



Fruits of the Spirit: Patience

Read: Galatians 5:22-23. Patience is a fruit of the Spirit!

Discuss:

- What is Patience? The dictionary says patience is the bearing of pain, misfortune, or annoyance without anger, irritation, or complaint. *Bearing* is like holding something very heavy. When you are going through something difficult, it can feel like you are carrying something very heavy everywhere you go. So patience is going through something really hard, or something quite annoying, without getting angry or complaining.
- What is the opposite of patience? *Impatience!*
- What are some things you go through each day that make you impatient?

Read the following verses that speak about patience:

- Proverbs 19:11 ~ This verse reminds us that a wise person is patient. When someone wrongs them, they patiently forgive that person
- Colossians 1:11 ~ It is really tough to be patient sometimes, but God's glorious power gives us strength to be patient.
- 1 Timothy 1:16 ~ Paul says that he was shown mercy, so that God's perfect patience would be put on display.

Each day we will face situations that test our patience. These can be small things, like someone taking their time when you are in a hurry, or very big things, like waiting on God to heal a family member. As we learn to be patient in the small things, God will prepare us to go through the bigger things. This does not mean that we will be patient all the time! **As a follower of Jesus, we grow to know Him more and more, we change, and *patience* becomes part of our character.** With the Holy Spirit living inside of us, He gives the power to be patient!

Do: Act out some of the things you talked about earlier that make you impatient. Come up with some ways you can control your irritation in different situations to show patience (HINT: prayer, leaving the room, taking a deep breath, remembering a Bible Verse, etc.).

Pray: Jesus, thank you for giving me the Holy Spirit. Thank you for growing the fruits of the Spirit I am learning about in my life. Continue to help me be patience with situations and with those around me. Thank you for being patient with me! Amen.