

## Read Psalm 37:1-11.

*“Don’t be worried on account of the wicked; don’t be jealous of those who do wrong. They will soon disappear like grass that dries up; they will die like plants that wither. Trust in the Lord and do good; live in the land and be safe.*

*Seek your happiness in the Lord, and he will give you your heart’s desire.*

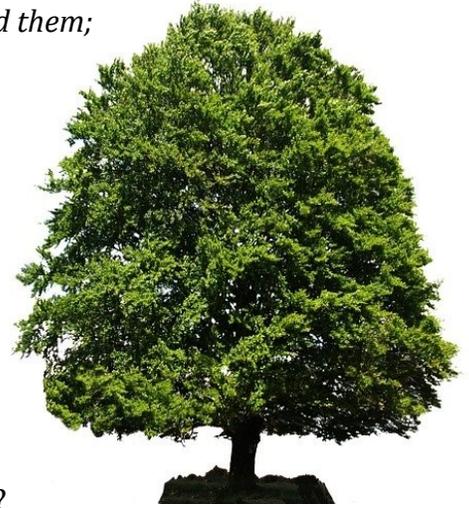
*Give yourself to the Lord; trust in him, and he will help you; he will make your righteousness shine like the noonday sun.*

*Be patient and wait for the Lord to act; don’t be worried about those who prosper or those who succeed in their evil plans.*

*Don’t give in to worry or anger; it only leads to trouble.*

*Those who trust in the Lord will possess the land, but the wicked will be driven out.*

*Soon the wicked will disappear; you may look for them, but you won’t find them; but the humble will possess the land and enjoy prosperity and peace.”*



## Discuss the following questions:

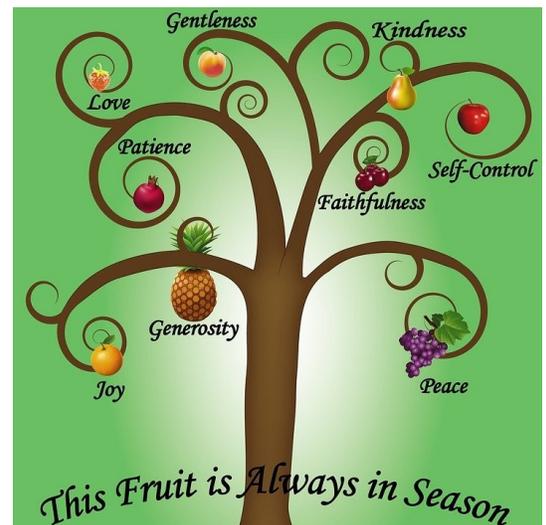
1. When do you find it easy to get mad?
2. What do people do that bothers you and tempts you to be impatient?
3. What does the Bible say about getting mad and frustrated?
4. What did David (the person who wrote this Psalm) do when he was frustrated with the behavior of other people and when he felt like things weren't fair?
5. What will you do to help you to remember to go to God with your frustrations?

It can get frustrating when it seems like someone else is “getting away with” causing trouble. Often, when someone does something wrong, we want to punish that person ourselves. But the Bible says that getting angry only leads to evil. When David got angry with people, he talked to God.

In Colossians 3:12-14 we read,

*“You are the people of God; he loved you and chose you for his own. So then, you must clothe yourselves with compassion, kindness, humility, gentleness, and patience. Be tolerant with one another and forgive one another whenever any of you has a complaint against someone else. You must forgive one another just as the Lord has forgiven you. And to all of these qualities add love, which binds all things together in perfect unity.”*

Getting frustrated with family members is natural, but it is in our families where we have the opportunities to learn how to forgive one another, ask for forgiveness, and learn to love like Jesus—it's not always easy, but with God, all things are possible.



# Patience Rock Candy

## Materials Needed:

- 2 cups water
- 6 cups granulated sugar
- 2-3 drops food coloring (optional)
- 1/2-1 teaspoon of flavoring extract or oil (optional)

## Step 1: Prepare the Materials

- Clean the glass jars with hot water.
- For each jar, use a wooden skewer ( or a popsicle stick or string with a weight on the end) that hangs 1 inch from the bottom of the jar. Use clothespins across the top of the jar to hold the skewer in place.

## Step 2: Make the Candy

- Wet each wooden skewer with water and roll it in granulated sugar. This base layer gives the sugar crystals something to grab when they start forming. Set these aside to dry while you prepare the sugar syrup.
- Place the 2 cups of water in a medium-sized pan and bring it to a boil. Begin adding the sugar, 1 cup at a time, stirring after each addition. You will notice that it takes longer for the sugar to dissolve after each cup you add. Continue to stir and boil the syrup until all of the sugar has been added, and it is completely dissolved. Remove the pan from the heat.
- If you are using colors or flavorings, add 2 to 3 drops of food coloring and stir it in to ensure an even, smooth color. When using an extract, add 1 teaspoon of the extract; for flavoring oils, only add 1/2 teaspoon. Make sure you don't stand right in front of the pan because the scent can be very strong as it rises in the steam.
- Allow the sugar syrup to cool for 20 to 30 minutes.
- Quick rinse the prepped jars with hot water (the jars need to be warm as heat is an important element in crystal formation), then pour the syrup into them.
- Lower one sugared skewer or string into each jar until it hangs about 1 inch from the bottom.
- Carefully place your jar in a cool place, away from harsh lights, where it can sit undisturbed. Cover the top loosely with plastic wrap or a paper towel.
- You should start to see sugar crystals forming within 2 to 4 hours (this is the patience part of the activity). If you see no change after 24 hours, try boiling the sugar syrup again and dissolve another cup of sugar into it. Then pour it back into the jar and insert the skewer or string again.
- Allow the rock candy to grow until it is the size you want (and can still get it out of the jar).
- Note that a top layer of crystal will form. Once the candy has reached the desired size, break that top layer of crystal up with a fork before removing the candy.
- Transfer the rock candy to an empty jar or glass (keep the clothespins to balance it) to dry for 1-2 hours.
- Serve and enjoy, or wrap in plastic wrap to save for later.

## Optional colors and flavors:

You can use either oils or extracts for flavor. The 1/2 to 1 teaspoon measurements for flavoring extracts that are provided create a mild-flavored rock candy. If you'd like a more intense flavor, carefully taste test the syrup in the pan and add up to a 1/2 teaspoon extract or 1/4 teaspoon oil more to your liking.

Paste or gel food coloring tends to create richer colors than liquid options. Keep in mind that the color of the rock candy will be significantly paler than the syrup. If you'd like to create a deeper color, use more food coloring, preferably of the gel variety.

