



FRUITS OF THE HOLY SPIRIT
DECEMBER

Patience ~ patience

“The capacity to accept or tolerate delay, trouble,
or suffering without getting angry or upset.”

*“Wait on the Lord.
Be of good courage and He shall strengthen your heart.”*

PSALM 27.14



THEORY OF ACTION

*“If we teach and model patience,
then students will recognize Jesus Christ amid Secular distractions
during the Advent season.”*



Peterborough Victoria
Northumberland and Clarington
Catholic District School Board

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Definition



Looks Like: Waiting calmly, reflecting, never giving up, working with care, taking your time, stillness.



Sounds Like: Appreciation, silence, tranquility.



Feels Like: Slowing down, waiting, persevering, peacefulness, hopefulness, looking forward to.

Prayer Table Ideas



Catholic Symbols:

- o Green, purple or white (depending on liturgical season)
- o Bible
- o Light
- o Advent Wreath
- o Crèche – Some choose to leave baby Jesus out of the manger to show waiting patiently until he is born



Symbols:

- o **Branch** – To symbolize the Jesse Tree
- o **Simple Wrapped Gift** – Symbol of waiting
- o **Time Capsule** – Symbol of waiting
- o **Statue of Mary** – Symbol of mothers waiting for their unborn child
- o **Advent Calendar** – To count the days we're patiently waiting until Christmas
- o **A Seed or Growing Plant** – To show growth and waiting for the flower; Jesus is the branch of Jesse



7 Grandfather Teachings:

Dabaadendiziwin – HUMILITY: To know yourself as a sacred part of creation in the Anishinaabe language, this word can also mean compassion. You are equal to others but you are not better. This word can also be translated as gentleness, or patience. The Wolf is the symbol for Humility, as it brings inner power and strength.

Traditional Prayer of the Month



Serenity Prayer

God grant me the serenity
to accept the things I cannot change;
courage to change the things I can;
and wisdom to know the difference.

Living one day at a time;
Enjoying one moment at a time;
Accepting hardships as the pathway to peace;
Taking, as He did, this sinful world
as it is, not as I would have it;
Trusting that He will make all things right
if I surrender to His Will;
That I may be reasonably happy in this life
and supremely happy with Him
Forever in the next.
Amen.



Prière de la Sérénité

Mon Dieu, donnez moi la Sérénité d'accepter
les choses que je ne puis changer, le courage
de changer les choses que je peux et la
sagesse d'en connaître la différence.

Vivre un jour à la fois; profiter de chaque
moment; accepter les difficultés qui font partie
de la route vers la paix. Accpeter, come Lui,
le monde avec ses péchés tel qu'il est et non
comme je le voudrais; avoir confiance qu'il
s'occupera de tout si je lui confie ma volonté;
que je serai raisonnablement heureux dans
cette vie et absolument heureux avec Lui
dans l'autre.
Amen.

Daily Prayers

1

Dear God,

This month we celebrate the Fruit of the Holy Spirit called Patience. Teach me always to do my best, to never give up and to be patient with others who are struggling to be their best. Help me to be supportive of everyone with whom I work and play today. Teach me to look not for the glory, but for the good in everyone and everything. Amen.

2

Patient Father,

Jesus accepted the cross as the challenge of His life. He achieved victory for all in His resurrection, teaching us to accept our crosses in life, including being patient with those who take longer to learn, those who stumble when they speak, and those who always miss the important goal. Help us to accept these and other crosses in our lives, especially those that make us less charitable with others. Amen.

3

Dear God

Help me to always remember the importance of being patient, even when I am in a hurry. It is easier at times to be unkind than to be understanding. Sometimes when I am wrapped up in my own world, I don't notice that someone needs me to take a moment. God, help me to be considerate of others' needs today. Amen.

4

Emmanuel,

During every day, but especially during Advent, thank you for the gift of patience. May I use this gift in all my communications with others. Remind me that some of the people I meet each day may be troubled, sad, or tired because of the problems in their lives. Help me to be charitable with them by being the one who brings them peace and comfort. Amen.

5

Dear God

Time is a precious commodity, of which we seem to never have enough of. We can replace most things we have in our lives, but time. Once we have spent the minutes, they are gone, never to return. Then, there are times we want time to go fast to get to a special occasion. Remind us to make every day count, to be patient and to enjoy this period of waiting as every day is a gift from You to us. Amen.

6

God,

You are the giver of all gifts. Thank you for the gifts You give us, especially the gift of patience as we await Your birth. Teach us to see Your gifts in all that we do today. Just as Saint Nicholas brought Your love to little children through gifts, may we also bring Your love to those we meet today. Amen.

