

# Growth and Change

## God is Patient and Kind

### **Spiritual Awareness: Growing in the faith**

Growing up, from birth to old age, presents many challenges. Patience is required as we grow, as we learn new things and set higher goals. We need patience with ourselves, patience with people and patience with circumstances. The journey of life can be regarded as a walk of faith, as we grow with the Lord and learn to trust Him more and more.

Along with patience we need to develop self-control. We need to learn how to deal with change, and to control our words and actions when things don't go the way we would like them to.

Human development can be expressed as physical, social, emotional and spiritual growth. God wants us to look to Him, to run the race of life, pressing on towards the goal. That goal is the crown of life, which will last forever, (1 Corinthians 9:25). Perseverance is linked with patience. God gives us the strength to persevere through trials, never giving up our faith in Him.

### **Our response to 'God is Patient and Kind'**

Because God is patient and kind, I will...

- try to be patient with others
- try to be patient with myself
- remember that God will answer my prayers in His time
- finish jobs properly and not take short-cuts
- persevere and not give up when things get difficult
- show self-control
- show kindness and gentleness to others
- learn to listen
- learn to wait
- learn to let others go first
- help people when they are hurting
- be friendly
- be forgiving
- be faithful

### **Supporting devotional resource**

*Themes for Christian Studies 3, (Patient): Patience is showing kindness and care*

*Themes for Christian Studies 5, (Patient): The Holy Spirit produces patience and self-control*

*Themes for Christian Studies 6, (Patient): Patience and perseverance*

*Themes for Christian Studies 3, (Life): God provides the things we need*

### **Biblical references**

#### **Bible stories and passages**

The book of Job - Job grew in His faith through difficulties in life.

Luke 2:40 Jesus grew in stature and in wisdom. How did Jesus live as a boy?  
Acts 9:1-23 Saul changed to Paul  
1 Corinthians 9:14-15 Run the race to win.  
1 Corinthians 9:25 The crown on life is the prize  
Philippians 3:14 Run towards the goal.

### **Verses**

1 Peter 2:2 As new-born babies need milk, we need God's word as our spiritual food.  
Psalm 119:105 God's word is a lamp to our feet.  
Galatians 5:19-24 - Patience and self-control are fruits of the Spirit.  
James 1:19 Everyone must be quick to listen, but slow to speak and slow to become angry.  
Proverbs 19:11 If you are sensible you will control your temper. When someone wrongs you it is a great virtue to ignore it.  
Ephesians 4:26 if you become angry, do not let your anger lead you to sin, and do not stay angry all day.

### **Key Question**

What do I like best about being the age I am?  
What can I do now that I couldn't do when I was younger?  
What will I be able to do when I am older?  
What is difficult about being the age I am?  
How can I get help when I have difficulties?  
Who should I listen to for advice?  
How should I treat those who can't do things as well as I can?  
Which age-groups have the most difficulties in life?  
How can I help these people?  
How can I grow in my faith in God, and in my love for Jesus?  
Which changes are good and which changes are bad?  
How can we change to become more like Jesus?  
What does it mean to be patient with myself?  
What does it mean to have self-control?

### **Outcomes**

Students will

#### *Knowledge*

- Recognize that people and animals grow and change, passing through different stages.
- Understand that all animals have a life cycle that includes being born, developing into an adult, reproducing, and eventually dying.
- Understand how children develop from a state of dependence to independence.
- Understand that there are stages of human growth and development: baby, toddler, child, teenager, adult, senior.

#### *Skills*

- Observe the physical, emotional and social changes from birth to old age.
- Identify emotions
- Learn how to deal with the challenges that change presents.

### *Values*

- Develop patience, perseverance and self-control.
- Develop in understanding their emotions
- Show patience and understanding with people who cannot do things as well as they can, (the very young and very old).
- Identify the requirements for growth in the Christian faith.
- Understand that God can supernaturally change aspects of the creation and people, but God Himself does not change.

### **Activities**

- List the requirements of a new-born baby.
- Make a time-line to show ages and stages of a child's life, e.g. crawling, walking, talking.
- List foods that a baby/toddler would require.
- List activities of young children that require assistance from an adult.
- Make a chart: 'Things I am learning to do'.
- Interview mothers with babies or toddlers. Observe babies and toddlers at different ages.
- Show stages of human development by drawing.
- Collect photographs.
- Classify photographs according to baby, toddler, early childhood, late childhood, teenager, young adult, adult, old age.
- Classify a collection of items according to interests or activities of children of different ages, e.g. rattles, puzzles, books, toys, electronic games.
- List the requirements for growth – healthy food, water, air, sleep, exercise.
- List requirements for growing in our Christian faith.
- Make a book, 'The story of my life'.
- Make a chart showing personal achievements at different ages.
- Identify the changes that occur in teeth. Take a survey among 6 to 8 year olds to find out how many teeth they have lost. Graph results.
- Measure individual growth rates throughout the year.
- Discuss / write about 'how I have changed since I was at kindergarten'.
- Predict 'how I will change in the next 4 years'.
- Discuss / list problems encountered at each stage of growth.
- Discuss the need for patience, perseverance and self-control.
- Suggest ways of coping with problems.
- Invite an elderly person to be interviewed or visit a nursing home. Suggest ways in which we can help the elderly.

### **Assessment**

1. Make a book about yourself at different ages, from birth through to your present age.
2. In learning about how we grow and change, what have I also learned...
  - about God?
  - about doing what God wants me to do?
  - about the Bible?

## **Learning Connections**

**Science:** Conduct science experiments that show change. Find out whether changes are reversible or irreversible.

**Art:** Draw members of your family. Include Grandparents.

**Health:** Safety precautions in the home with babies and toddlers; care of your teeth