

# SABBATH SCHOOL

## Preteen Sabbath Instruction Program — Teacher's Outline

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Level 1 • Unit 9 • Week 3

### PATIENCE

**OBJECTIVE:**

To learn patience in what we do and in the things we ask God to do.

**ATTENTION GETTER:**

Supplies: Unshelled peanuts  
Paper bag

Prepare: Place two or three peanuts in the paper bag. Put other peanuts in individual plastic bags for children to take home.

Do: As the children arrive have them sit in a circle on the floor.

Ask: If I promised to give you a treat that has never been touched by human hands would you believe me?

Do: Wait for children's reaction (if any). Show the children the closed paper bag.

Ask: This bag contains treats that have never been touched. How many of you believe my promise?

Do: Open the bag and show the peanuts. Crack a peanut open.

Ask: Has anyone touched these treats before? Are you sure? [Note: You may have to explain why not.]

Did I keep my promise? [Yes.]

Who put the peanut in the shell and the banana in the peel? [The plant did, God did.]

- Say: We'll save these for a treat at the end of class.
- Do: Show the children the small card (see attached Attention Getter sheet).
- Ask: Would you believe my promise if I told you I could make this card go over your head and around your neck? [It's impossible. I'll bet you can. No you can't.]
- Do: Take out the scissors and cut the card or paper as described in the instructions. Slip the cut out circle over the head of a child who believed you could do this. Thank him or her and have him sit down.
- Ask: How many of you believed me 100 percent? Why? [We trusted you. We thought it would be a trick.]
- Why didn't some of you believe me? [It sounded impossible. We didn't think you could do it.]
- Was it easier to believe my second promise? Why or why not? [You kept your first promise. My head is much bigger than the card.]
- How do we decide whether or not to believe a promise? [If the person making the promise has kept them before, if a person is trustworthy.]
- Say: Did you know that God does not rely on tricks to keep His promises? Today, I'm going to tell a story how God keeps His promises and that sometimes we have to be very patient.

### **BIBLE LESSON:**

Supplies: Picture of a very old woman and man (Abraham and Sarah)

Prepare: Color the picture of the old man and woman.

Do: Show the picture of the old woman and man (Abraham and Sarah).

Ask: Do you think these old people are likely to have a baby?

Do: Explain that very old people don't have babies of their own. Their children have grown up already.

Say: Our story is about a man named Abraham who was very old but had great patience.

## THE PATIENCE OF ABRAHAM

God loved Abram very much. Abram lived in the country of Haran. One day God told Him to pack up all his belongings, his wife, Sarai and his family and move to a land called Canaan. Abram was already an old man. He was 75 years old (Genesis 12:4). God promised to make Abram the leader of a great nation.

Abram obeyed God. He and his wife, Sarai, and his nephew, Lot, left their home in Haran. They took all their animals and their servants with them. They walked for many, many days.

After days and days of walking Abram and his family arrived in the land of Canaan. God told them to come to this land where they lived in tents. God was pleased with Abram.

Abraham and Sarah grew very, very old. Even older than most of your great grandparents!

When Abram was 99 years old, God promised him he would be the father of many nations. As a reminder of His promise, God changed Abram's name to Abraham. Abraham means "father of many."

Abraham wondered how he could be "the father of many." Abraham asked God, "How can this be? I have no children and my wife, Sarai, and I are very old!" God said to Abraham, "I will change the name of Sarai, your wife. Her new name will be Sarah. I promise to bless her. I will give her a son and you will be the father." Abraham trusted God.

Abraham and his wife, Sarah, had waited patiently for many years, but they still did not have a child. Abraham did not stop believing God's promise. He knew he had to be very patient and wait until God fulfilled His promise.

One day three angels visited Abraham. "Next year Sarah will have a son," one of the visitors said. Sarah was sitting in her tent listening to Abraham and the visitors. When she heard God's words, she started to laugh. She knew that no one her age ever had a baby. She thought, "I am too old to have a baby!"

God knew that she laughed and He said, "Is anything too hard for God?"

But as time passed, God kept His promise. Sarah became pregnant and had a baby boy the next year just as He had promised. Abraham named his son Isaac. Abraham was 100 years old when Isaac was born.

God kept His promise because Abraham trusted God and waited patiently. Abraham truly had a fruit of the Spirit—patience.

Ask:       What was the first promise God made to Abraham? [He would be the father of many nations.]

How old was Abraham was when he moved to Canaan? [He was 75 years old.]

What does the name, Abraham, mean? [Father of many.]

What was God's second promise? [That Sarah would have a baby.]

Did Sarah believe God at first? [No, she laughed.]

Were Abraham and Sarah impatient or patient as they waited for God to keep His promises?  
[They were patient.]

Do you think you could be that patient?

### **LESSON APPLICATION:**

Supplies: Mobile patterns

Scissors

Glue

Yarn

Paper plates

Hole punch

Fruit stickers

Crayons or markers

Pencil for each child

Prepare: Copy the patterns for the mobile on heavy cardstock paper. (To save time you may want to cut out the fruit and glue the basket of fruit to a paper plate for each child.) Cut one 25-inch piece and four 18-inch pieces of yarn for each child.

