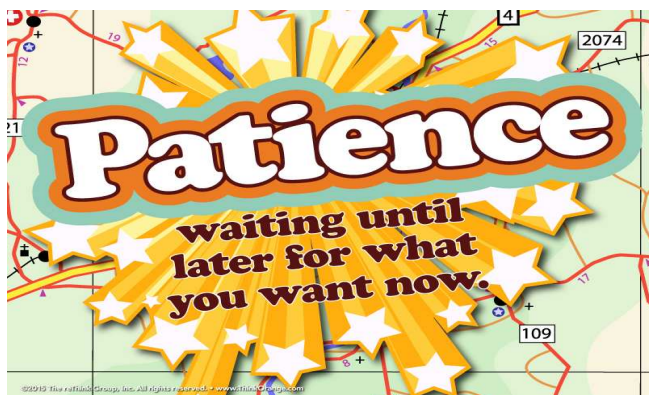


Black Belt EXCELLENCE



MARCH THEME



The Bottom Line is,
When you think you can't wait, think twice.

***"Wait on the Lord. Be of good courage and He shall strengthen your heart.
Wait, I say, on the Lord." Psalm 27:14***

Are you patient at the bus stop or waiting to be picked up? Are you patient in line for recess? Are you patient when you're hungry or in the lunch line? Are you patient when your brother or sister gets to go first? Are you patient when your parents tell you "no" or "wait just a minute"? Are you patient when you're on a long car ride? Are you patient when you don't know the plan or what happens next?

The dictionary defines the word Patience as the ability to be calm, tolerant, and understanding. Patience is a hard thing to master. Why? Because we have lots of things we want and we want them now (if not sooner). The bible tells us that we must learn to wait patiently for the things that God has in store for us.

We seek to manage our lives according to our own time tables, not God's. To do so is a mistake. Instead of impatiently tapping our fingers, we should fold our fingers and pray. When we do so, our Heavenly Father will reward us in his own miraculous way and in His own perfect time.

God never hurries. There are no deadlines against which he must work. To know this is to quiet our spirits and relax our nerves. Patience is waiting until later for what you want now. Patience is more than just waiting, it's also about our attitude while we wait.

This month my son/daughter or student has demonstrated both at home and at school those qualities of responsibility required by our school for students seeking to earn the *Black Belt Excellence Stripe*.

First Name _____

Last Name _____

Date: _____

Parent Signature _____

Date Signed by Instructor _____

6 Requirements of the Stripe of Excellence

- ◆ Black Belt Excellence behavior at home
- ◆ Black Belt Excellence behavior and passing grades at school
- ◆ Overall performance and attendance at the karate school
- ◆ Completion of the monthly Black Belt Excellence activity sheet and assignment
- ◆ Returning the Black Belt Excellence sheet when due
- ◆ Returning the Excellence sheet on time, qualifies you for student of the month and belt testing

Return your BBE Sheet to an instructor at the beginning of class to receive your black stripe

Due March 13th



Due by March 13th

Name: _____



Define patience :

Is patience a fruit of the spirit? Yes or no

As we demonstrate patience, will we look & act more like Jesus? Yes or No



Name 3 areas you can be more patient in :

1. _____

2. _____

3. _____

Write out the bottom line for this month.



Fill in the blank

_____ on the Lord.

_____ in Him.

Be _____

Waiting Trust Patience
Long Suffering Now Time

