



Weekly Resources for Collective Worship, Spiritual
Development and Pastoral Care

PHASE: SECONDARY

**WEEK 5 THEME:
PATIENCE**



KEY CONCEPT/MESSAGE:

Patience is not something we do, but rather who we are in Christ.

God wants to produce patience in us to slow us down and to show us how to trust in him. God does not test us, just for the sake of testing us, but he allows us to be tested so we learn to walk in his ways and to trust in him. Our current situation provides us all with an opportunity to 'slow down' and 'have patience'.

Patience is mentioned a lot in the Bible. It is connected to trust, hope, faith, love and good character. Reflect and consider how these attributes linked to patience are developing in our lives. In particular, how have they been needed as we have progressed through this crisis?

BIBLE PASSAGE OF THE WEEK:

The parable of the Master and the Servant

“Who among you would say to your slave who has just come in from ploughing or tending sheep in the field, ‘Come here at once and take your place at the table’? Would you not rather say to him, ‘Prepare supper for me, put on your apron and serve me while I eat and drink; later you may eat and drink’? Do you thank the slave for doing what was commanded? So you also, when you have done all that you were ordered to do, say, ‘We are worthless slaves; we have done only what we ought to have done!’”

Luke 17: 7-10 (NRSV)

TO CONSIDER AS YOU PREPARE

KEY QUOTES OF THE WEEK:

'Patience is not passive. On the contrary, it is concentrated strength.' (Bruce Lee)

'Patience is not the ability to wait but the ability to keep a good attitude while waiting' (Joyce Meyer)

LISTEN: As you listen to one of these two songs, consider what the lyrics say about patience, what does patience require? In what other ways do you think of patience?

'Patience' – Guns 'n Roses. <https://www.youtube.com/watch?v=ErvgV4P6Fzc>

'Patience' – Take That <https://www.youtube.com/watch?v=VQ4ziRhLGCE>

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

A short clip outlining the Importance of patience; what it is and why it is important.

Consider: Using the images below:



What does this picture make you think of?

How does it make you feel?



The picture shows a model of Durham Cathedral constructed from over 2000 matchsticks!

Can you think how you would tackle such a task?

PRAY: Dear God, we pray for the virtue of patience, in our hearts, homes and our lives. We want to wait patiently for your will to enfold in our lives. May we learn to wait patiently for You to bring Your answers to our prayers. We want to cooperate and wait on your plans for us. 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 is the longest that you have had to sit and wait for someone or something?
- Why did you do it? How did it make you feel?
- Would you do it again?

ENGAGE:

In today's Bible story, The Parable of the Master and Servant, Luke 17:7-10 (told by Jesus in the New Testament, found only in Luke's Gospel) we hear about a servant who is doing what is expected of him. It is suggested that the servant is expected to have great patience; he has to work, serve the master and then wait - patiently - until he can eat, drink and rest. Sometimes we struggle to be patient, this Bible passage is teaching us that God expects us to be patient and that even if we do everything that is required of us, we may still need to wait patiently for reward or thanks.

We can read the story together here:

<https://www.biblegateway.com/passage/?search=Luke+17%3A7-10&version=NIV>

For many years people have been doing the chocolate or marshmallow challenge to test the patience of (usually) small children. Can they wait, patiently, with such temptation in front of them? Can they be patient and wait until told it is time to eat the treat? Joe Wicks (of PE with Joe fame) set his young daughter Indie the challenge of waiting patiently before being told she could eat some chocolate that was placed in front of her. We might expect that small children do not have the patience to sit and wait or that maybe our expectations of them are lessened due to their age. Maybe Indie's patience surprised everyone watching.

<https://www.facebook.com/JoeWicksTheBodyCoach/videos/1614639208699332/?v=1614639208699332>

(Alternative clip: In this video, a marshmallow is placed in front of a child. The child was told they could get a second treat if they just resisted temptation for 15 minutes. If they succumbed to the devilish pull of sugar, they only got the one.

https://www.youtube.com/watch?time_continue=2&v=QX_oy96I4HQ&feature=emb_logo)

REFLECT:



What do you think is happening in this picture?
How does this demonstrate patience? Can we learn anything about each other from this picture?

What is of greater value to God? To be successful in all that you set out to do, or to endure every hardship of life in patience and peace? Many may struggle with this question and want to choose both. But what if God is calling us to embrace patience and peace amid some apparent struggle of difficulty? Is this of great value? Do we grow as a

result of this waiting?

You may like to reflect and write down some thoughts as you listen to this piece of music:

<https://www.facebook.com/GlobalNational/videos/524799268214274/?v=524799268214274>

SEND OUT:

- Think about what you will do to show patience, to slow down, to think and reflect.
- Listen to the song Patience by Tame Impala <https://www.youtube.com/watch?v=rUmV-MorIKc> . Read the lyrics, the song talks about waiting for change to come. What are you waiting for? Are you being patient?

