



Agency for International
Programs for Youth
Republic of Latvia



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LESSON PLAN 17 PATIENCE AND JOSEPH, AND DAVE AND SARAH

PART A: LESSON METHODOLOGY

QUALITY	Patience
GENERAL DESCRIPTION OF THE QUALITY	<p>According to Oxford dictionary definition of patience is:</p> <ul style="list-style-type: none"> • the capacity to accept or tolerate delay, problems, or suffering, the bearing of provocation, annoyance, misfortune, or pain, without complaint, loss of temper, irritation, without becoming annoyed or anxious, or the like; • an ability or willingness to suppress restlessness or annoyance when confronted with delay. <p>Wikipedia defines patience as the ability to endure difficult circumstances. Patience may involve perseverance in the face of delay; tolerance of provocation without responding in disrespect/anger; or forbearance when under strain, especially when faced with longer-term difficulties, or being able to wait for a long amount of time without getting irritated or bored. Patience is the level of endurance one can have before disrespect. It is also used to refer to the character trait of being steadfast.</p> <p>Patience in Youth Patience improves youth's ability to accept setbacks and enjoy life much more. There is a saying; "Good things come to those who wait." Patience allows youth to persevere and make more productive decisions, often leading to greater success. Yet, youth according to researches done is more impatient than just a ten years ago. Therefore it is necessary to train the</p>

	<p>patience, which can be done by modelling patience, using reflective listening, keeping reasonable expectations, helping to develop strategies for waiting, using a timer to help a youth visualize the wait. This lesson will model patience in final part of the lesson, reflective thinking through listening to Job’s story at first and discussion after and through the timer task for visualization.</p> <p>Peace in the Scripture The Bible helps us understand patience. Romans 5:3-4 says, <i>“And not only that, but we also glory in tribulations, knowing that tribulation produces perseverance; and perseverance, character; and character, hope.”</i> This tells us that tribulations produce perseverance, or patience. According to the Bible, patience is a virtue and one of the fruit of the Spirit, a sign of someone who trusts in God.</p> <p>See what youth themselves according to the research done by the project MoPYL team have to say about the peace below in the chapter of “Dilemma”.</p>
<p>GENERAL DESCRIPTION OF THE LESSON</p>	<p>The lesson consists of three parts – introductory part (~ 10% of the time), main part (~ 75% of the time), and final part (~ 15% of the time). The introductory part consists of: a) links with other lessons; b) introduction. The main part consists of theoretical and practical (individual, pair, group) parts. The final part consists of a lesson summary and conclusions, feedback, questions and answers.</p>
<p>AIMS OF THE LESSON</p>	<p>1) to learn positive features of patience, such as thoughtful decisions, cultivation of enduring relationships, thinking in long-term, finding of inner peace, learning of kindness; 2) to put into practice the positive features of patience through discussions and timer task for visualization – Joseph’s and Dave’s and Sarah’s.</p>
<p>NON FORMAL EDUCATION METHODS OF THE LESSON</p>	<p>1) theoretical training, 2) discussions, modelling patience, learning to learn, observing, feedback, questions and answers, etc.</p>



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AGE GROUP	13-15 years old
EXPECTED OUTCOMES OF THE LESSON	<p>1) positive features of patience, such as thoughtful decisions, cultivation of enduring relationships, thinking in long-term, finding of inner peace, learning of kindness learned and perceived;</p> <p>2) positive features of patience through the story of the lesson put into practice by discussions and timer task for visualization.</p>
PART B: LESSON DESCRIPTION	
SLOGAN	<p style="text-align: center;"><i>Patience is not the ability to wait, but the ability to keep a good attitude while waiting.</i></p> <p style="text-align: right;"><i>Joyce Meyer</i></p>
DILEMMA	<p>Project qualities promoted by this lesson plan along with the patience, are also peace, leadership, kindness, goodness and self-control shown by Joseph's staying in connection with God. Joseph never understood all that was happening at the time but he patiently trusted God to work out His plan in His time. Even when he was in the prison without a guilt, he patiently was waiting on God's promise to come to pass. Perhaps it is from this story that such sayings as from zero to hero, from prison to palace, from a beggar to prince have rooted in the society until today.</p> <p>The hexagon Figure 6 reflects the average position for each of Core values and country. It could be seen that Latvian participants are nearer to the Core Values centre, which means that all values, including patience, are similarly equal to them, while Romanians are quite near in Joy, Love and Peace. Spanish participants are more similar to Romanian, with a slightly larger offset in Love, Joy and Peace (page 18).</p>