7

Emmanuel,
You give us vivid imaginations, allowing us to draw closer to You. Teach us to always believe in You and to never give up even when things seem impossible. Help us to be patient enough to find a way through impossible situations for, with You, nothing is really impossible. Amen.

8

Did You Know? Today we celebrate the Feast of the Immaculate Conception of Mary. We remember that Mary was full of grace and free from original sin from the first moment of her life. This feast day celebrates Mary's conception in the womb of St. Anne.

Dear Father,

Time goes by so slowly when we have to do something we don't like or when we are waiting for something special to happen. Help us to value time by remembering that each moment in our lives is a special gift from Your Son to us. Help us to make every moment count as we wait for those special moments in our lives to occur. Amen.

9

Heavenly Father,
Teach us to keep trying. What matters is that we try our best, even if we fail. We know that it is better to have tried and lost, than never to have tried at all, but sometimes we forget. Help us to keep trying, especially during those things that frustrate us the most. We need to remember to be patient with ourselves as we struggle with challenges in life, both big and small. Amen.

10

Dear God,
Thank you for the gift of patience. Please continue to guide me in my schoolwork and duties during this busy time. Sometimes I have a project due that I put off to the last minute. I would often rather watch television or play with a friend than do the things I am supposed to do. Help me to be more patient with my family, friends and teachers, and guide me in my daily decisions. Amen.

11

Jesus,
Thank you for the wonders of storytelling. Throughout our lives, we learn much about the world through stories. If we listen patiently, we can learn about how and why things have unfolded as they have. We learn about the discoveries of archaeologists, the adventures of explorers, and the miracles of medicine. Let us listen attentively to the stories of Your birth. Amen.

12

Lord,
Teach me to be patient with life, with people, and with myself. I sometimes try to hurry things along too much and I push for answers before the time is right. Teach me to trust your sense of timing, rather than my own and to surrender my will to your greater and wiser plan. Amen.

13

Emmanuel,

It is easy to get upset when someone hurts our feelings or makes us upset in some way. We ask You to remind us to be patient with others who hurt us as You are with us when we do things that are hurtful or thoughtless. Teach us to treat others as you treat us. Amen.

14

Dear Jesus,

In this season of hope and patience, we look for special presents. We ask for toys and clothes and we search for that special gift with our name on it under the tree. May our wish for this season be peace for all people. May our gift to ourselves be one of patience as we wait in hope for Your joyful arrival. Amen.

15

Loving God,

We hear the chorus of good tidings, especially in this season of Advent. Everyone is cheerful and bright as we prepare for the miracle of Your birth. Imagine if everyone could be like this all year long. That would really be heaven on earth. We are reminded that peace begins with us. May we go out of our way today to bring Your peace to the world by being patient with everyone we meet. Amen.

16

Dear God,

The traditions of Advent remind us of the light and beauty that you give us every day. We celebrate with coloured lights on our Christmas trees and with bright candles that shine in the darkness. Remind us that You are the light of the world and that we may be lights to the world today by being patient with those in our lives. Amen.

17

Emmanuel,

We see your image in the season of Advent. The empty crèche, is one reminder of the beauty of this waiting season. We see you as a baby in a family. We pray for all families today that they may be more understanding with one another in the rush to complete all their Christmas preparations. Amen.

18

Jesus,

You grew up in a loving family home. Today we pray for our families at home. Help us to grow in love each day. Help us to remember to share with one another and to show our love for each other. Help us to be patient with each other, especially at those times we find it most difficult to be so. Amen.

19

Jesus,

There was no room in the inn for your family; so, today we pray for those who are homeless. May they find the strength to be open-minded with their family members under difficult circumstances. May they find the willingness to wait patiently for housing. Lord, help them find shelter and rest. Teach us to welcome others as we welcome you in this season of joy. Amen.

20

Jesus,

Wise kings brought you gifts. Today, we pray for the leaders of our town, our province and our country, that they may patiently make wise decisions on our behalf. Help them to remember to take the time to consider the needs of those who are not able to take care of themselves when they are making decisions that impact their lives. Amen.

21

Dear God,

The moon is hidden and the night is still as time draws near to the birth of Christ. We hear the soft sounds of the Christmas carols. We hope for peace on earth as we wait patiently for the coming of the Lord. Help us to be patient with each other on these busy days when things can so easily go wrong. Amen.

