

"Love Requires Many Things"

The 4 Types of Biblical Love

1. _____
2. _____
3. _____
4. _____

Story to Remember about Patience: _____

8 Benefits of Being Patient:

1. Helps focus on long term goals
2. Make more rational choices
3. Helps you practice your faith
4. Helps to develop a skill set
5. Makes you a people magnet
6. Better physical and mental health
7. It's a way to practice kindness (which makes you feel good too!)
8. It can bring you peace

Inspirational quotes to make you think this week:

"Patience is not simply the ability to wait – it's how we behave while we're waiting." –Joyce Meyer

"Patience with others is Love. Patience with self is Hope. Patience with God is Faith." – Adel Bestavros

"Patience is a form of wisdom. It shows that we understand and accept the fact that sometimes things must unfold in their own time." – Jon Kabat-Zinn

"Patience is when you are supposed to be mad, but you choose to understand."

"A moment of patience in a moment of anger saves you a hundred moments of regret."