

Unit 1: Fruits of the Spirit

Lesson 1.4: Fruits of the Spirit – PATIENCE

Teacher Preparation and Materials Needed:

Scriptural Reference:

Ephesians 4:1; 2 Peter 3:9; James 5:7

Activities:

Choose based on time available. Instructions and supplies listed below.

Activity #1: Fruit of Patience Maze

Activity #2: Patience Wordsearch

Activity #3: Patience Garden Craft

Words of the week:

համբերութիւն - ham-per-oo-tyoon - patience

երկայնամիտ - yer-gayn-a-meed - long-suffering

սպասել - sba-sel - to wait

Objective:

Students will understand that patience is more than just waiting. It is waiting with love, trust, and calmness, even when things are hard. They will learn how the Holy Spirit helps them become more patient and how patience can bless their lives and others.

Moral Character Focus:

Knowledge: Children will learn that patience is a fruit of the Spirit and that it means waiting with trust, peace, and kindness.

Understanding: Children will recognize that patience is not just about waiting, but about trusting God’s timing and showing love even when things don’t go our way.

Application: Children will identify situations where they can practice patience in everyday life: with siblings, in school, or when they feel frustrated.

Values: Children will desire to become more patient, knowing that God is patient with them. They will learn to slow down, wait with kindness, and grow in love.

Memory Verse:

“Be patient, bearing with one another in love.”

— Ephesians 4:2

Lesson

Open with prayer:

Իմաստութիւն Յոր՝ Յիսուս, տո՛ւր ինձ իմաստութիւն, զբարիս խորհել եւ խօսել եւ գործել առաջի Քո՛ յամենայն ժամ. ի չար խորհրոց, ի բանից եւ ի գործոց փրկեա՛ զիս. եւ ողորմեա՛ Քո արարածոց եւ ինձ բազմամեղիս: Ամէն:

Eemasdootyoon Hor Heesoos, door eents eemasdootyoon uzparees khorel yev khosel yev kordz arachi ko hamenayn jham. Ee char khorhrtos, paneets yev kordzots prgya zees yev voghormya ko araradzots eents pazmameghees. Amen.

Wisdom of the Father, O Jesus, grant to me the wisdom to think, speak, and do that which is good in Your sight. Save me from all evil and distracting thoughts, words, and deeds. Have mercy upon your creatures and upon me, a great sinner. Amen.

**Wisdom Prayer, written by St. Nersess the Grace-filled (Shnorhali).*

Lesson Body: Fruits of the Spirit - PATIENCE

Be patient. Wait a little while. Wait for your turn. Be patient.

So, what is patience? Patience means waiting without getting angry or upset. It means staying calm when things don't happen right away or when people make mistakes.

In the Bible, patience is sometimes called "longsuffering," which means being able to suffer for a long time without giving up or getting mean.

The Armenian Church teaches that patience is not just about sitting still. It's about trusting God's timing, showing love to others, and choosing peace in your heart, even when life feels slow or hard.

Let's compare patience to a garden. Imagine planting a seed. You water it every day and wait. You don't get a flower the next morning! It takes time. You wait. You care for it. And one day—a sprout!

Patience is like that. God helps us grow something beautiful in our hearts, but it takes time, love, and trust.

What the Bible Says about Patience

"Be patient, bearing with one another in love."

- Ephesians 4:2

"The Lord is patient with you..."

- 2 Peter 3:9

"Be patient, then, brothers and sisters, until the Lord's coming."

- James 5:7

These verses remind us that God is patient with us. He gives us time to grow, to make mistakes, and to turn back to Him. That same patience He shows to us. God wants us to show to others.

Patience in the Armenian Church

In the Divine Liturgy, we sometimes stand for a long time. We wait. We listen. We pray. This teaches our hearts to be still and patient.

And throughout the year, we wait for beautiful feast days—like Easter and Christmas. Before they arrive, we prepare through fasting, prayer, and quiet joy. All of this helps patience grow inside us.

How the Holy Spirit Grows Patience in Us

- When we trust God instead of rushing ahead.
- When we wait without complaining.
- When we forgive people who mess up.
- When we pray instead of getting angry.

The Holy Spirit helps us grow stronger in patience the more we practice it. We learn to breathe, pray, and respond with love.

Words of the Week:

համբերութիւն - ham-per-oo-tyoon - patience
երկայնամիտ - yer-gayn-a-meed - long-suffering
սպասել - sba-sel - to wait

Memory Verse:

“Be patient, bearing with one another in love.”