22

Dear God,

Let us put ourselves into the hands of the Lord and pray that God will bless us and our families during the coming holy days. May each of us help to make our homes a place of joy, love, peace and safety. May we be generous and considerate, not thinking only about ourselves, but helping others enjoy the blessings of Christmas. Amen.

23

O God,

During the Advent season, we are filled with a sense of hope. May we be blessed with the patience to live according to your message. With the coming of Your son, Jesus, may the light of faith shine in our words and actions. We ask this through Christ, our Lord. Amen.

24

Dear God,

Today as we gather on the eve of Jesus' birth, we look back on our Advent journey and reflect on the importance of patience. Let us be reminded of love, peace, hope and joy, as we await for the most precious gift of all; Your Son Jesus Christ. Amen.

25

Heavenly Father,

Rejoice the Lord is born! Help us rightly to remember the birth of Jesus so that we may share in the song of the angels, the happiness of the shepherds, and the worship of the wise men. May Christmas morning make us happy to be children of God. Amen.

26

Did You Know? Today the church celebrates the feast of St. Stephen, the first Christian martyr. He was executed by stoning for being a Christian. As he died, he prayed for his executioners.

Dear Lord,

Help us to show courage in the face of trouble like St. Stephen did, when preaching and sharing your message of love. Help us to always bring peace with our message and show love to those around us. Amen.

27

Did You Know? Today we celebrate the feast of St. John, Apostle and Evangelist. St. John wrote the 4th Gospel, 3 Letters and the book of Revelation. With James, his brother, and fellow disciple, Peter, he was one of the witnesses of the Transfiguration and from the cross, Jesus asked John to look after his mother.

God our Father,

You have revealed the mysteries of your Word through John the Apostle. By prayer and reflection, may we come to understand the wisdom he taught. Grant this through our Lord, Jesus Christ, your son, who lives and reigns with you and the Holy Spirit, one God, forever and ever. Amen.

28

Lord,

Teach me to be patient in all that I do. I sometimes try to hurry things along too much, and I push for answers before the time is right. Teach me to trust Your sense of timing rather than my own, and to surrender my will to Your greater and wiser plan. Amen.

29

Dear God,

Make me patient with those around me, so that I can convince them of how patient You have been with me. Amen.

30

Lord,

When we are sick or suffering help us to trust in You, as a patient trusts in their Doctor when they are in need. Remind us that You will never abandon us and that You will always care for us. Amen.

31

God,

As this year comes to an end, we give thanks to You for the talents and gifts that have been shared, and the challenges that have been faced, for the burdens that have been lifted, and the hurts that have been healed. Pour out Your love on us so that we may continue our journey together in the New Year. We make this prayer through Christ, our Lord, Amen.

Prayer Service / Non Eucharistic Liturgy



Non Eucharistic Symbols

Advent Wreath: To symbolize the four weeks of waiting for the birth of Jesus.

Unopened Gift: To remind us that good things come to those who wait.

Empty Crèche: To symbolize the anticipation of Jesus' birth.



Opening Prayer Gathering

Dear Lord,

This month, we are celebrating the Fruit of the Holy Spirit called patience. Advent is a time of waiting; waiting to celebrate the birth of Jesus. It is often hard to wait patiently. This is a special time during which we remember that although Jesus was born over 2000 years ago, he is with us today in our hearts. As we journey towards Christmas, we are filled with excitement and we ask You to fill us with patience as we await Your coming so that we may know and love You more and more.

Amen.



Old Testament Reading Isaiah 7.1-2; 6-7

A reading from the book of Isaiah.

Once upon a time, everyone lived in the dark, but now they can see. They used to live in a world that was full of shadows, but now we have a light to light up our way. We have God with us, and he has made us happy. He has sent us a child who is to be our King, and he will keep everyone safe.

The Word of the Lord. *Thanks be to God.*



Responsorial Psalm Psalm 37

The response to the psalm is "*Be still before the Lord and wait patiently for him.*"

Be still before the Lord and wait patiently for him;
Do not fret over those who prosper in their way,
over those who carry out evil devices. *R*

Refrain from anger and forsake wrath.
Do not fret, it leads only to evil
for the wicked should be cut off
But those who wait for the Lord, should inherit the Land. *R*

Yet a little while, and the wicked will be no more;
Though you look diligently for their place,
they will not be there.
But the meek should inherit the land,
and delight themselves in abundant prosperity. *R*



Second Reading (Optional)

A reading from the letter of Paul to the Hebrews.

