

Black Belt EXCELLENCE

March Theme:

P₃ A₁ T₁ I₁ E₁ N₁ C₃ E₁


“Wait on the Lord. Be of good courage and He shall strengthen you 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 has demonstrated both at home and at school those qualities of Black Belt Excellence required by the school for students seeking to earn belt advancement.

First Name _____

Last Name _____

Date: _____

Parent's Signature _____

Must Return by March 13

Remember these sheets are **YOUR** responsibility not your parents'.

5 Requirements of the Black Belt Excellence Stripe

- ◆ Responsible behavior at home
- ◆ Responsible behavior and passing grades at school
- ◆ Overall performance and attendance at the karate school
- ◆ Completion of the monthly Excellence Sheets
- ◆ **Returning the Excellence sheet by the due date**
To an instructor at the beginning of the class
- ◆ **Returning the Excellence sheet on time,**
qualifies you for student of the month and belt testing

Date Signed by Instructor _____

Patience

Name: _____

Define patience :

Is patience a fruit of the spirit? Yes or no

Name the fruit of the spirit that means patience?

Name 3 areas you can be more patient in :

1. _____

2. _____

3. _____



Write out Psalm 27:14

Fill in the blank

_____ on the Lord.

_____ in Him.

Be _____

Don't loose your _____



Waiting Trust Patience
Long Suffering Now Time

the fruit of the Spirit is...



patience.

Must be turned in by March 13. In order to test for your next belt, you must have 3 black stripes on your belt from the last 3 months of BBE sheets.