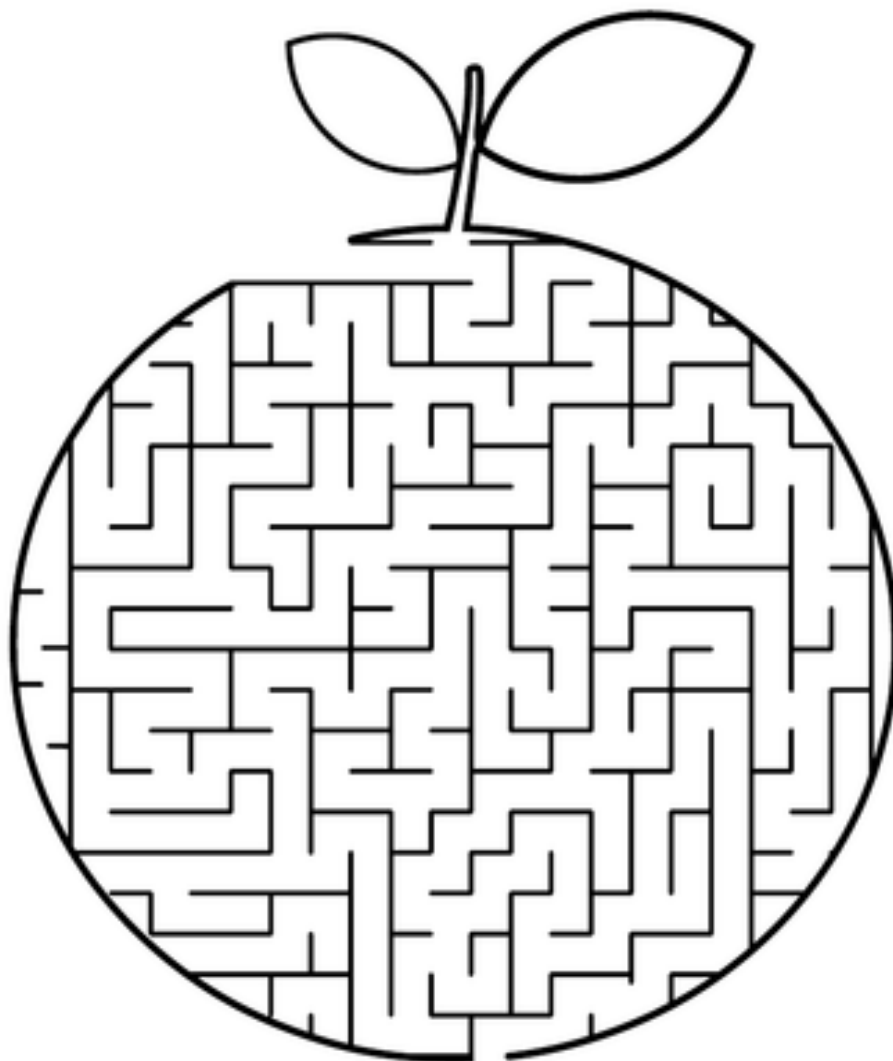
— Ephesians 4:2

A Story of Patience: St. Hripsime

St. Hripsime and her friends were brave Christian women who lived a long time ago. They loved God with all their hearts, but they lived in a time when it was dangerous to be a Christian. When a powerful king wanted to marry Hripsime and make her stop following Jesus, she chose to run away with her sisters in Christ rather than disobey God. Their journey was very long and hard. They didn’t know where they would sleep or how they would stay safe. But even when things were scary or painful, they never gave up.

Instead of complaining, they prayed. Instead of getting angry, they stayed calm and trusted God’s plan. That’s what real patience looks like — staying faithful, even when we don’t know how everything will turn out. The Holy Spirit gave them the strength to wait, trust, and keep going. And because of their strong faith and patient hearts, the Armenian Church remembers them today as holy martyrs — women who died for Christ and stayed close to God until the very end. Their story reminds us that patience isn’t just waiting, it’s trusting God with our whole heart, even when things are really hard.

Activity #1: Fruit of Patience Maze



Directions:

1. Start at the center of the maze where the seed is planted.
2. As you move through the maze, imagine you're waiting patiently for the fruit to grow.
3. Find the path that leads to the fruit of patience without hitting any dead ends.
4. If you get stuck, take a deep breath, stay calm, and try a new path!
5. When you reach the fruit, say the memory verse out loud:

“Be patient, bearing with one another in love.”