When God made a promise to Abraham, because he had no one greater by whom to swear, he swore by himself, saying, “I will surely bless you and multiply you.” And thus Abraham, [having patiently endured, obtained the promise. Human beings, of course, swear by someone greater than themselves, and an oath given as confirmation puts an end to all dispute. In the same way, when God desired to show even more clearly to the heirs of the promise the unchangeable character of his purpose, he guaranteed it by an oath, so that through two unchangeable things, in which it is impossible that God would prove false, we who have taken refuge might be strongly encouraged to seize the hope set before us. We have this hope, a sure and steadfast anchor of the soul, a hope that enters the inner shrine behind the curtain, where Jesus, a forerunner on our behalf, has entered, having become a high priest forever according to the order of Melchizedek.

The Word of the Lord. *Thanks be to God.*



Gospel Reading Luke 1.26-38

A reading from the Holy Gospel according to Luke.

In the sixth month, the angel Gabriel was sent by God to a town in Galilee called Nazareth and said to Mary, the fiancée of Joseph:

“Greetings, favoured one! The Lord is with you,”

She was puzzled by his words and wondered what this greeting meant.

The angel said to her: “Do not be afraid. You will give birth to a son, and you will name him Jesus. He will be called the Son of the Most High. He will rule the house of Jacob forever.”

Mary wondered how this could be, and the angel told her;

“The Holy Spirit will come upon you, and the child will be holy. He will be called the Son of God.” Then, the angel left her and returned to heaven.

The Gospel of the Lord. *Praise to You Lord Jesus Christ.*



Optional Activities

Jesse Tree Ornament: Have students bring forth a Jesse Tree ornament they made to represent the stories in the bible that lead to the birth of Jesus.

Gifts: Have students wrap a gift box. Inside the box have students place a reflection of how they will be a gift for God.

Closing Prayer

God, our Father, we have come close to Jesus during this time together. Help us to love one another and to make our world a happy, loving, patient place. We make our prayer through Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God forever and ever. Amen.

Possible Song Recommendations

Liturgical	Non-Liturgical
Patience People	Away in a Manger
Let The Children Come to Me	Violet in the Snow
O Come Emmanuel	The Rose – Bette Midler
O Come Divine Messiah	Take a Walk to Christmas
Prepare Ye	Turn, Turn, Turn – The Byrds
	Mary Did You Know – Kenny Rogers and Wynonna Judd

Universal Prayer

Response: *Patient Father, hear our prayer.*

 For the Pope, our Bishop and all the Clergy, that they may continue to wait patiently with us for the birth of the baby Jesus, we pray to the Lord. *R*

 For the members of our school community, that the gift of patience may help us become the kind of person God wants us to be, we pray to the Lord. *R*

 For the staff and students, that we may we become more accepting of others and the circumstances around us, we pray to the Lord. *R*

 For our friends, that they may welcome any challenges they encounter with a patient heart, we pray to the Lord. *R*

 For the poor, that they may receive the Lord's strength, energy and love as they face the challenges of the season, we pray to the Lord. *R*

 For those who are sick during the Advent season, that they may receive the care and attention they need to get better, we pray to the Lord. *R*

 For the lonely and forgotten, that they may be comforted by the love of Jesus during this season of joy, we pray to the Lord. *R*

Curriculum Connections



Primary

BL2: Demonstrate how in the Scriptures, the people gradually came to know God as “Father Almighty, Creator of Heaven and Earth”.

[CCC nos. 50-73; 101-104; 142-184; 198-354; 422-682] (1)

CL3: Understand that the Church has established special days and seasons to celebrate the life of Christ and the mystery of his presence (i.e. Lord’s Day, liturgical seasons, feasts, and memorials with a focus on Advent and Christmas).

[CCC nos. 1091-1112; 1163-1171; 1204-1209] (3)



Junior

CL3.1: Examine scripture passages of the Old Testament and New Testament which are proclaimed during specific Liturgical seasons i.e. Advent, Christmas, Lent and Easter, and communicate what they reveal about and celebrate in Jesus’ life.

[CCC nos. 1168-1173] (4)

BL2.2: Through an examination of the account of the Incarnation in Scripture, identify the role of the Holy Spirit and the Virgin Mary and describe the meaning and significance of the Incarnation (i.e. the Son of God became human).

[CCC nos. 461-494] (6)



Intermediate

LC2.3: Identify living examples of the virtuous life (prophets, Mother Teresa, Canadian Martyrs, Jean Vanier, Blessed Kateri Tekakwitha, St. Peter the Aleut) and explain how they witness to the resurrected Christ through healings and miracles.

