

FRUIT of the Spirit -Patience

Prayer for the Fruits of the Spirit

O Bounteous Spirit, we ask you to bring forth in our lives your fruits: the fruit of love, so we may love you above all things and all others for your sake; the fruit of joy, that we may find our delight in your service; the fruit of peace, that we may be pardoned through your mercy and find our rest in your love; the fruit of long-suffering, so that we may bear with patience all afflictions; the fruit of gentleness, that we may subdue all anger and take calmly and sweetly all trials and provocations; the fruit of meekness, that we may forgive freely all who hurt us and endure with patience all burdens that are laid upon us; the fruit of temperance, that we may restrain all desires and bring them into the subjugation of your holy will. Amen.

Our Call to Patience

As Christians we are called by God to be patient. God's Word instructs us:

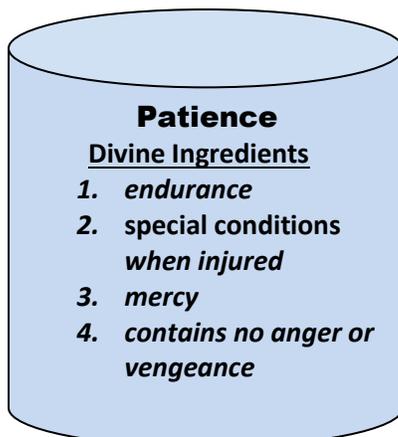
- ❖ *“to put on a heart of...patience* (Colossians 3:12)
- ❖ *“to walk... with patience”* (Ephesians 4:1-2)

The Meaning of Patience

The Greek word for “*patient*” has been translated in at least 3 ways:

- ❖ ***Long-suffering*** –suffering for a long time without complaining;
- ❖ ***Patient***-able to remain calm and not become annoyed when waiting for a long time or when dealing with problems or difficult people.
- ❖ ***Tolerant***- willing to accept habits, feeling or beliefs that are different from our own.

What current situation calls for you to have patience? Which definition-long-suffering, patient, tolerant is the most meaningful to you? (Discuss)



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Looking at God's Instructions about Patience

- ❖ *Jesus was patient* –Jesus, the Master teacher, instructs us about the patience in relationships with problem people, even people He labels as “enemies”. Jesus tells us to love our enemies (Luke 6:27) and then explains how: “Pray... for those who mistreat you” (verse 28).
- ❖ *What Jesus wants from us is the godly response of patience:* He want us to do nothing in fleshy response and instead give a blessing and pray. “Father, forgive them; for they do not know what they are doing” (Luke 23:34)

Things to Do Today to Walk in Patience

- ❖ *Train yourself in long-suffering.* “A woman’s discretion makes her slow to anger, and it makes it her glory to overlook a transgression. (Proverbs 19:11)
- ❖ *Lengthen your fuse.* Read 1 Corinthians 13:4 and then make plans to lengthen your fuse!
- ❖ *Remove opportunities to sin.* As Paul says, “Make no provisions for the flesh” (Romans 13:14)
- ❖ *Follow Jesus’ example.* “He committed no sin, nor was any deceit found in His mouth; and while being reviled, He did not revile in return; while suffering, He uttered no threats” (1 Peter 2:22-23)
- ❖ *Pray.* As Jesus showed us in 1 Peter 2:23- prayer is one sure way to resist in patience. Turn to God in prayer as often as necessary-every time you’re in need of prayer.

P *prayer, perseverance, poise*
A *amiable, attitude in check, able to bear affliction*
T **TOLERANCE**
I *imperturbable, in order, injuring none*
E **endurance, encouraging to others**
N **not irritable, not anxious**
C **COMPOSED, CALM, CONSTANT**
E *even tempered, equanimity*

“Let your forbearing spirit be known to all men.
The Lord is near.” Phil 4:5