



#4 "Losing Patience"

Where, When, & With Whom Do You Tend To Lose Your Patience?

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law. Galatians 5:22-23

Patience = 2 Greek Words

ὕπομονή [hoo-pom-onay'] = Patiently Waiting in a Difficult Circumstance= "Don't Blow Up"

μακροθυμία [mak-roth-oo-mee-ah] = Forbearance/Long Suffering = "Don't Give Up"

- An INTERPERSONAL Patience

Three Groups/Three Response

we urge you, brothers and sisters, warn those who are idle and disruptive, encourage the disheartened, help the weak, be patient with everyone 1Thessalonians 5:14[NIV]

#1. WARN Those Who Are Idle and DISRUPTIVE

Warn = Greek [νουθετέω] = To Caution & Counsel Gently

"To Warn Someone Implies That You Actually Care About Them"

#2. ENCOURAGE The DISHEARTENED

"Don't Get Annoyed and Avoid."

#3. HELP The WEAK

"Christians Don't All Mature At The Same Pace - Because Christians Don't All Start At The Place."

...be patient with everyone. Make sure that nobody pays back wrong for wrong, but always strive to do what is good for each other and for everyone else.

1Thessalonians 5:14-15[NIV]

- We All Have Some Patience, But Our Patience Is LIMITED

How Do We Increase Our Capacity For Patience?

Application Step: Foster An AWARENESS Of The Supernatural Patience God Extended Toward You

I thank Christ Jesus our Lord, who has given me strength, that he considered me trustworthy, appointing me to his service. Even though I was once a blasphemer and a persecutor and a violent man, I was shown mercy because I acted in ignorance and unbelief. ¹⁴ The grace of our Lord was poured out on me abundantly, along with the faith and love that are in Christ Jesus. Here is a trustworthy saying that deserves full acceptance: Christ Jesus came into the world to save sinner. But for that very reason I was shown mercy so that in me, the worst of sinners, Christ Jesus might display his immense patience as an example for those who would believe in him and receive eternal life.

1 Timothy 1:12-16

'When You Slow Down Long Enough You Create Space That Allows You To Suppress What Is Natural And Allow The Spirit To Cultivate What Is Unnatural.'

Life Group Questions

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- Where, when or with whom do you tend to lose patience?
- What are words you would use to describe a patient person?

Read 1 Thessalonians 5:14–15.

- What are ways we can show patience, or *bear up with*, those who are challenging to us or are struggling?
- When we use the phrase "I just lost my patience," it implies that we started with some measure of patience that has run out. The key to cultivating more patience is becoming more aware of how Jesus is patient with us. What can you do to become more actively aware of Jesus's patience with you?

Read 1 Timothy 1:13–16.

- How does Paul serve as an example for us as we seek to cultivate more patience?
- What do you stand to gain when you cultivate patience? What might your community and family gain when you cultivate patience?

Use this prayer to help cultivate a heart and mind where patience can grow:

"God, your mercy is new every morning. Your love for me, seen through the sacrifice of Jesus, covers all my sin and enables me to reflect you. Grow my awareness of how much you love me. And as I remember your love for me, help me show your love through a supernatural patience for everyone I encounter."

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