[CCC nos. 946-975] (7)

ML2.3: Identify some of the moral situations that have arisen in society as a result of globalization, advances in technology and science and examine them in light of the Church’s moral teachings. (8)

Bulletin Board Ideas



Top Ten Bulletin Board

- o Create a “Top Ten” list of ways to pass the time when you’re being patient. The list is written and illustrations are created by the students.
- o Example: 1) Say a Prayer, 2) Spend time with your family, 3) Spend time with a friend, 4) Play a game, 5) Sing a song, 6) Go for a bike ride, 7) Paint a picture, 8) Listen to music, 9) Draw a picture, 10) Read a book



We are Gifts to God

- o Children write under or on top of a piece of wrapping paper how they are a Gift of God, or what they can offer as one of their gifts to other.



Advent Wreaths

- o Students make advent wreaths by tracing their hands to make the greenery of the bough. If you want to actually “make” a wreath, use paper tubes for the coloured candles and have a paper flame that you can slide up the tube to show when the candle is ‘lit’.



Take a Walk to Christmas Photo Display

- o “Take a walk to Christmas” and as students sing the song every week of Advent, they add pictures to the display so that it is a growing picture as Christmas draws nearer.



Jesse Tree Ornaments

- o Use the Jesse Tree ornaments – either in class on a tree, or make a visual tree shape by placing the ornaments in a pyramid shape.



A Christmas Message

- o Have students make a box out of old Christmas cards and write a positive Christmas message to a peer in the class. Place the boxes on the prayer table and open them the last day of the holiday. Students will have to wait patiently to see what the message says!

Quotes

Religious



“To everything there is a season, and a time to every purpose under heaven.”
~ Ecclesiastes 3.1



“I waited patiently for the LORD; he turned to me and heard my cry.” ~ Psalm 40.1



“Be still and know that I am God.” ~ Psalm 46.10



“But those who wait on the LORD shall renew their strength; They shall mount up with wings like eagles, They shall run and not be weary, They shall walk and not faint.”
~ Isaiah 40.31



“A hot-tempered man stirs up dissension, but a patient man calms a quarrel.”
~ Proverbs 15.18



“Be joyful in hope, patient in affliction, faithful in prayer.” ~ Romans 12.12



“For whatever things were written before were written for our learning, that we through the patience and comfort of the Scriptures might have hope. Now may the God of patience and comfort grant you to be like-minded toward one another, according to Christ Jesus.” ~ Romans 15.4-5



“Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails.” ~ 1 Corinthians 13.4-8



“And we urge you, brothers, warn those who are idle, encourage the timid, help the weak, be patient with everyone.” ~ 1 Thessalonians 5.14



“My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, for man's anger does not bring about the righteous life that God desires.” ~ James 1.19-20

Non-Religious



“Patience is the companion of wisdom.” ~ St. Augustine



“Patience is bitter, but its fruit is sweet.” ~ Jean Jacques Rousseau



“Have patience with all things, but, first of all, with yourself.” ~ Saint Francis de Sales

-  "Patience is not the ability to wait, but the ability to keep a good attitude while waiting." ~ Joyce Meyer
-  "Most of the important things in the world have been accomplished by people who have kept on trying when there seemed to be not hope at all." ~ Dale Carnegie
-  "The greatest prayer is patience." ~ Buddha
-  "Patient waiting is often the highest way of doing God's will." ~ Jeremy Collier
-  "In the struggle between the stone and the water, in time, the water wins."
~ Chinese Proverb
-  "Patience will achieve more than force." ~ Edmund Burke
-  "Patience and diligence, like faith, remove mountains." ~ William Penn
-  "Seek patience and passion in equal amounts. Patience alone will not build the temple. Passion alone will destroy its walls." ~ Maya Angelou
-  "Every great dream begins with a dreamer. Always remember you have within you the strength, the patience and the passion to reach for the stars to change the world."
~ Harriet Tubman
-  "Patience is the art of hoping." ~ Luc de Clapiers
-  "Patience with others is Love, Patience with Self is Hope, Patience with God is Faith."
~ Adel Bestavros

Short Resource List

- ❖ The Carrot Seed – Ruth Krauss (P)
- ❖ Tale of the Three Trees – Angela Elwell Hunt (P/J/I)
- ❖ The Quilt Makers Gift – Jeff Brumbeau and Gail deMarker (P/J)
- ❖ The Dot- Peter Reynolds (P/J)
- ❖ The Nativity Story
- ❖ Crippled Lamb – Max Lucado (P/J/I)
- ❖ Who is Coming to our House – Joseph Slate (P)