Directions:

1. Color and cut out the fruit. (You may precut them to save time.)
2. Glue basket of fruit to a paper plate. (This may be done before class too.)
3. Punch a hole in each fruit.
4. Attach a piece of yarn about 18 inches long to each one.
5. Punch four holes on the outside edge of the paper plate.
6. Attach the other end of the yarn to the paper plate.
7. Cut two holes in the middle of the plate
8. Thread a piece of yarn 25 inches long through these holes to make a hanger for the mobile.

### **Music:**

Listen to one or more of these songs during the Lesson Application or teach the children the words, if you have time: "Father Abraham" from *Kids Sing Praise #3* (Brentwood Kids Co.); "Father Abraham"

from *2nd Sunday Sing-a-long* (Maranatha Kids Praise Co.); or "The Fruit of the Spirit" from *Maranatha! Music Kids Praise!* (Chorus Book).

**MEMORY VERSE:**

James 5:8 "You too must be patient. Do not give up hope" (International Children's Bible).

Supplies: Abraham and Sarah Worksheet  
Memory Verse Worksheet

Do: Pass out pencils and the memory verse sheet. Have the children try to complete the worksheet. They may need help. As each child finishes ask him/her to read the code when finished. Reward each child with a fruit sticker on back of hand.

Do: When all have finished, go over the verse together.

# *family activity*

## **THE POINT:**

To learn patience in what we do and in the things we ask God to do.

## **ASK ME...**

- What promise did God make to Abraham?
- Did Sarah believe God at first?
- Were Abraham and Sarah impatient or patient as they waited for God to keep His promises?
- Why did they need patience?

## **FAMILY TOGETHER TIME:**

Ask your child to tell the story of Abraham and Sarah. Have them explain why it was important to have patience.

Complete the memory verse handout and rehearse the verse with your child.

Hang up your "Fruit of the Spirit" mobile.

Have a family discussion about the fruit of God's Spirit. How many ways can you think of to apply patience in your family?

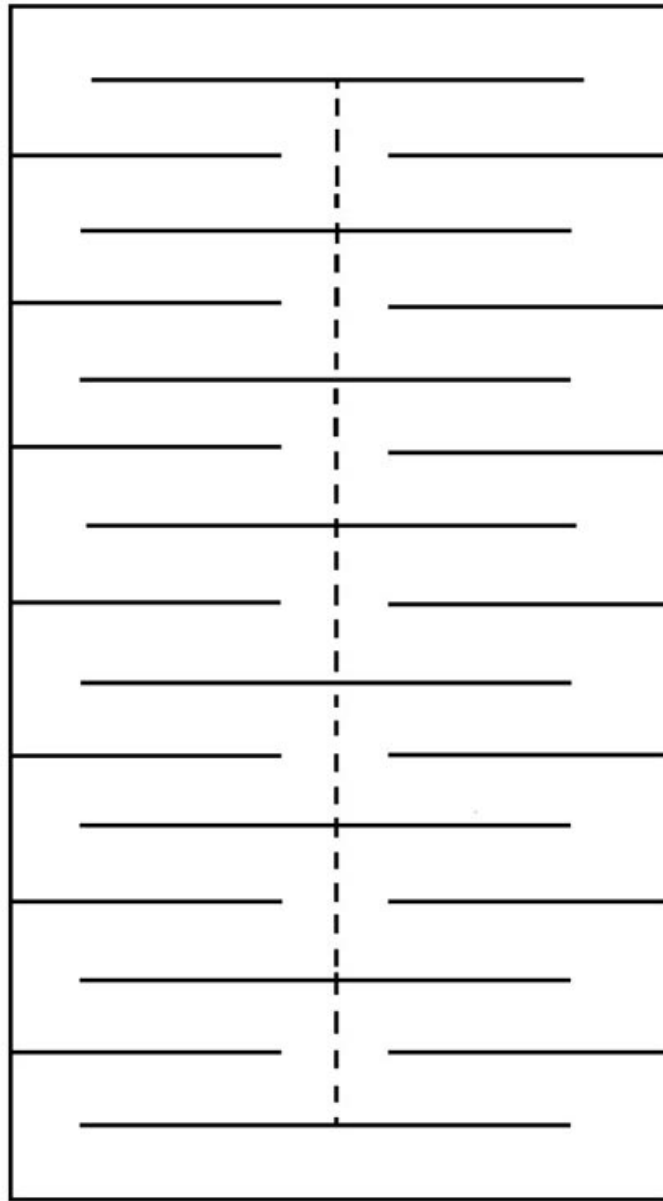
Instructions: Cut the strip off the bottom of this page. You will see this week's memory verse on the back. After your child has learned the verse, glue the two ends together, forming a link of a paper chain. Each lesson's memory verse will add a new link to their chain of Bible knowledge.

-----cut along dotted line-----

(Teacher's note: please write the memory verse on the back of this page at the bottom.)

