

Week 26-Patient Day 1

Patient - Definition

Persevering; constant; capable of calmly awaiting on an outcome or result; not hasty or impulsive.

Patient - Quote

"Patience is power. Patience is not an absence of action; rather it is timing. It waits on the right time to act, for the right principles and in the right way." Fulton J. Sheen

Demonstration:

For each day of the week, give yourself either "+" if you demonstrate this quality or "-" if you do not.

M _____ T _____ W _____ Th _____ F _____ Sa _____ Su _____

My Goals for the Week:

+	

Why should you never pray for patience?

Week 26 - Patient Day 2

Old Mule

This is a story of a farmer who owned an old mule. The mule fell into the farmer's well. The farmer heard the mule 'braying' or whatever mules do when they fall into wells. After carefully assessing the situation, the farmer sympathized with the mule, but decided that neither the mule nor the well was worth the trouble of saving. Instead, he called his neighbors together and told them what had happened and enlisted them to help haul dirt to bury the old mule in the well and put him out of his misery. Initially, the old mule was hysterical. But as the farmer and his neighbors continued shoveling the dirt onto his back, a thought struck him. It suddenly dawned on him that every time a shovel load of dirt landed on his back, he should shake it off and step it up.

This he did, blow after blow. "Shake it off and step up. Shake it off and step up. Shake it off and step up!" he repeated to encourage himself. No matter how painful the blows or distressing the situation seemed, the old mule fought "panic" and patiently kept on shaking it off and stepping up!

You're right! It wasn't long before the old mule, battered and exhausted, stepped triumphantly over the wall of that well!

The New England Patriots say, "Ignore the noise!" What do you think that means?

What makes it hard to do what the mule did?

Week 26 - Patient

Day 3

Trouble Tree

The carpenter I hired to help me restore an old farmhouse had just finished a rough first day on the job. A flat tire made him lose an hour of work, his electric saw quit and his ancient pickup truck refused to start.

While I drove him home, he sat in stony silence. Upon arriving, he invited me in to meet his family. As we walked toward the front door, he paused briefly at a small tree, touching tips of the branches with both hands. When opening the door, he underwent an amazing transformation. His tanned face was wreathed in smiles and he hugged his two small children and gave his wife a kiss.

After greeting his family, he walked me to the car. We passed the tree and my curiosity got the better of me. I asked about what I had seen him do earlier. "Oh, that's my trouble tree," he replied. "I know I can't help having troubles on the job, but one thing is for sure. Work troubles don't belong in the house with my wife and children. I just hang them up on the tree every night when I come home. Then in the morning I pick them up again."

"Funny thing is," he smiled, "when I come out in the morning to pick them up, there ain't nearly as many as I remembered hanging up the night before."

Don't let yesterday or last night ruin today. Don't bring home problems to school or work and don't take school or work problems home. Focus on accomplishing what needs to be done at each place. Work may need to be done at home but problems do not need to interfere with getting these done.

How do you separate family from work?

How can you build a trouble tree?

Week 26-Patient Day 4

The Pump

When I was a boy, my daily job was to use a pump to get our water from our well for all our daily needs. My oldest brother always went and taught me how to do it. I would be pumping for what seemed like forever and questioned my brother, "Why is it so hard to get the water here when just a few miles from here it is so easy?" His reply, "That water up the road is right on the surface. It's bad and laced with sulphur. It smells bad, tastes bad. Our water is the coldest, sweetest water because it is so deep underground."

You have to keep pumping to get the best water. I have often thought of this in my coaching career. The greatest victories are the hardest to come by and to get them you have to keep on pumping.

It's the same with life. For the greatest victories, we have to be patient and keep on pumping.

Know that the clear, cool water is there and if we keep on pumping, we will be drinking the best water.

How does this story demonstrate being patient?

"Don't make a decision until you have to." How does this quote demonstrate being patient?

Week 26 – Patient Day 5

Evaluate Your Week

We've been focused on "Patient" this week, how did you do? For every goal not met, explain what happened and what you can do differently next week to have success.

If you completed goals, what did you learn?

Write down in complete sentences, something that you learned about "Patient" this week.

Of the three stories,"Old Mule", "Trouble Tree," "The Pump", which had the greatest impact on you? Why?

Demonstration:

For each day of the week, give yourself either "+" if you demonstrated this quality or "-" if you did not.

M _____ T _____ W _____ Th _____ F _____ Sa _____ Su _____