

# faith at home

Weekly Resources for Collective Worship, Spiritual  
Development and Pastoral Care

**PHASE: PRIMARY**

**WEEK 5 THEME:  
PATIENCE**





## KEY CONCEPT/MESSAGE:

Patience is one of those qualities that we all need to develop especially when times are tough, when people and governments are frustrating. Patience to wait for the right time, patience with each other and the patience to wait on God when things seem to be taking so long to sort themselves out. The Bible is filled with stories of people like Mary, David, Moses and Noah who had to wait for the right time, for God's time.

*'...clothe yourselves with compassion, kindness, humility, gentleness and patience'  
(Colossians 3:1)*

## BIBLE STORY OF THE WEEK:

The story of Noah (Genesis 8 verses 6-13)

"Noah waited seven more days and again sent out the dove from the ark." Genesis 8:10



## TO CONSIDER AS YOU PREPARE

**KEY QUOTE OF THE WEEK:** 'Patience is not simply the ability to wait - it is how we behave while we are waiting.' Joyce Meyer

**CONSIDER:** The story of Noah is the context for this week's collective worship. Whilst the story of Noah began with judgement, it's important to focus on how God was with Noah, helped him to be patient, and gave the rainbow as a sign of his covenant promise. A small minority of Christians may interpret the COVID pandemic – or other natural disasters - as God's judgement, but this would be extremely unhelpful to children.

**LISTEN:** to this lockdown poem written by a Christian pastor in London <https://co-mission.org/prayernews/spiritual-encouragement-from-co-mission-week-8/>

For Christians, patience is often about waiting, waiting for God to do things in the time that is right. It is a confidence that God is faithful and to trust in God. Sometimes it is hard and difficult to understand why God takes so long but there is an acceptance that God is in control and that sometimes even miracles take time. Here are three songs that explore that Christian idea:

'While I wait' by Lincoln Brewer <https://www.youtube.com/watch?v=uvSD57FJKLc>

'Do it again' By Elevation Worship [https://www.youtube.com/watch?v=0B\\_InQIITxU](https://www.youtube.com/watch?v=0B_InQIITxU)

'It is well with my soul' this version by Audrey Assad <https://www.youtube.com/watch?v=zY5o9mP22V0>

**WATCH:** Two examples of creativity but where it's unlikely that those watching will appreciate the patience that it took.

Making of Wallace and Gromit <https://www.youtube.com/watch?v=i3CEE9xKKZc> it took 6 weeks for 1 minute of film

Waiting to film Bobcats <https://www.youtube.com/watch?v=sxYvbtE4Ybs>

### THINK:

Patience is required in a variety of situations.

**Patience with ourselves** - not giving up, coping with temper, recognising our strengths and weaknesses, not being too hard on ourselves because we all make mistakes.

**Patience with others** - recognising everyone is different, learning to make allowances for others, giving time to people, walking at another's pace and not rushing them.

**Patience with circumstances** - 'Rome wasn't built in a day', doing something worthwhile can take time, taking the long view, 'instant everything' isn't the answer to every problem.

**Patience with nature/the world** - learning to wait for things to grow (harvest); working for change is one step at a time (for example, climate change); the more complex the problem is, the more time and attention it needs before a solution can be found.

**PRAY:** "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." ([Philippians 4:6-7](#))

Father God, I find it difficult to be patient. I don't understand why sometimes things take so long to get sorted out. I just want life to get back to normal, and that still hasn't happened. Help me to be patient and trust you. Sometimes I get so frustrated by the people around me. Help me to be patient and love them. Amen

# I. COLLECTIVE WORSHIP - *Invitational, Inclusive, Inspiring.*

## GATHER:

Find a place where you can be still, without interruptions. You might like to light a candle as you begin.

I wonder what you think when you join the end of a long queue?

I wonder who you think of when your teacher asks you to think of someone who is patient?

I wonder if you can think of a time in your life when you had to be patient and wait for something?