## Attention Getter

1. Before class, cut out the card below
2. In front of the class, fold the card in half lengthwise.
3. Cut on the solid lines on the folded side, then on the outside.
4. When you've made all the cuts, cut through the middle fold of all but the end strips.
5. Stretch the card open into a circle and place over a child's head.





Use this sheet as an illustration at the beginning of the lesson.



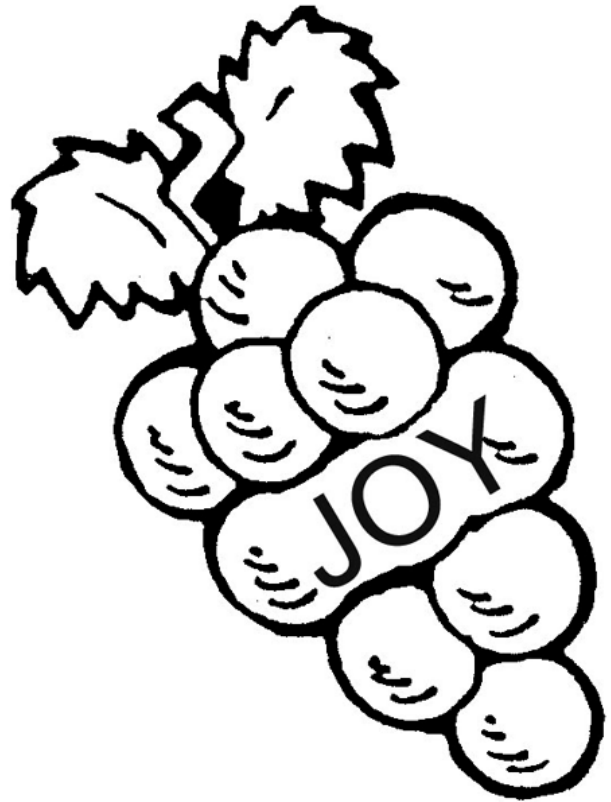
Circle what Abraham and Sarah prayed for.

## Mobile Patterns



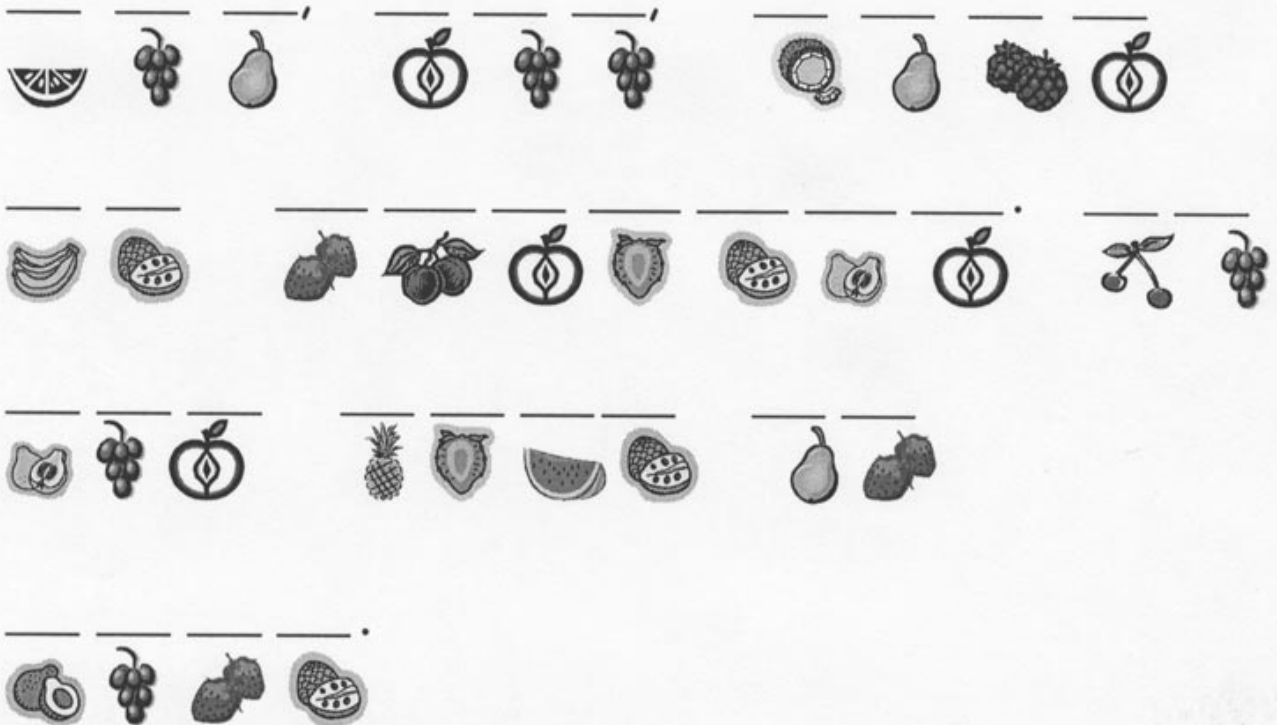
Fruit Basket

## Mobile Patterns



## Memory Verse in Code

Patience is a fruit of the Spirit we need. Decode the message below using the following fruits to see what is really important.



James 5:8 International Children's Bible