

Day 2

Read Genesis 25:24–34

The author of Genesis gives us a lot of physical descriptions of the two brothers. As you reread Genesis 25:24-34, write a J or an E beside each word or phrase below to indicate with brother fits that description.

- Rebekah's favorite
- Red and hairy
- Skillful hunter
- Held to his brother's heel
- Trades his birthright
- Tricks his brother
- Homebody
- Isaac's favorite
- Hunts for the meat
- Cooks the food

These two brothers were quite different. But there was one even bigger difference that would change their lives. Which brother was impatient?

That's right—and he lost out on a lot by refusing to wait until later, didn't he?



Rebekah's favorite J; Red and hairy E; Skillful hunter E; Held to his brother's heel J; Trades his birthright E; Tricks his brother J; Homebody J; Isaac's favorite E; Hunts for the meat E; Cooks the food J

Day 3

Esau made a pretty unwise choice when he gave up his rights as firstborn—all because he didn't think he could wait.

If he had given that decision a little more time, he could have prevented a whole lot of bad things that happened later in his family.

One of the best ways you can “think twice” is by talking to God about whatever situation is tempting you to be impatient.

Take some time to talk to God about something you need help being patient with. You can use this sample prayer or pray your own.

Dear God, thank You for the opportunity to _____

Even though it's a good thing, I know sometimes I miss out on something even better when I am impatient.

Please help me think twice by coming to talk to You whenever I think I can't wait. Please give me the strength and wisdom to resist the impulse to rush

what I need to wait for. In Jesus' Name, I pray. **Amen.**

Day 4

When you think you can't wait, think twice.

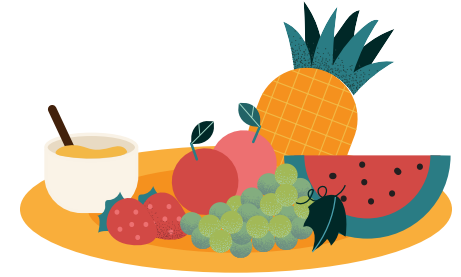
Ask your adult to join you to watch a video and have a short discussion. (And if you have marshmallows on hand, grab some of those too.)

Have you ever heard of the Marshmallow Experiment? Some researchers at Stanford University wanted to see what would happen if young children were offered one large marshmallow on a plate, but were promised they'd get one more if they could hold off on eating the first one until they returned. Check out this video to see a recreation of the experiment:



Break down what you saw together... which kid did you relate to the most? What do you think you would do if you were presented with the same challenge? How do you think you could “think twice” during a situation like this? What are some tricks you could use to distract yourself from making a decision you might regret? And how might those tricks help you to think twice in real-life decisions?

After talking about this for a few minutes, reward yourself with marshmallows if you have any on hand!



Day 5

What could you miss out on by not waiting?

Have you ever sneaked a peek at a Christmas or birthday present?

Or eaten your dessert first and then ended up being too full for your favorite dinner?

Maybe you've rushed to a conclusion and in the process, misunderstood something someone said. . .

There are a lot of ways that being impatient can cause you to miss out. Taking the time to think twice can keep you from missing out. Perhaps it's no coincidence that the Psalmist writes, “Wait for the Lord” twice in Psalm 27:14.

"Wait for the Lord. Be strong and don't lose hope. Wait for the Lord." Psalm 27:14, NIV

Write this verse somewhere you will see it often—in a school notebook. . . on your bathroom mirror. . . or even on a few sticky notes that you can place around your house. The next time you are tempted to be impatient, find the verse and read it aloud. Twice. And then think of what you might miss out on if you don't wait.