

Fruit of the Spirit - PATIENCE

The capacity to accept or tolerate delay, problems, or suffering without becoming annoyed or anxious:

When Paul thinks of love the first attribute that he thinks of is patience.

1 Corinthians 13:4-8 *Love is patient, love is kind. Love does not envy..*

There is nothing weak about patience; it's the capacity of selfless love to suffer even under "severe" hardship; to bear with difficult people/circumstances without giving up. Patience enables us to stand under pressure, not **standing** still, but moving on! We need to be focused on His purposes not our own.

Isaiah 55:8-9 *For My thoughts are not your thoughts, and your ways are not My ways. As heaven is higher than earth, so My ways are higher than your ways, and My thoughts than your thoughts.*

This verse gives us a strong reason to be patient with what God is doing in our lives. God knows what He is doing. He is outside of time and can see the end from the beginning.

Patience is perseverance, long suffering and in God's people it is one of the signs of our maturity, that a non-believer can see and discover something of the nature of God.

How do you become a more patient person?

If you are continually irritable with someone you are not patient.

1 Peter 3:20 *"God waited **patiently** in the days of Noah while the ark was being built. In it only a few people, eight in all, were saved through water."*

God is patient and demonstrates it. The ark took 100 years to build - **Gen 5:32 & Gen & 7:6.**

Proverbs 19:11 *"A man's wisdom gives him patience; it is to his glory to overlook an offence."*
Patience comes through wisdom - by thinking things through - by trying to see things from someone else's point of view.

We should not take offence - we have the choice to lay it down. Speak when you are angry and you will make the best speech you will ever regret. A bullet can't catch a word spoken in anger. Eggs cannot be unscrambled. Our patience is tested nearly every day in small matters when things are not going the way we want them to.

Lord I want patience and I want it now!?!? How do we become patient? God is passionate about our direction and destination. How we get there is as important as the finishing. Life is more like a long distance race than a 100m sprint.

Heb 6:12 *"We do not want you to become lazy, but to **imitate** those who through faith and patience inherit what has been promised."*

Patience in difficult circumstances

We need to remember that 'opposition' is part of our journey and not be surprised by it. Some Christians preach the 'comfortable life'; but God has not promised us an easy life.

John 16:33 *"In this world you will have trouble. But **take heart!** I have overcome the world."*

Sometime we need to look for a way through difficulties rather than a way to get out of them!

John 17:15 *"My prayer is **not that you take them out of the world** but that You **protect them from the evil one.**"*

Rev 1:9 *"I, John, your brother and companion in the suffering and kingdom and **patient endurance that are ours in Jesus**, was on the island of Patmos because of the word of God and the testimony of Jesus."*

Patience with imperfect people. That's us, but we are growing, Hallelujah! We need to give people a 'second/third' chance. We need to be people who are looking for the weak and patiently instructing them to be strong.

Eph 4:2 *"Be completely humble and gentle; **be patient, bearing with one another in love.**"*

1 Thes 5:14 *"And we urge you, brothers, warn those who are idle, encourage the timid, help the weak, **be patient with everyone**".*

Allow people to make mistakes and to help you even if you could do it faster. Mothers cooking/baking letting their children help is demonstrating and developing patience.

2 Tim 4:2 *"Preach the Word; be prepared in season and out of season; correct, rebuke and encourage--**with great patience and careful instruction.**"*

Matt 18:21-22 (Peter) *"Lord, how many times shall I forgive my brother when he sins against me? Up to seven times?" Jesus answered, "I tell you, **not seven times, but seventy-seven times**".*

Luke 17:3,4 *So watch yourselves. "If your brother sins, rebuke him, and if he repents, forgive him. If he sins against you seven times in a day, and seven times comes back to you and says, 'I repent', forgive him. - **Patience.***

Be patient with Father's promises We must not let frustration set into our lives.

Long term patience

James 5:7-8 *"**Be patient, then, brothers, until the Lord's coming.** See how the farmer waits for the land to yield its valuable crop and how **patient** he is for the autumn and spring rains. You too, be **patient** and stand firm, because the Lord's coming is near."*

Sometimes we get frustrated when God does not answer our cry for help! We must never get offended with God, but must learn to accept and understand His timing.

2 Peter 3:8-9 “...with the Lord a day is like a thousand years, and a thousand years are like a day. The Lord is **not slow in keeping his promise**, as some understand slowness. He is patient with you, not wanting anyone to perish, but everyone to come to repentance”.

God’s timing does not always make sense to us, and that is because He sees time from a different perspective – He knows what the end will be.

John 11:5-6 “Jesus loved Martha and her sister and Lazarus. Yet when he heard that Lazarus was sick, he stayed where he was two more days.”

Exodus 17:1 “The whole Israelite community set out from the Desert of Sin, travelling from **place to place as the Lord commanded**. They camped at Rephidim, **but there was no water for the people to drink**.”

Father tests us to develop our patience. Anger is often around when patience is being tested?

We need to understand our destiny and thank Him for that which He has promised. At the same time exercising patience, honouring Father, Son and Holy Spirit.

Patience needs to become a lifestyle of trusting Father for His promises and thanking Him for His faith in us.