How long did you have to wait? A minute? An hour? A day? A week? A month? Longer?

## ENGAGE:

How easy do you find it to be patient?

Watch [https://www.youtube.com/watch?v=QX\\_oy96I4HQ](https://www.youtube.com/watch?v=QX_oy96I4HQ)

Several children wrestle with waiting to eat a marshmallow in hopes of a bigger prize. This video is a good illustration of waiting and the hope in future rewards. What would you have done?

In today's Bible story, Noah has some disappointments and finds that he has to be patient. At the beginning of the story we are reading today, God had told Noah to build a great big Ark. He had to take all his family and two of every kind of animal to save them from the coming flood. Noah had carefully followed God's plan, Noah had to show patience with the animals and people he was locked in with and with the timing of God's plan. He had confidence that God was with him, but he couldn't see how the plan would work out.

Let's read the story together: You can find the full version in Genesis 8 verses 6-13 but a shortened version of the end part of the story can be found in the attachment. For the full story you could watch The Jesus Storybook Bible version which is available as a video here.

<https://www.youtube.com/watch?v=yCLRcA9mlQE>

Or you could read it from a children's Bible, such as the International Children's Bible. There are many other children's versions of this story that you may have available and prefer to use.

**After the story**, use some wondering questions to help children to reflect on the relevance of patience in Noah's experiences:

I wonder what made Noah most frustrated?

I wonder what helped Noah to be patient?

If you had been in the ark, what would have made you impatient, and what would you have done about it?

I wonder... if you have to **feel** patient, or if you can **choose** to be patient?

I wonder how you cope when you need to be patient – maybe not cooped up in an ark, but maybe in a car on a long journey, or through lockdown?



Paul wrote these words to one of the very first churches: he said:

'...*clothe yourselves with compassion, kindness, humility, gentleness and patience*' (Colossians 3:12)

So maybe patience isn't always something that we have to feel inside first – maybe it's something we can **choose** to put on, a bit like a jumper?

I wonder if that makes a difference?

If patience was an item of clothing, I wonder what it might look like? (Maybe something with lots of buttons, or shoes with laces!)

## REFLECT:

### REFLECT:

When Noah saw the rainbow in the sky at the end of the story, he must have felt as if his patience had been rewarded.

The rainbow was a sign of God's promise to his people. Draw or paint a rainbow or make a rainbow out of things you have around you. There are some pictures if you click here. [Buttons](#), [Fruit](#), [Flowers](#), or a [mix of household objects!](#)

Use the colours of the rainbow to help you think about or pray for yourself and other people:

**Red is the colour of bravery:** pray for or think about those people who are having to be brave at the moment.

**Orange is the colour of waiting:** pray or think about having to be patient and wait for things to get back to normal.

**Yellow is the colour of sunshine:** be thankful for some good things in your life.

**Green is the colour of growth:** pray or think about the people who are patiently growing and producing our food.

**Blue is a peaceful colour:** pray for or think about people who are anxious at this time, that they would find peace and be patient with themselves.

**Indigo is a sad colour:** pray for or think about those who are sad or lonely, and that those around them would be patient with them.

**Violet is a royal colour, the colour of leaders:** pray for or think about the people in our government, that they will be patient and make wise decisions.

**Do a jigsaw:** you decide how many pieces you can manage. It takes patience to finish a jigsaw, but the result is worth waiting for!

## SEND OUT:

I wonder... how might you be patient like Noah this week?

I wonder... what you will do to increase your levels of patience this week?

I wonder... how might you help someone else who is feeling frustrated this week?

Blow out your candle as a sign that your time of worship has finished.

