

INSIDE OUT

NINE ESSENTIAL ELEMENTS
OF SPIRITUAL MATURITY

The Fruit of the Spirit: # 4 "PATIENCE"
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March 5th, 2017

This is lesson four in The Fruit of The Spirit series. Please read Galatians 5:22-23.
Today we are focusing on patience.

BACKGROUND: there are two ways the word patience is translated in the Bible. One of the ways is translated as 'endurance' or 'perseverance.'

1. READ: Hebrews 12:1-3 in the KJV (King James Version) and then in the NIV (New International Version) and review how the translators used the different words (you can find translations at biblegateway.com or YouVersion.com)
2. The second translation of the word "patience" is the one found in Galatians 5:22, the one we are studying today. The word here in the original language is *makrothumeo* which, when translated literally means---'taking a long time to boil'. This word is translated 'longsuffering' in some Bible versions. This word means to have a *long temper*, being able to handle one's anger slowly. It's the opposite of having a 'short fuse'.

DISCUSSION:

- a. What are some of the reasons you think we live in a society where people seem to have such a short fuse? What is making us so impatient?
- b. What are the triggers that set you off? What taxes your patience with other people?

Comment: Since patience is a fruit of the Spirit, it means that patience is a character trait of the divine nature of God.

A. How is God patient?

1. READ: Psalm 103:8
 - a. What four characteristics of God do we read about in this verse?
 - b. See if you can give some examples of God dealing this way in the Old Testament (ie. Jonah).
2. READ: 2 Peter 3:15 in the New Living Translation (NLT) and 2 Peter 3:9.
 - a. Why is God patient here?
 - b. How has God been patient with you on your journey to salvation and faith in Christ?

3. READ: 1 Timothy 1:15-16
 - a. What does Paul say was the purpose of God's patience (mercy) in his life?

4.

DEFINITION OF PATIENCE:
**THE ABILITY TO BE SLOW TO ANGER SO THAT WE ARE A REFLECTION
OF THE PATIENCE AND MERCY GOD SHOWS US**

- a. According to this definition what is the purpose of us being patient, or slow to anger?
- b. In what way could this understanding of the purpose of patience help us to be more patient?

B. Our life is to be a reflection of God's patience

1. READ: James 1:19-20(NIV) and in The Message
 - a. In our dealings with others, what order should our dialogue be in?
 - b. What is the problem with human anger, here?
 - c. Why do you think some of us don't listen well?
 - d. What could we do about that?

C. Cultivating patience in our lives

1. READ: Isaiah 30:15 (NIV)
 - a. What are the four words we are instructed to live by in this verse?
 - b. What is the sad conclusion to this verse?
 - c. What do we forfeit if we don't live by these four words? In other words, what are their opposites?
2. COMMENT: The antidote to the hurried, pressure and speed of our lives is to create a Quiet Zone. In Isaiah 30:15 the Lord gives us a way to do this daily. The word 'repent' literally means to turn around and go the other way.
 - a. How would the word 'repent' apply to our overcommitted hurried lives?
 - b. How would we repent of what is causing us to be impatient?
 - c. What could we do to create more rest in our lives?
 - d. What could we do to create periods of quietness?
 - e. What specific steps could we discover that would help us trust God more?
3. READ: Psalm 46:10
 - a. What are we told to do here?
 - b. What is the result of this action?
 - c. COMMENT: The words 'be still' literally mean to 'stop warring' or 'stop going to war'. For personal reflection: With whom do you need to stop 'going to war'?

4. Here are four ways we can begin to stop warring and learn stillness. Discuss each one and ways you could implement them. Are there other ways you can think of?
 - Focus on gratefulness
 - Ask yourself, "How important is this?"
 - Use empathy
 - Be less judgemental
5. What do you think the following quote means?

"PATIENCE IS NOT JUST AN ABILITY TO WAIT. PATIENCE IS REALLY HOW WE BEHAVE WHILE WE'RE WAITING"
---Joyce Meyer
6. Discuss the following statement:

"THE PERSON WHO BENEFITS MOST FROM BEING PATIENT IS YOU"
7. What do you think is your biggest learning moment from today's study?
Please share this with your group. What first step do you need to take today?

RESOURCES TO HELP YOU FIND YOUR QUIET ZONE AND LEARN TO BE STILL

www.mindfulworship.com

There are some free meditations available here for you to try. They are of varied length. I personally like the ones that are about 15 min. You may like the longer ones. I subscribe monthly to this to get all of the meditations. I download the ones I want onto my phone so I have them any where I go. That means I can listen anywhere without data charges

www.faithgateway.com

(or Google search: *40 DAYS TO EASTER*)

This is a great daily reading and meditation that comes directly to your inbox. The 40 days to Easter is excellent.

UPCOMING EVENTS:

1. THE FOLD:
A night of worship and praise for young adults, ages 18-30 at All Nations Church on Saturday March 11th, 7 p.m. Check out more information on Facebook at Facebook.com/thefoldanc, or on Instagram @thefoldanc.
2. MARCH BREAK MEDIA CAMP:
If you would like hands on experience in the media production area of All Nations Church, consider spending your March break (March 13-17, 9 a.m. – 4 p.m.) in the production of a music video. You will learn all aspects of media production while helping local Christian artist Kassie Tyers. Contact Pastor Atheson for cost and details at aharper@allnationschurch.ca or call the church office at 705-673-6110. This is a great learning initiative for the young person or young adult in your life...and maybe even you!
3. ALL NATIONS CHURCH FINANCIAL UPDATE:
We have completed our first full year in our Mission Outpost! We are planning to share a financial update and budgets with you, as well as report on the 20 x 2020 mission on Sunday morning April 2nd immediately after the service.