'oz — from the stronghold — not from her own reserves.

Mentor Guide | Self-directed with Accountability

MORNING

Study the waiting seasons of one biblical figure: Joseph, Moses, David, or Jeremiah. Document the timeline: how long did they wait? What was forged in the waiting?

	What were they sent to do afterward? Leading the Gathering: the Ring 4 apprentice leads the Morning Pulse for younger rings this week. They choose the nature focus, write the mentor script, and deliver it. Practice it alone first — in quiet.
MIDDAY	Theological reflection: write a one-page essay on the connection between Isaiah 40:31, Nehemiah 8:10, and Micah 7:7. What does each add to the theology of waiting? Deep Study: use Strong's Concordance to trace qâvâh through Psalm 27:14, Psalm 130:5, and Lamentations 3:25. What is the posture of the soul in each passage? How is each an act of binding toward God?
AFTERNOON	Practical: identify a place in your life where you are being held in a waiting season. What is being forged? What might the sending look like afterward? Teach It: the young person designs and delivers a 10-minute lesson on qâvâh to a younger ring — using the eagle and the thermal as their central illustration. Mentor Debrief: "What did the waiting ask of you this week? What did God do in it?"
EVENING	Declaration: write your own covenant of waiting — a personal statement of what you believe God is doing in your season of qâvâh. Read it aloud. Seal it with prayer. Lead the Ebenezer reflection for the whole group. Choose one stone or phrase to mark the week's spiritual lesson. Speak it aloud over the younger children.

PRAYER TO LEAD — FOR THEMSELVES AND THEIR GENERATION

Father, I renounce the spirit of striving — the grasping, the impatience, the need to act before Your timing has come. I choose the cord. I twist my thread into Yours and I will not pull it free. Let the waiting do its full work in me. Let the joy of the LORD be my fortress — not a feeling I chase, but a stronghold I live inside. When the time comes to go, let me go from ma'oz — from the place of strength, not from the place of exhaustion. In Jesus' Name. Amen.

ANIMAL MODEL · EDENIC FRAMEWORK

The Eagle's Stillness Before the Strike. The eagle does two things with extraordinary skill: it soars, and it strikes. But between the soaring and the striking is a stillness — a locked gaze, a motionless hover, an absolute patience. The Herald's life is that hover. She has discerned the target. She has the commission. And she waits — not because she is afraid, but because the appointed moment is not yet. When it comes, she does not hesitate. The Ring 4 apprentice is now a bridge — between younger and older, between the Word and the world, between the mentor's wisdom and the next generation. What was twisted in the waiting, she will carry for life.

MEMORY VERSE

"But as for me, I will look to the LORD; I will wait for the God of my salvation; my God will hear me."

Micah 7:7 NKJV | Do not merely memorise — live it for one week.

Journal daily: "One moment today I chose the cord over the striving." Submitted to the mentor for feedback, not grading. The goal is wisdom, not performance.

CLOSING WONDER QUESTION

“What has God been forging in you during your season of waiting, and what does the sending look like from here?”



A Closing Blessing for the Waiting Child

May you know the twisting. May you feel the cord holding when your single thread would have snapped. May His joy be your fortress — not a feeling you chase, but a stronghold you run into. And when the morning comes — and it will come — may you rise on wings you did not earn, and run — and not be weary.

Amen.



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