	<p>Thus the Figure 6 clearly shows that ‘patience’ is not that significant among the young people as other values (leadership, responsibility, belonging, self-motivation, love, joy an peace). Yet, the youth leaders, should pay attention also to the quality of patience, which among grownups is known to be significant in the daily further life.</p> <p>Yet, patience was mentioned by female respondents along with another quality promoted by the project MoPYL – love: ‘In terms of values, women gave significantly higher priority than men to the value "Love" and lower priority to the value "Patience"’. And further on in the same context and by the same female respondents, patience was mentioned within the highlighted values: ‘Love should be used to promote other values that are highly important in a functional human being like patience and kindness’ (page 6 of the Results part).</p> <p>The results of the MoPYL Research Report helped the project consortium to decide upon the amount of values of patience to be promoted by the project plans.</p> <p>See the full project MoPYL Research Report in the project’s homepage www.mopyl.eu.</p>		
<p>MATERIALS NECESSARY FOR THE LESSON</p>	<p>Projector, screen, computer, access to Wi-Fi or mobile internet</p>		
<p>LESSON LENGTH</p>	<p>1 learning hour, i.e. 45 minutes</p>		
<p><u>INTRODUCTORY PART</u></p>	<p>Anticipatory set</p>	<p>3 minutes</p>	<ul style="list-style-type: none"> • greeting, blessing and engaging students • connection with prior learning – reflections, feedback, discussions • explanation of the current lesson’s material • explanation of tasks for the students • connection to the future learning

	Introduction of the new material	2 minutes	<ul style="list-style-type: none"> • direct instructions of the content • modelling of new skills – patience • checking of students’ understanding
<u>MAIN PART</u>	Guided practice: youth leaders are given two options for this part: part A is a Christian lesson; part B is a secular lesson. Both lessons stand on equal qualities.	28 minutes	TITLE A PATIENCE AND JOSEPH TITLE B PATIENCE AND DAVE AND SARAH
	<p><u>PART A</u></p> <p>Joseph’s story, either told by the teacher itself following the chapters 37 – 50 Book of Genesis of the Scripture. Or displayed in a Superbook episode 2 of season 2 HERE (episode 202) once you are logged in (registration is mandatory to be able to watch the Superbook episodes). Length of the episode – 24 minutes.</p> <p>Free online registration to watch Superbook episodes throughout all seasons HERE.</p>		
GROUP PRACTICE PART A	10 minutes		
	<p>At first, the teacher asks if there are any questions related to the story of Joseph. The teacher answers and explains all related issues. Prior to giving answers, the teacher encourages other learners to reply.</p> <p>The teacher asks if the class can name a similar person of our time. Can they link the famous Joseph’s patience to any famous person, or maybe not famous – perhaps, somebody can name their parents, friends, relatives, etc., having a great patience?</p>		



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If no one can mention anyone, the teacher names Denzel Washington – a famous American movie star, who encourages people to pray and remember that “Strength, Leadership, And Patience” are “God’s Gift To Us”.

Academy Award-winning actor Denzel Washington recently encouraged people to pray on a regular basis and to remember that gifts given by God — such as strength, leadership, and patience — should be cherished, not abused (*Berger*).

As reported, Washington, speaking at the recently held The Better Man Event, “an annual 2 hour power-packed men’s event designed to equip, encourage, and engage men to become Better in Christ,” told the audience, “At 66, getting ready to be 67, having just buried my mother, I made a promise to her and to God, not just to do good the right way, but to honour my mother and my father by the way I live my life, the rest of my days on this Earth” (*Berger*).

Washington continued, “I’m here to serve, to help, to provide. In every prayer, you know. The ego is interesting, you just don’t know, but in every prayer all I hear is ‘feed my sheep.’ That’s what God wants me to do” (*Berger*).

The Academy Award winner also took the opportunity to talk about God’s gifts to men, and how people should cherish these gifts instead of abusing them (*Berger*).

“The world has changed. What is our role as a man?” Washington pondered. “The John Wayne formula is not quite a fit right now. But strength, leadership, power, authority, guidance, patience are God’s gift to us as men. We have to cherish that, not abuse it” (*Berger*).

Encouraging others to listen to God, Washington added, “Stay on your knees. Watch me, but listen to God. I hope that the words in my mouth and the meditation of my heart are pleasing in God’s sight, but I’m human. I’m just like you” (*Berger*).

A devout Christian, Washington does not shy away from expressing his beliefs and sharing them with others, having openly discussed his faith multiple times in the past (*Berger*).



