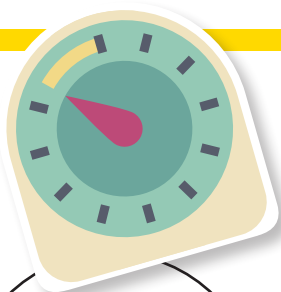


Bake Off: It's Worth The Wait



First, watch
this week's
video!

Patience:
Waiting until
later for what
you want now

Memory Verse

Wait for the Lord.
Be strong and
don't lose hope.
Wait for the Lord.
Psalm 27:14, NIV

Bible Story

Golden Calf
Exodus 32:1-35

Bottom Line

When you have to
wait, remember
what's true.

Use this guide to help your family learn how
God can help us to be patient.

Activity

Freeze Dance

What You Need:

Two sheets of paper, writing utensil(s)
(optional: red and green), music

What You Do:

Write down the word "STOP" on one
piece of paper. Write the word "GO"
on the other. If your child needs help
reading, use red marker or crayon
on the "STOP" sign and green on the
"GO" sign to help them out.

(Have a fun, upbeat song ready to
play.)

Say, "We're going to play Freeze
Dance. I'll hold up the 'GO' sign.
When I do that, show me your best,
silliest, wildest dance. Then, when
I hold up the 'STOP' sign, freeze in
whatever position you're in. You have
to hold that position and wait until
I hold up the 'GO' sign. Then, start
dancing again! Ready?"

Play the music. Alternate between
the 'GO' and 'STOP' signs for the
duration of the song. Challenge your
child to wait as long as they can in
their frozen pose. If they do lose their
pose, laugh with them and encourage
them to start dancing again!

After the game, ask your child,
"When you were frozen and waiting
for the 'GO' sign, what were you
thinking about?"

Talk About the Bible Story

Do you remember what the Israelites did when
they were waiting on Moses? (*They whined and
complained.*)

What should the Israelites have been thinking about
instead of complaining while they were waiting?
(*they should have remembered
that God had promised to give them a new land;
they should have trusted Moses to come back and
lead them.*)

When have you acted like the Israelites when you
were waiting on something?

What are some things you believe, without a doubt,
to be true about God?

*Parents, share a time where you had to remember
what was true while you waited.*



Prayer

Use this prayer as a guide, either after talking about
the Bible story or sometime before bed tonight:

"Dear God, it's so good to know that we can trust in You
and talk to You whenever we want to. When we start
feeling impatient, please help us to turn our attitude
around. Help us to remember what is true about You.
Please give us what we need to follow You in the things
we say and do. Amen."