

# 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

Esau's Impatience  
Genesis 25:24-34

### Key Question

What could you  
miss out on by  
not waiting?

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

## Activity

### I'm So Hungry ...

#### What You Need:

No supplies needed.

#### What You Do:

You and your child will take turns adding foods to a numbered list, then repeating all of the previous items and amounts.

Say, "We're going to take turns going through the entire alphabet and the numbers 1-26, saying, 'I'm so hungry I could eat \_\_\_\_\_. You fill in the blank by naming a food that starts with the correct letter and the correct number. For example: one apple. One, because A is the first letter of the alphabet. B will be two, C is three, and so on.

"When it's your turn, you also have to remember all the foods that came before. For example, if we're on letter D, you'd say something like, 'I'm so hungry I could eat one apple, two bananas, three cakes, and four dumplings!' So, by the time we get to Z, we'll try to repeat the entire alphabet—including all the numbers AND foods that came before. Ready?"

*(Play the game.)*

## Talk About the Bible Story

In our story, what did Esau have trouble waiting for?  
*(something to eat)*

When Esau didn't wait, what did it cost him? *(his birthright as the firstborn son)*

Why do you think waiting is so hard for everybody—adults included?

What might be an upside or benefit of being patient?

What are some situations in which you'd like to do better at waiting with a good attitude?

*Parent: Talk about a time when not waiting cost you something.*



## Prayer

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

"Dear God, we need Your help. Waiting isn't always easy, but we know that it's much better to wait on You than to face the consequences of losing our cool. Let us learn from Esau's foolish and impatient choice. When we think we can't wait, help us to stop and remember what it might cost us if we don't wait patiently. In Jesus' name, amen."



## Day 1

Go to [Studio252.tv](http://Studio252.tv) and watch this week's episode of The So & So Show.

➡ Click on Fun2Watch! then The So & So Show.

Even if you already saw it at church, feel free to check it out again!

### SO & SO TOP 3

After watching, write one thing that:

1. You liked: \_\_\_\_\_

\_\_\_\_\_

2. You learned: \_\_\_\_\_

\_\_\_\_\_

3. You'd like to know: \_\_\_\_\_

\_\_\_\_\_

# Journal

Spend some time thinking about the question below and journal your thoughts or share them with a parent.



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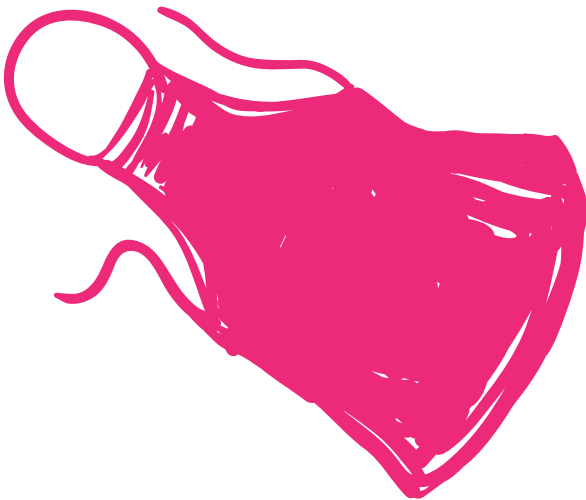
## Day 4

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Just like we can learn from the stories of people like Jacob and Esau in the Bible, we can also learn from our friends and family and their stories.

Today, you're going to do just that. Grab a sheet of paper and a pen. Then go around and interview everyone you can find. Ask them the following questions:

- 1) Have you ever missed out on something because you didn't wait?
- 2) If yes, what do you wish you had done differently?
- 3) If no, what is something that you work hard at being patient so that you won't miss out?



## Day 5

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What could you miss out on by not waiting?

Esau missed out on a lot—his entire inheritance as the first born—because he didn't wait. You probably won't miss out on your inheritance, but your conversations with your friends and family yesterday may have given you some ideas of what you might miss out on if you don't wait.

So how do you wait? One thing that can help is by memorizing truth from God's Word that can give you the strength you need. If you haven't already, work on memorizing this month's Bible verse:

*Wait for the Lord. Be strong and don't lose hope. Wait for the Lord, Psalm 27:14, (NirV).*

Here are some tips for memorizing:

- 1) Break it down into smaller pieces.
- 2) Read it out loud.
- 3) Write it down.
- 4) Come up with motions for the words.
- 5) Repeat it a lot!

In fact, writing it down is great because you can also encourage others by hanging the words in a place someone else will see them. Write out Psalm 27:14 (feel free to use fun markers and fancy fonts!) and hang it in the kitchen or by the door everyone uses. It will remind everyone in your family to wait for the Lord!

## Day 2

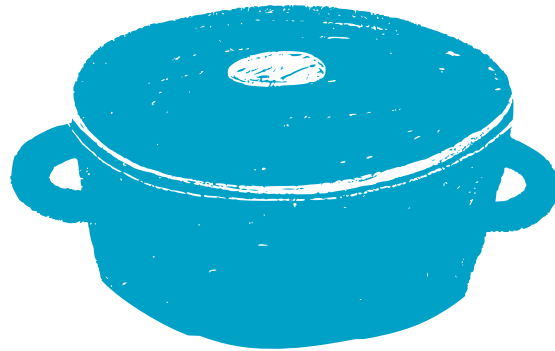
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Read Genesis 25:24-34 out loud, but instead of reading the way you normally do, read it as though you're performing on a stage, or sharing the story with a little kid.

Use lots of energy and enthusiasm. Use dynamics—get soft when you're talking about Jacob, and get loud and animated when you're reading things Esau says. Be as dramatic as you can, and maybe even try acting out some of the physical cues in the story.

How did it feel to do that? Even if you felt silly, did you perhaps pick up on some details you missed before because you were acting it out? If so, write them here: \_\_\_\_\_

\_\_\_\_\_



## Day 3

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Did you know it's possible to pray silently?

You probably do it all the time without even realizing it. Maybe when you're in school and you're struggling to figure out the answer to the test, you might silently ask God to help you remember what you studied. Or when you see beauty outside, like a majestic mountain or the endless sea, you might silently thank God by recognizing His creation.

In many ways, silent prayer takes patience. It means instead of filling the space with a lot of your words, you're sitting quietly, perhaps thinking prayers to God, or maybe just listening to see what He might have to say to you.

Try it today. You can set a timer for a few minutes if you'd like. Try just focusing on God, His goodness, or His creation. Think about the things He's done for you, the truth about Who He is and just sit in the stillness. Don't miss what God might have to say to you in the silence.

MARCH  
2021

# Preteen

WEEKLY CUES

YOU GOT  
THIS!

## Theme

# Bake Off: It's Worth the Wait

Patience is waiting until later  
for what you want now.



## REMEMBER THIS

“Wait for the Lord. Be  
strong and don’t lose hope.  
Wait for the LORD.”  
Psalm 27:14, NIV

## Week Three

Genesis 25:24–34  
Esau’s Impatience

## Ask This

What could you miss out on by not  
waiting?

## Do This



## Bed Time

**W**aiting can be tough but trying  
to skip the wait can come at a  
big cost. Share something that you’re  
having a hard time waiting for. Pray that  
when you’re tempted to jump ahead this  
week, God will give you the patience to  
slow down and wait.



**“Sometimes our  
impatience in  
this season is what  
robs a child of being  
prepared in the  
next season.”**

**—Kristen Ivy**

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For blog posts and parenting resources, visit [TheParentCue.org](https://TheParentCue.org)

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