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Quiz on the lesson:

1. **Who was Joseph's father?**
 - A. Esau
 - B. Isaac
 - C. Jacob**
 - D. Abraham
2. **How many brothers did Joseph have?**
 - A. 11**
 - B. 12
 - C. 8
 - D. 6
3. **What did Joseph's brothers plan to do with him when he came to the fields?**
 - A. To beat up him
 - B. To humiliate him
 - C. To sell him for slavery
 - D. To kill him**
4. **Who was the youngest Joseph's brother?**
 - A. Reuben
 - B. Benjamin**
 - C. Levi
 - D. Dan
5. **Who bought Joseph in Egypt?**
 - A. Pharaoh
 - B. His father
 - C. Potiphar**
 - D. His youngest brother



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SITUATION

Part B

A very loving couple had been married for over 10 years without any child and it was becoming their 11th year. Dave and Sarah stayed with each other and greatly hoped that they will have a child before their 11th year of marriage runs out because they were under persuasion from friends and family members to get a divorce. But they couldn't let go because of the strong bond of love between them. Months passed and one day, while Dave was returning from work, he saw his wife walking down the road with a man. The man had his arms around her neck and they looked very happy. For over a week, he saw the same man with his wife at various places and one evening while Dave was returning from work he saw the man drop her off at the house after giving her a kiss on the cheek. Dave was angry and sad but he didn't spoke of it with his wife.

Two days later after a hectic day at work, Dave was taking water with a glass jug from the dispenser when the phone rang. He picked it up and the person said, "Hello dear, I'll be coming to your house this evening to see you as promised." Dave hung up the phone. It was a male voice and he was sure the person was the man he had always seen his wife with. He suddenly became shaky with the thought that he has lost his wife to another man. The glass jug fell from his hand and shattered into pieces.

His wife came running into the room asking, "Is everything okay?" In anger, he gave his wife a push and she fell. She wasn't moving or getting up. Dave then realized that she fell where he broke the glass jug. A large piece of glass had pierced her. He felt her breath, pulse, and heartbeat but there she lay lifeless. In a total confusion, he saw an envelope in her hand. He took it, opened it and was shocked by its content – it was a letter. It read:

"My loving husband, words cannot express how I feel so I had to write it down. I have been going to see a doctor for over a week and I wanted to be sure, before I give you the news.

The doctor confirmed it that I am pregnant with a twin and our baby is due 2 months from now. The same doctor is my long lost brother whom I lost contact with after our marriage. He has promised to take care of me and our baby and give us the best without collecting a dime.

He also promised to have dinner with us today. Thanks for staying by my side.

	<p>Your loving wife.”</p> <p>The letter fell from his hand. There was a knock at the door and the same man he had seen with his wife came in and said: “Hello Dave, I suppose I’m right. I am Max, the brother of your wife” Suddenly, Max noticed his sister lying in a pool of her blood. He rushed her to the hospital and she was in a coma. She was about to lose her twins. Only thanks to Max and the doctor’s team, they managed to save the babies and Sarah.</p> <p>This was a hard lesson to Dave. What do you think was it? (<i>Moral Stories</i>).</p>	
<p>MORAL</p>	<p><i>Don't judge anything too quickly and come to a conclusion. Always be patient and take the time to understand things better.</i></p>	
<p>GROUP PRACTICE PART B</p>	<p>10 minutes</p>	<p>Questions to be discussed:</p> <ol style="list-style-type: none"> 1. <i>What do you think was the lesson Dave learnt?</i> 2. <i>What do you think did Sarah forgive Dave?</i> 3. <i>Did they stay together?</i> 4. <i>Did their patience pay off?</i>
<p><u>FINAL PART</u></p>	<p>12 minutes</p>	<p>Brief summarizing of the lesson, discussion of the lessons learned, debates if the learners raise unclear, discussable issues.</p> <p>Feedback of learners for the best practices to be applied for future.</p>
<p>REFERENCES</p>	<ol style="list-style-type: none"> 1. Berger, J. 2021. <i>Denzel Washington Encourages People To Pray And Remember That “Strength, Leadership, And Patience” Are “God’s Gift To Us”</i>. Bounding into Comics. Accessed: 20.06.2022. https://boundingintocomics.com/2021/09/28/denzel-washington-encourages-people-to-pray-and-remember-that-strength-leadership-and-patience-are-gods-gift-to-us/. 2. English standard Version Bible. <i>Bible</i>. Accessed: 20.06.2022. https://www.biblestudytools.com/esv/. 	



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