

## Hula Hoop Competition

Choose a variety of volunteers to see who can hula hoop the longest. In between some of the competitions tie in some of the following applications:

*Spiritual Application #1:* Is this the first time you've hula-hooped. No, because you were so good at it. That didn't happen over night. You did it over and over again to get better. Worthwhile things don't happen overnight; they take time to develop. That's why God wants you to have patience. See Galatians 5:22-23.

*Application #2—*Have either you or another adult who doesn't know how hula hoop, give it a try. *SAY:* I haven't practiced; I haven't taken the time. I need practice and the more you practice patience, the better you get at waiting. The Bible has a phrase that you find a lot in the Old Testament, "Wait on the Lord." This is another way of saying trust God; He'll do what's best in His time.

*Application #3--*Worthwhile things don't happen overnight; they come one step at a time. That's why God wants you to have patience, so he can add good things to your life one step at a time. Listen to some of the good things that God wants you to have—Listen to the Fruit of the Spirit again (Galatians 5:22-23).