

The background is a light beige color with various abstract elements. In the top left, there is a yellow curved shape and a grid of white dots. In the top center, there are two teal circles. On the left, there is a pink triangle pointing right. In the bottom left, there is a blue square. In the bottom center, there is a grid of white dots and four teal diagonal lines. In the bottom right, there is a green wavy shape with a yellow squiggle on top and the text 'Zz' in blue. A red circle is on the right side.

# **PATIENCE**

## **THE ART OF LIVING**

**Zz**



**THE ABILITY TO WAIT  
FOR SOMETHING  
WITHOUT GETTING  
ANGRY OR UPSET IS A  
VALUABLE QUALITY IN  
A PERSON.**





patience...

**SOME PEOPLE ARE  
NATURALLY BORN  
MORE PATIENT THAN  
OTHERS BUT WE CAN  
ALL LEARN TO GROW  
IN PATIENCE WITH A  
LITTLE PRACTICE.**

**"PATIENCE IS NOT THE ABILITY TO  
WAIT, BUT THE ABILITY TO KEEP A  
GOOD ATTITUDE WHILE WAITING."**





**DEVELOPING PATIENCE ::  
IN SMALL THINGS WILL  
HELP YOU LEARN TO  
TRUST IN GOD AND HIS  
GOODNESS SO THAT ONE  
DAY WHEN YOU MUST  
WAIT FOR BIG THINGS ()  
THEN YOU WILL RESIST  
THE URGE TO RUN  
AHEAD OF GOD AND HIS  
PLAN**



**PATIENCE TAKES PRACTICE. AND OUR PRACTICE DOESN'T STOP ONCE WE HIT A CERTAIN AGE. OUR PATIENCE CHARACTER MUSCLE NEEDS TO BE DEVELOPED AND THEN CONDITIONED FOR THE REST OF OUR LIFE.**

The background is a light beige color. In the top left, there is a pink wavy line and a grid of small white dots. In the top right, there are two yellow 'J' shapes. In the bottom left, there is a yellow wavy line and a small blue square. In the bottom right, there is a yellow wavy line and a teal circle. The word 'EXAMPLES' is written in large, bold, blue capital letters across the center.

# EXAMPLES

# VIDEO

<https://youtu.be/qgeuCgODgv4>

<https://youtu.be/X-rVWOqeAnk>

