

## Day 2

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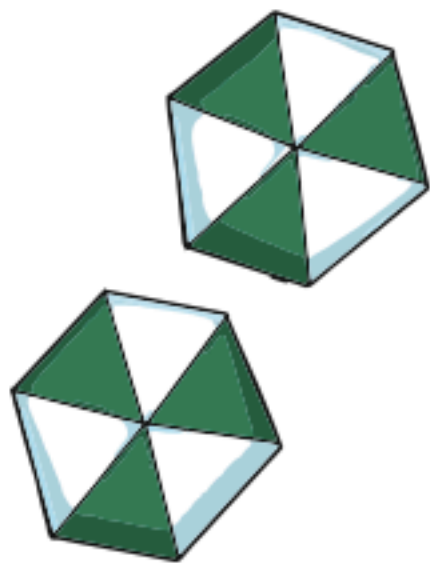
### Read Proverbs 15:18

Read Proverbs 15:18 and come up with a way to bring the verse to life, visually. If you like to draw or paint, make an illustration or painting that depicts this truth (it could be a literal example, or something more abstract).

If you're more of an active person, come up with hand motions or body movements that you can do while you say the verse out loud.

Or if you like to sing or play an instrument, come up with a melody that you can put the words of Proverbs 15:18 to—or create a new instrumental song that reminds you of the emotions represented in the song.

If you've created artwork, hold on to it. If you've written a song, find a device to record it, and if you came up with motions, write them down—that way you won't forget them. You'll use them later this week!



## Day 3

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### Move this prayer time into the bathroom.

If you have a tub, fill it up with a couple of inches of water. If not, put the stopper in your sink and fill your sink up with a few inches of water.

Think about some things that make you really impatient—things that get under your skin and frustrate you. As you think about these things, swirl the water around again and again, stirring up the waves of conflict. Then close your eyes and ask God to help you be patient in each of those situations, describing them and asking God for patience in each case.

Now, open your eyes and look at the swirling water you made earlier. It's already a lot calmer, isn't it? Simply taking a deep breath and talking to God makes choosing patience a lot easier!