



# The Fruit of the Spirit is Patience

Galatians 5:22 (ESV) The fruit of the Spirit is love, joy, peace, patience, kindness,

Galatians 5:23 (ESV) goodness, faithfulness, gentleness, self-control.

John 15:5 (ESV) I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing.

**1. I cultivate the fruit of patience by trusting that the LORD has the “Big Map” for my life.**

Jonah 4:1 (ESV) But it displeased Jonah exceedingly, and he was angry.

Jonah 4:2 (ESV) And he prayed to the LORD and said, “O LORD, is not this what I said when I was yet in my country? That is why I made haste to flee to Tarshish; for I knew that you are a gracious God and merciful, slow to anger and abounding in steadfast love, and relenting from disaster.

Luke 23:34 (ESV) Jesus said, “Father, forgive them, for they know not what they do.”

2 Peter 3:8 (ESV) Do not overlook this one fact, beloved, that with the Lord one day is as a thousand years, and a thousand years as one day.

2 Peter 3:9 (ESV) The Lord is not slow to fulfill his promise as some count slowness, but is patient toward you, not wishing that any should perish, but that all should reach repentance.

**2. I cultivate the fruit of patience by allowing the depths of God’s patience to transform my purpose.**

James 1:4 (ESV) Let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing.

1 Corinthians 13:4 (ESV) Love is patient...

Question: So, what does it mean for me that the God I belong to is patient and holds the big map for my life in His hands?



- God's patience compels me to be patient with others.
- Start enjoying the journey.
- Pray for patience.

Colossians 1:9 (ESV)...we have not ceased to pray for you, asking that you may be...

Colossians 1:11 (ESV) ...strengthened with all power, according to his glorious might, for all endurance and patience with joy...

- Keep your focus on the most patient person who ever lived.

Hebrews 12:1 (ESV) Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us,

Hebrews 12:2 (ESV) looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.

Hebrews 12:3 (ESV) Consider him who endured from sinners such hostility against himself, so that you may not grow weary or fainthearted.

- Understand patience is learned in adversity.

James 1:2 (ESV) Count it all joy, my brothers, when you meet trials of various kinds,

James 1:3 (ESV) for you know that the testing of your faith produces steadfastness.

- Patience in my life may be the very thing God uses to bring the gospel to someone.

2 Peter 3:9 (ESV) The Lord is not slow to fulfill his promise as some count slowness, but is patient toward you, not wishing that any should perish, but that all should reach repentance.

# CULTIVATING THE **FRUIT** OF THE **SPIRIT** STUDY GUIDE

## **Part 4: The Fruit of the Spirit is PATIENCE**

Tailor the following questions to fit the needs of your individual or Small Group study. Start with the BREAKING THE ICE question and then get real with several CONNECTING questions.

TAKE IT HOME is for more further personal study or more discussion in your small group.

### **ICE BREAKER:**

There are some people who will push the “door close” button in an elevator even though doors will automatically close. Are you the kind of person who pushes the “door close” button?

What do we see in our culture that reveals our impatience? (i.e., fast food, microwave dinners, etc.)

### **CONNECTING:**

1. Read the following verses and write down everything you learn about God's patience. (Also translated longsuffering, slow to anger)

Exodus 34:6

Psalms 86:15; 103:8; 145:8

Joel 2:13

Micah 7:18

Romans 2:4

1 Timothy 1:15, 16

1 Peter 3:20

2 Peter 3:9-15

Share or write a sentence or two describing what you have learned about God's patience.

2. Read Matthew 18:21-35. Share or write what you observe about patience and what it should look like in us.

What is the relationship between patience and forgiveness?

What is the relationship between patience and anger?

3. How has God expressed His patience toward you?

Is there *someone* in your life to whom you need to show patience?  
How will you do this?

Are there *circumstances* in which you need to have patience?  
How will you do this?

**TAKE IT HOME or for discussion in your small group:**

1. From the following verses, describe what is required of us.

Proverbs 14:29; 16:23; 19:11

1 Corinthians 13:4

Ephesians 4:1-3

Colossians 3:12-14

1 Thessalonians 5:14

2 Timothy 2:24-26; 4:2

Hebrews 6:15

James 5:7-11

1 Peter 2:20

What has especially encouraged you? Challenged you?

2. Share or write down and thank God for the aspects of His character you have seen revealed in this lesson.

Ask God to make you like Himself being patient.

# Fruit of the Spirit / Personal Assessment

Throughout this teaching series continue asking the following questions regarding the fruit of the Spirit.

## Week 1: Love

- How tender is your heart towards God and other people?
- Do you find yourself habitually engaging in acts of servanthood?
- Do you ever have a critical, judgmental spirit in your heart?

## Week 2: Joy

- What is your current "irritability factor?"
- Are you more inclined to speak words of complaint or gratitude?
- How often did you laugh this week?
- How often did you laugh this week?
- Are you able to choose Joy in times of frustration or difficulty?
- Do you find yourself, even now, rationalizing your lack of Joy?

## Week 3: Peace

- To what degree are your heart and mind at rest in God?
- How consistently are you troubled or anxious?
- Would people who know you describe you as being contented or discontented?

## Week 4: Patience

- How do you respond when you don't get your way, or you're frustrated?
- Are you able to wait gracefully?
- Would people describe you as a "peaceful, patient waiter?"
- How do you handle it when people aren't moving as quickly as you would like?

## Week 5: Kindness

- How inclined are you to lend someone a helping hand even though you're busy or you know you won't get credit?
- How are you doing at encouraging and affirming people?
- Do you consistently take the time to actually notice people and listen to them?

## Week 6: Generosity

- What portion of your time and material resources are you actually giving to God, to the poor, to other people?
- Do you ever find yourself wanting to give just the least amount acceptable?
- Is your heart to give growing or shrinking?

## Week 7: Faithfulness

- Would people around you say that you are dependable?
- When you say you are going to do something, it gets done.
- Do you ever use words to deceive or to put a spin on things?

- Do you ever wrestle with procrastination?

### **Week 8: Gentleness**

- How successfully do you speak the truth with grace?
- Do you ever get angry and inflict pain on someone just because it will feel good?
- Over the last week, how often have you come along side somebody who was hurting to give them comfort?

### **Week 9: Self-control**

- Do you have any bad habits?
- Do you ever give into an impulse?
- How's your mouth doing these days?