Finish by reading this poem and reflecting on its meaning:

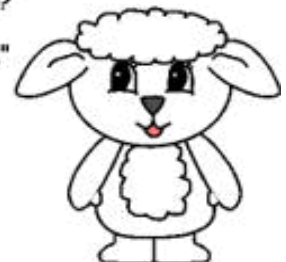
Mary Had a Little Lamb

by Sarah Josepha Hale

Mary had a little lamb,
Its fleece was white as snow,
And everywhere that Mary went
The lamb was sure to go:
He followed her to school one day-
That was against the rule,
It made the children laugh and play
To see a lamb at school.

And so the teacher turned him out,
But still he lingered near,
And waited patiently about,
Till Mary did appear.
And then he ran to her and laid
His head upon her arm,
As if he said, "I'm not afraid-
You'll shield me from all harm."

"What makes the lamb love Mary so?"
The little children cry:
"Oh, Mary loves the lamb, you know,"
The teacher did reply,
"And, you, each gentle animal
In confidence may bind,
And make it follow at your call,
If you are always kind."



2. SPIRITUAL DEVELOPMENT

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

EXPERIENCES that can help us ENCOUNTER:

1. During lockdown it's a great thing to have the time to bake. If you can get the ingredients, have a go at this easy recipe for OoeyGoey Chocolate Brownies (gluten free!)

<https://www.elizabethskitchendiary.co.uk/gluten-free-brownies-2/>

But having made them ... wait till tomorrow for you and yours to try one; a true test of patience!

2. Some songs you might like to listen to::

Faithful One by Brian Doerksen [Faithful One - Brian Doerksen \[with lyrics\]](#)

Be still and know that I am God by Don Moen [Still-Be Still and Know by Don Moen With Lyrics](#)

Stay with me from the Taize Community [Stay With Me](#)

Wait for the Lord from the Taize Community [Taize - Wait for the Lord.m4v](#)

3. If you have an egg timer (an alarm on your phone will do!) take a moment to think about what you are waiting patiently for during this lockdown period. Or it could be something that you are desperately waiting for.

What can you not wait to do, to see, to hear?

As you watch the time pass - be it on the egg timer or the alarm countdown - think about those things you have had to patiently wait to do. Think about the people around you who have had to have great patience and how difficult it can be to remain patient when we want something desperately to change.

As the time passes say a thank you (this could be done silently) to those who have been patient with you during this time or maybe ask for more patience.

ACTIVITIES that can help develop PRACTICES-HABITS:

1. Try mini meditations. <https://mindfulminutes.com/10-mini-meditations-to-help-you-reset/>
2. Stop Doing or Review What's Most Important

Watch this film clip first then consider the activity that follows

[Rocks, Pebbles and Sand Story](#)

We all have things in our lives that take time away from what is important. One way of removing stress from our lives is to stop doing or change those things.

Look at the things you want or need to do today or this week. Think about which ones are important and which are less important. Divide them into two lists. Now look at which ones are urgent and not urgent. Colour or highlight the ones that are important and urgent. Do these first. Then work on urgent but less important, then important but not urgent and then finally do the ones that are less important and not urgent last...or maybe even another time. Sometimes patient planning makes all the difference. Or even take out two or three things that you do that aren't important but take time. It's time to learn to say no to things that cause stress and make us impatient.

3. Write a letter to your future self and hide it away. You could make a note to remind yourself to wait patiently and open it up at a set time e.g. at the end of lockdown or when we return to school or in one year's time. Try to write about being patient and be encouraging.
4. Challenge yourself to go a day without any technology. This could be a way of practicing patience and stillness.
5. Play a board game with your family. Some can last 2 or 3 hours
6. Read a book from the Bible (Luke's Gospel is a good place to start).
7. Draw a picture. Cut it into tiny pieces then complete your own jigsaw puzzle.
8. 1 Minute Walk. One minute is a long time if we just focus on it and give it all we have. Choose a long room or hall. Stand with your back against one wall and put 1 minute on your timer. Now don't look, don't cheat. How close to the far wall can you get in 1 minute WITHOUT stopping or going backwards? Will you tiptoe sixty times, shuffle as you sway to the seconds in your head, march tiny steps as you count out loud or click your fingers? When we focus on other things, we can clear our minds and feel refreshed when we return to the task.

CONVERSATION STARTERS that can help develop RELATIONSHIPS-COMMUNITY:

- If you have prayed for something over and over and over and God just seems to be ignoring you, how do you feel?
- What people in your lives do you associate with patience? Why?

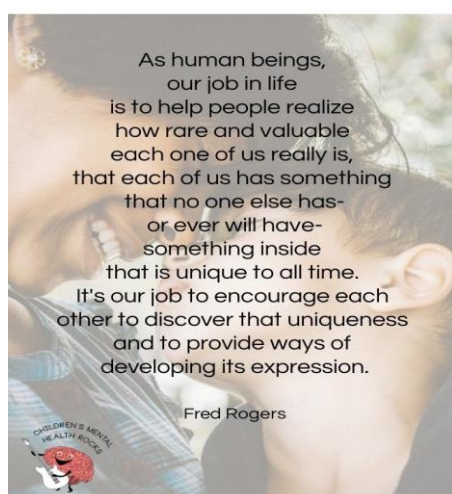
3. PASTORAL CARE - ideas for looking after...

