

PRACTICING PATIENCE

Galatians 5:22-23; Proverbs 16:32, Proverbs 19:11

- *"The Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control."* (Galatians 5:22-23)
- **Patience is "the ability to endure trouble without complaining; calmly tolerate delay, confusion or inefficiency; wait calmly; or steadiness, endurance or perseverance in performing a task." - Webster's Dictionary**
- *"Better to be patient than powerful; better to have self-control than to conquer a city."* (Proverbs 16:32)
- *"Smart people are patient . . ."* (Proverbs 19:11 NCV)
- **Patience helps us to strengthen relationships, learn things that we need to know to grow in life, and brings spiritual blessings to our lives.**
- ***What are some steps we can take to have more patience in our lives?***

Practicing Patience Involves:

UNDERSTANDING WHAT CAUSES US TO BE IMPATIENT

- ***Interruptions* cause many people to become impatient.**
  - **When focuses and plans are interrupted, people become impatient.**
- ***Inconveniences* cause many people to become impatient.**
  - **We're the "make-it-happen-now generation," and because of that many people really struggle with inconveniences.**
- ***Irritations* cause many people to become impatient.**
  - **Dealing with irritants that aren't controllable requires patience.**
- ***Inactivity* causes some people to become impatient.**
  - **Most people would rather do anything except "wait."**
- ***Incapacities* cause some people to become impatient.**
  - **Our patience is tested when things can't be done for us or others.**

- ***Who or what causes me to become impatient?***
- *"The fruit of the Spirit is love, joy, peace, patience . . ."* (Galatians 5:22 NKJV)
- **An unwillingness to be led by God's Spirit leads to a lack of "love, joy and peace"; which then causes people to struggle with impatience.**

Practicing Patience Involves:

IMPLEMENTING SOME <u>CURES</u> FOR IMPATIENCE

- *"Impatience will get you into trouble."* (Proverbs 19:2 GNB)
- **Becoming a more patient person requires *Developing a Selfless Perspective*.**
    - **The root of impatience is self-focus, and success in relationships comes from learning to see things from other people's perspectives.**
    - *"A man's wisdom gives him patience; it is his glory to overlook an offense."* (Proverbs 19:11)
    - **Patience is a mark of maturity.**
    - *"A patient man has great understanding, but a quick-tempered man displays folly."* (Proverbs 14:29)
- **Becoming a more patient person requires *Maintaining a Sense of Humor*.**
    - **Learning to laugh at troubles enables us to become more patient.**
    - *"A relaxed attitude lengthens a man's life."* (Proverbs 14:30 TLB)
    - **God even has a sense of humor (Psalm 2:4).**
    - *"A cheerful heart is good medicine."* (Proverbs 17:22)
    - **God even has a sense of humor (Psalm 2:4).**
- **Becoming a more patient person requires *Deepening Our Love for Others.***
    - *"Love is patient."* (1 Corinthians 13:4)
    - **When we really love others we care about their needs, desires, feelings, point of view, etc.**
    - *"Be patient with each other, making allowance for each other's faults because of your love."* (Ephesians 4:2)
- **Becoming a more patient person requires *Depending Upon The Lord*.**
    - *"Let the Holy Spirit guide your lives. Then you won't be doing what your sinful nature craves."* (Galatians 5:16)
    - **Patience is not merely a matter of human willpower; it's a result of the Holy Spirit's presence and power in our lives.**
    - *"The Holy Spirit produces this kind of fruit in our lives: love, joy, peace, <u>patience</u> . . ."* (Galatians 5:22)
    - **Patience is a form of faith.**
    - **The hardest kind of waiting is waiting on the Lord when we're in a hurry and He's not; trusting that the Lord is always right on time.**

    - *“I can do all things through Christ who gives me strength.”* (Philippians 4:13)
- ***What steps do I need to take to become more patient towards others?***

- ***Why should we access the Holy Spirit’s help and learn to be more patient?***
- **Patience brings Maturity to our lives.**
    - **When we are impatient we are like children.**
    - *“When your endurance is fully developed, you will be strong in character and ready for anything.”* (James 1:4)
    - **There is no maturity without patience and no patience without trials.**
- **Patience brings Victory to our lives**
    - *“God blesses the people who patiently endure testing. Afterward they will receive the crown of life that God has promised to those who love Him.”* (James 1:12)
- **Patience brings Prosperity to our lives**
    - *“See how the farmer waits for the land to yield its valuable crop and how patient he is for the rains. You too, be patient.”* (James 5:7-8)
    - **God rewards patience in our lives (Galatians 6:7-9).**
    - *“Job is an example of a man who endured patiently. From his experience we see how the Lord's plan finally ended in good . . .”* (James 5:11)
- *“God causes everything to work together for the good of those who love God.”* (Romans 8:28)
- **We must learn to be patient with others because God is patient with us.**
- *“Bear in mind that our Lord’s patience means salvation.”* (2 Peter 3:15)