## 2. SPIRITUAL DEVELOPMENT

*(practical ways to help us explore faith and develop spiritually at home together)*

### **EXPERIENCES** that can help us **ENCOUNTER**:

Have you ever heard of SEED BOMBS? A seed bomb is a mixture of seeds from wildflowers and powdered clay. Our insects and wildlife rely on these plants, and they are becoming rarer, especially in towns and cities. You can buy or make the seed bombs with the instructions here:

<https://www.wildlifetrusts.org/actions/how-make-seed-bomb>

You can put your seed bomb in a pot, in a part of your garden, or even in a nearby patch of waste ground if it is safe to do so. (Check with an adult)

When you have planted the seeds, you will need to be very patient! Make sure you water the soil and look forward to the time that insects and bees enjoy the flowers you planted!

One school asked their pupils to be patient wildlife photographers and send in photos of the creatures they saw around them on their walks. They put these together to create a reflective video. Scroll down to 18 May on this twitter feed <https://twitter.com/StPetersFarnham>

Remember the story of Noah? When he came out of the Ark he had the opportunity to begin again in the way he cared for the animals and for creation. He was able to create a new normal. In your reflective journal write or draw some ideas for the 'new normal' in caring for creation. Watch out for more details of a great project called **Letters for Creation** that you can get involved with. There will be more details in a couple of weeks but in the meantime you could look at this link

<https://www.christianaid.org.uk/schools/letters-creation>

Use the **EXAMEN** prayer to reflect on patience. It has 5 steps, so you might like to count them on your fingers.

1. GIVE THANKS for something that was good today
2. ASK FOR HELP with something that you find frustrating at the moment
3. REFLECT on your day and think about the things that you needed patience to cope with and the things that have frustrated you ☹️
4. SAY SORRY for the times you have lacked patience and got frustrated with someone or something
5. DECIDE how you will manage your frustration tomorrow and develop more patience.

### **ACTIVITIES** that can help develop **PRACTICES-HABITS**:

Find a sand timer that takes one or two minutes. Some households have them in the kitchen for timing a boiled egg, some households have them in the bathroom to time cleaning their teeth.

You could use an online timer such as this one: <https://www.online-stopwatch.com/eggtimer-countdown/full-screen/>

Think of someone that you haven't been able to spend time with for a while, someone you are longing to see. As the sand trickles through think about that person and pray for them.

If you have the patience you could repeat this several times as you think about different people.

One person I know prays for people as he watches the wheel on his computer while it boots up in the morning. What other daily routines could you turn into an opportunity for prayer or reflection? How about when you're washing your hands, instead of singing 'Happy Birthday' (twice!) Have a look at the resources on the 24-7 Prayer website: <https://www.24-7prayer.com/downloads/Prayer%20Spaces%20in%20Schools%20-%20Coronavirus%20Prayer.pdf>

## CONVERSATIONS STARTERS that can help develop RELATIONSHIPS-COMMUNITY:

How good are you at waiting for something?

What makes you become impatient?

What helps you become more patient?

How long can you sit still?

Who do you know who is patient? When have you seen them show patience?

Paul wrote these words to one of the very first churches: he said ‘...*clothe yourselves with compassion, kindness, humility, gentleness and patience*’ (Colossians 3:12) Does it help to think that patience is not always something we feel.... It is a **choice**?

If patience was an item of clothing, what would it look like? (maybe it would have a load of buttons!!!)

## 3. PASTORAL CARE - ideas for looking after...

### Ourselfes & Our staff

It is inevitable that staff are anxious at the moment. We all have different triggers for anxiety and thresholds for becoming overwhelmed. One person may be most anxious about the proximity of parents at the start of end of the school day, while another may be more anxious about people not washing their hands frequently. We may not share someone else’s anxiety; they may not share ours. This verse from Ephesians is both a challenge and a guide. *‘Always be humble and gentle. Patiently put up with each other and love each other.’* Ephesians 4:2

This leaflet ‘Looking After Each Other and Ourselfes’ is written for school leaders during this pandemic it is helpful. [www.annafreud.org/media/11242/looking-after-each-other-ourselfes-final.pdf](http://www.annafreud.org/media/11242/looking-after-each-other-ourselfes-final.pdf)

Staff in school may not be using the staff room as much as usual and so that informal social interaction over the kettle is missing.