- Ourselves & Our staff

It's important to realise that typical 21st century pace has just come to a halt! There is much to gain from slowing down. Cherish these moments, albeit challenging. Savour the moment but take time to think about how not to get into a rut. Be creative. How could you find and establish new rhythms and practices?

- Our families & Our community

Read the passage below. How does this make you feel? Does it inspire you? How might it change the way you live after lockdown?



Biblical References

There are many examples of patience being shown in the Bible. Here are just a few of them:

- **Joseph and Patience (Genesis 37- 50)**

The story of Joseph is a long but powerful example of how God works while we wait patiently.

Joseph was his dad's favourite (multi-coloured coat etc.) and because of this, his brothers did not like him. They wanted to hurt him and get rid of him. They chose to sell their brother and so he ended up in Egypt. While there, Joseph had many ups and downs but eventually he became very successful and helped the Pharaoh. Later, during years of famine (lack of rain and food), Joseph was put in charge of the grain available in Egypt. Joseph's family were in great need so Joseph's brothers travelled to Egypt to find some. Little did they know, their brother was in charge of the food and would provide for them in a wonderful way.

This story reminds us that as we trust God and while we wait patiently, we allow him to work things out for us. Joseph could have been scared and angry at what his brothers did to him. But he patiently worked with a good attitude while he journeyed through life in Egypt. He became friends with the king and God used his new relationships to provide for his family.

- **Abraham (Genesis 12- 18:10)**

The story of Abraham tells us what it is like to wait patiently for something for many years, and what can happen when we are impatient. God promises Abraham that he will become a father of many nations. Over the years this promise is repeated, but as he and his wife Sarah still have no children - and are now elderly - they become impatient. Together they have a child via their servant, but this is not the son that God intended them to have. Eventually, they are gifted with a son of their own. The New Testament book of Hebrews (6:15) says of their patient wait, "And so, after he had patiently endured, he obtained the promise."

The story reminds us that if we wait patiently and trust in God we will get all that is promised to us.

- **The story of Job**

The story of Job is probably the best known story of patience in the Bible is the life of Job. To prove Job's faithfulness to the Lord, God allows the devil to destroy everything Job owned (Job 1). Job was a wealthy man. He loses everything. But most devastating of all was when Job lost his children. However, Job did not blame God. He accepted that God had a plan and would be patient for God to reveal His plan.

Job's friends came to counsel him. They tried to find out what great sin Job had committed to deserve the punishment he received. Job though, had done nothing wrong, nothing to anger God. He only ever did what God expected of him. Job knew that sometimes bad things happen to good people.

Job knew that God had a plan, he was willing to accept what God allowed in his life and wait patiently for God to reveal the reasons why this was happening to him. In the end God rewarded Job's patience, faith and trust with twice as much as he had in the beginning (Job 42:10).

- **Simeon and Anna (Luke 2: 22-40)**

After the birth of Jesus Luke tells us the Mary and Joseph take Jesus to the temple, as were the rituals at the time. At the temple was a man called Simeon; the Holy Spirit had revealed to Simeon that he would not die before he had seen the promised Messiah. As a result of this promise Simeon had patiently waited at the temple for this to happen. On seeing the baby Jesus he praised God, declaring that 'as you have

promised, you may now dismiss your servant in peace. For my eyes have seen your salvation.' His patient wait was rewarded by meeting the Messiah.

Similarly Anna, who was a very old lady, never left the temple. She worshipped day and night, fasting and praying. She too was waiting for the Messiah. On seeing Jesus she gave thanks and spoke about him to everyone who was waiting (patiently) for the redemption of Jerusalem.

This story reminds us that there are things that are worth waiting patiently for; good things come to those who wait. Simeon and Anna had waited for years to see the Messiah. Through waiting patiently, trusting in God, they were rewarded.

Find out more/Exploring further

1. **WATCH** this inspiring video about 'Patience' from the Bible about a farmer and his patience. [How to Practice Patience](#)
2. **WATCH** this Sesame Street clip and reflect on the word 'Patience'. [Sesame Street: Zac Efron and Elmo - Patience](#)
3. **WATCH** the clip from Willy Wonka and the chocolate factory 'I want it now' song. [Willy Wonka & the Chocolate Factory - I Want It Now Scene \(8/10\) | Movieclips](#) What are consequences of not having patience? When do you have to show patience?
4. **WATCH** the Pixar Short Lava [Disney Music - Lava \(Official Lyric Video from "Lava"\)](#) The island patiently waits for love. Should we always show patience in that way? When does patience and understanding lead to progression and when to inertia?
5. Try to **PLAY** the card game Patience. Can you eventually succeed at this? Do you have to be patient to succeed? <https://bicyclecards.com/how-to-play/solitaire/>