

# PROMISE OF THE WEEK...

WAIT ON THE LORD  
AND HE WILL GIVE YOU  
YOUR HEART'S  
DESIRE....

**‘This is fine!’ Mole said to himself. ‘This is better than whitewashing!’ The sunshine struck hot on his fur, soft breezes caressed his heated brow and after the seclusion of the cellar he had lived in so long, this was bliss!**



**The carol of happy birds fell on his dulled hearing almost like a shout. Jumping off all his four legs at once, in the joy of living and the delight of spring without its cleaning, Mole knew his happiness was complete...**



**What is your  
heart's desire?**



**When have you  
had to wait  
patiently for  
something?**

**Who is a patient  
person and  
why?**



# PENSIVE POWER



**ARE YOU GOOD AT STICKING AT A TASK  
UNTIL IT IS COMPLETE ?**

# PROMISE POWER

Wait on the Lord and  
He will give you your  
heart's desire!

Psalm 37 v 4



**How can you be more patient?**

# NUNC DIMITTIS

**Now dismiss Thy servant, O Lord, in  
peace, according to Thy word  
for mine own eyes hath seen  
Thy salvation, which Thou hast  
prepared in the sight of all the  
peoples, a light to reveal Thee  
to the nations and the glory  
of Thy people Israel.**



# PICK A 'P' CHALLENGE...

PATIENCE

PEDICURE

PERSPECTIVE

PERSEVERANCE

PURGE

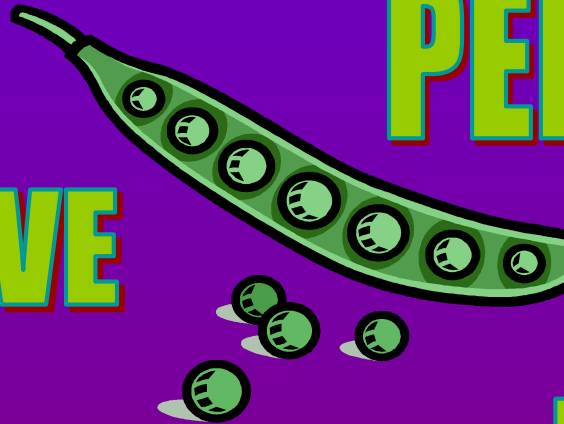
PATTERN

PIECES

PHONEME

PADDY

PERPLEX



**POINTER TO PHYSICAL PERFECTION**



**DON'T GIVE UP EASILY**