- If the weather is good might it work to arrange a time to take your mug of tea outside, sit at a distance and catch up?
- It may be helpful to pair staff up with a buddy who checks in with them at a social distance regularly.

While zoom get togethers can be fun, some people find having the attention of the whole group focussed on them too much, for those remote working consider getting together online in 2’s or 3’s.

Perhaps the buddy system would work for those remote working as well.

### Our families & Our community

It is helpful to acknowledge the things that people have missed out on because of the pandemic such as birthday celebrations, days out and seeing grandparents. It is also important to celebrate the good things that have happened. For example, some pupils have enjoyed spending more time with their pets or learning a new skill.

Encourage your families to create a simple traffic light, with three paper circles. Invite each member of the household to contribute their ideas to each circle. They may wish to use this as a prayer focus, or simply the opportunity for chat.

On the top circle use a red pen to write or draw something that you were unable to do because of lockdown, something that you are disappointed about.

On the middle circle use an orange pen to write or draw something that you are looking forward to doing when you are back together in school. Whenever that might be.

On the bottom circle use a green pen to write or draw something that you have enjoyed doing while you have been in lockdown.

## GOING DEEPER/FURTHER RESOURCES

For a different perspective listen to this song by Faith McCann exploring what patience looks like in the majority world

[https://www.youtube.com/watch?v=n8iP4tHpO\\_0](https://www.youtube.com/watch?v=n8iP4tHpO_0)

For a Muslim perspective watch, discuss and reflect on the Butterfly Boy video

<https://www.youtube.com/watch?v=azxq7Z89uNQ>

Research the story of Job in the Bible (the Prophet Ayub in Islam)

Find out about the Thomas Edison inventing the lightbulb, or JK Rowling getting her first Harry Potter book published, or James Dyson inventing the new vacuum cleaner, or Mary Jones saving up for her Bible. How did their circumstances teach them patience?

'Barnabas in Schools' collective worship on the Christian value of patience

<https://www.barnabasinschools.org.uk/idea/exploring-values-bible-patience>

The children's film 'Inside Out' explores some familiar emotions and how a little girl called Riley expresses and handles them. Watch the trailer here:

[https://www.youtube.com/watch?v=seMwpP0yeu4&feature=emb\\_logo](https://www.youtube.com/watch?v=seMwpP0yeu4&feature=emb_logo) There isn't a character called 'Patience', but you could ask children to create one!

Patience **colour a reflective picture**. You can download some here.

<https://spckpublishing.co.uk/colouring-sheets>

<http://flamecreativekids.blogspot.com/p/blog-page.html>

# COLLECTIVE WORSHIP – OUR APPROACH

## INVITATIONAL

Everyone is welcome to take part in collective worship, as much or as little as they or their parents and carers are comfortable with. This means we use invitational language and consider carefully our choice of words and songs. Children are invited to pray but are not compelled or expected to do so; they always have a choice. We invite them to pray or reflect in whatever way they would usually as a family, if that is part of their home experience.

## INCLUSIVE

Acts of worship need to be inclusive of all. Therefore, we choose topics and ideas that are shared by different faiths and worldviews. When we present Christian teaching, we make it clear that this is 'what Christians believe', saying things like:

'I wonder why this story might be important to Christians?'

'The story today comes from the Bible (the holy book of Christians), which teaches that ...'

Our worship should be accessible for children and young people with a range of different backgrounds, and so we take care that activities do not require expensive resources. We also offer a variety of activities, so that children and young people with differing needs can all find something they can engage with.

## INSPIRING

We aim for our acts of worship to inspire those engaging with them. How might it engage their emotions, enabling a sense of peace, comfort, hope or motivation? How might it inspire them into action, into thinking differently and considering their behaviour or actions? How might it inspire them to reflect on their faith or beliefs, and on the faith or beliefs of others?