- Ephesians 4:2

Activity #2: Patience Wordsearch

Patience

V R T R S B N U J P L U R O D I L
I T Y M K Z Z H A O J Q C M Q R O
W A I T I N G T R Q T U T K W G N
L L U Y Y R I T E F D J J O C N G
B V C B X E N R D W Z S F E L I S
U C H S N O U Q U I D C O O L D U
P F Y C C S L Q V R J D F Q G N F
T G E F O V H M E I F M B Q U A F
E R L P D P I S G V D L P H R T E
U E M B E W T R J A Y A P I V S R
S O G B P R S T A G B C O H Z R I
C P G F A X W Q S U M G A T B E N
A A M I H D W D Y R K J Q N C D G
N B N G Y T I L I U Q N A R T N R
V T U X T H Z Q V F Y E E L P U F
S G N E T A R E L O T H H Q N P I
K S A A S F E E C N A R U D N E X

Long suffering
Tranquility
Endurance
Waiting

Understanding
Restraint
Tolerate
Cool

Self control
Composure
Patience
Calm

Activity #3: Patience Garden Craft

Materials Needed:

- Paper plates (9-inch)
- Brown construction paper (for soil)
- Green construction paper (for stems and leaves)
- Colorful construction paper (red, yellow, pink, purple, orange, blue for flowers)
- Glue sticks
- Scissors
- Markers or crayons
- Pencils
- Hole punch
- Ribbon or yarn (for hanging)
- Optional: buttons, cotton balls, or pom-poms for flower centers

Instructions:

1. **Create the soil:** Cut brown paper to cover the bottom half of the plate. Glue it down. Add texture with markers if desired.
2. **Make stems:** Cut 5-7 green strips (6-8 inches long). Glue them upward from the soil line at different heights.
3. **Add leaves:** Cut out 10-15 leaf shapes from green paper. Glue 2-3 leaves on each stem at different spots.
4. **Create flowers:** Cut out 5-7 flowers in different colors and shapes (use circles with petals, tulip shapes, or daisies). Add centers with buttons, cotton balls, or paper circles.
5. **Write patience challenges:** On each flower (front or back), write one situation where you need to practice patience.

Examples:

- "When my sibling annoys me"
 - "When I have to wait in line"
 - "When my prayers aren't answered yet"
 - "When school work is hard"
6. **Attach flowers:** Glue each flower to the top of a stem. Arrange them at different heights for variety.
 7. **Add scripture:** Write along the top or bottom: "Be patient, bearing with one another in love." - Ephesians 4:2
 8. **Finish:** Punch a hole at the top, thread ribbon through, and tie for hanging. Write your name and date on the back.
 9. **Share:** Tell the class about one flower and why that situation is hard for you. Pray together, asking God to help grow patience in each situation.



Review

Memory Verse Review:

“Be patient, bearing with one another in love.” (Ephesians 4:2)

Words of the Week Review:

համբերութիւն - ham-per-oo-tyoon - patience

երկայնամիտ - yer-gayn-a-meed - long-suffering

սպասել - sba-sel - to wait

Lesson Review:

Questions:

1. What is patience? (*Waiting calmly and kindly, trusting God*)
2. Who gives us patience? (*The Holy Spirit*)
3. What helps patience grow? (*Prayer, forgiveness, trust*)
4. What does the Church teach us about patience? (*We learn to wait and pray*)
5. How was St. Hripsime patient? (*She trusted God through hard times*)
6. What is the difference between waiting and patience? (*Patience includes love and trust*)
7. What Bible verse talks about bearing with one another in love? (*Ephesians 4:2*)
8. How can you practice patience this week? (*Answers will vary*)

Life Application

What are we going to do with what we have learned today?

Patience isn't just about waiting—it's about how we wait. Whether we're in a long line, dealing with a frustrating moment, or waiting for something big like an answered prayer or a special day, God invites us to wait with love and trust. Just as a seed takes time to grow into a flower, the Holy Spirit helps patience grow in our hearts little by little. When we choose to stay calm instead of getting angry, to forgive instead of argue, or to pray instead of complain, we're learning to live like Jesus. And just like St. Hripsime, whose quiet courage came from trusting God through hard times, we too can become strong and peaceful by practicing patience every day.

* *Departing Prayer, written by St. Nersess the Grace-filled (Shnorhali).*

Close with prayer:

Պահապան ամենայնի Քրիստոս, աջ Քո հովանի լիցի ի վերայ իմ, ի տուէ եւ ի գիշերի, ի նստիլ ի տան, ի գնալ ի ճանապարհ, ի ննջել եւ ի յառնել, զի մի երբեք սասանեցայց եւ ողորմեա՛ Քո արարածոց եւ ինձ բազմամեղիս: Ամէն

Bahaban amenayn Kreesdos, ach Ko hovanee leetsee ee vera eem; ee dveh yev ee keesheree, ee nsdeel ee dan, ee knal ee janabarh, ee nunchel yev ee harnel, zee mee yerpek sasanetsayts yev vog-hormya Ko araradzots yev eents pazmamyghees. Amen.

O Christ, guardian of all, let Your right hand guard and shelter me, by day and by night, at home and abroad, in sleeping and in waking, that I may never stumble. Have mercy upon Your creatures and upon me, a great sinner. Amen.