

# Jesus "n" You

## Patience Contract

I, \_\_\_\_\_, am committing to receive Christ as my Savior and grow in Him. I will start today. Lord, please give me spiritual and mental strength to grow. I promise to be truthful to You. I will meditate on Your Word. I promise to allow prayer to play a part in my growth process. I realize growth takes time. I know that my success is in allowing You, God, to helping me grow.

I agree to follow the steps below to gain patience:

1. I will be self-aware when I do not have patience.
2. I will take a deep breathe, calm down, and focus on how you (Jesus) would see things.
3. I will stay in control and wait...before reacting.
4. I will identify what triggers me to be impatient.
5. I will practice empathy of the feelings of others.
6. I will make the right choices when I find myself frustrated about waiting.
7. I will remain in control when I receive responses from people and situations that may cause impatience.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

**The purpose of this contract is to motivate me to be patience.  
This contract holds me accountable for my non-compliance behaviors.**