

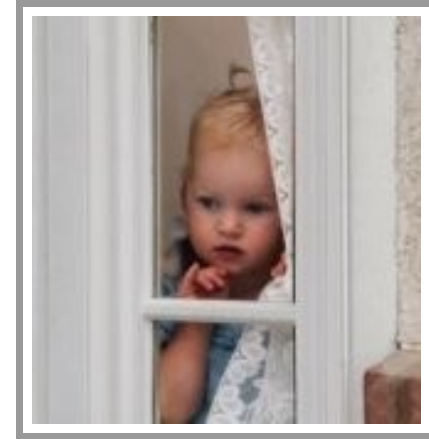
Affirmation

I am patient. I know that things take time. I choose to wait calmly for the things I want and do what I can while I wait. I am gentle with others and myself when mistakes are made. I trust God that all will turn out well.



“Blessed are the steadfastly enduring,
they that are patient
under ills and hardships...”
-Bahá'u'lláh

Patience



“Be patient
under all conditions,
and place your whole trust
and confidence in God.”
-Bahá'u'lláh

What is patience?

Patience is waiting. It is keeping in mind the hope and trust that everything will work out in the end. It is waiting without fussing or complaining.



Why Practice Patience?

Patience helps us to do the things that are needed to get something done. Without patience, we would expect things to come without working for it or allowing the time needed.

How to Practice Patience:

- Be calm when things don't go your way
- Choose to wait for the things you want
- Do what needs to be done to finish something (set goals)
- Be gentle with others when they make mistakes
- Ask God to help you do things