

## Patience

Scripture used: [Galatians 5:22-23 \(NLT\)](#)

### OVERVIEW

Pastor Hurmon shared the fourth message in our series, “Peel: What’s Under Your Skin?” This message focuses on the characteristic of patience as one of the essential aspects of the fruit of God’s Spirit in our lives. We looked at patience as the capacity to accept or tolerate delay, trouble, or suffering without getting angry or upset. God desires for His people to cultivate the characteristic of patience, because God has structured the need for patience into the fabric of Creation itself. The most valuable aspects of life require patience to develop. There is no great work, no lasting impact, and no significant relationship that does not require patience to realize.

### KEY POINTS

- 1) **One expression of patience is perseverance, endurance, or grit** to achieve a goal, realize a dream, or overcome suffering or discouragement. This kind of patience often requires leaning in towards God and trusting Him. If we believe that God has called us to pursue a worthy goal, we should trust in God for strength and favor to be faithful. The temptation will be to take a shortcut instead of being patient, and when we take shortcuts, we either invite unnecessary pain and suffering into our lives, or we miss out on discovering God’s faithfulness and provision to us. The dynamics of perseverance and the temptation to take shortcuts are captured in the account of Abram and Sarai in [Genesis 12:2-4](#), [Genesis 15](#), and [Genesis 16](#).
- 2) **A second expression of patience is in our relationships, especially with those who are “extra grace required” kind of people for us.** [Psalms 103:8](#) describes God as compassionate and merciful, slow to get angry and filled with unfailing love. [Proverbs 15:18](#) reminds us that the patient bring peace, and [Ephesians 4:2](#) encourages us to be patient, making allowance for each other out of love. Patience in relationships is essential for a relationship to grow, for a relationship to be a mutual blessing, and for God to work through a relationship to bring transformation. This is especially true for our closest relationships - our dearest friendships, in families, and in marriages! One of the most patient and loving things we can do in all of our relationships is to be a good listener.
- 3) **A third expression of patience is self-control** and the ability to discipline our emotions so they work for us and not against us. [2 Peter 1:6](#) connects faithfulness, goodness, patience, and self-control. Being patient in acting out on our emotions keeps us from impulsive rashness that can destroy relationships and otherwise bring great pain.
- 4) **A final expression of patience, and the one that makes all the others possible, is the patience that comes from reflection.** [Psalm 37:7-8](#) reminds us that being still in God’s presence makes it possible to persevere, to express grace in relationships, and to control our emotions. It is in reflection that God reminds us how patient He has been to us, and how faithfully He has lavished His love on us by saving us, forgiving us, and bringing us into His family. When we are secure in God’s love, we are able to be lovingly patient with others and to patiently trust God no matter what our circumstances.

### DISCUSSION

- 1) **HEAR** - Ask yourself “Where does life tend to test our patience?” Is it work/school, relationships, or difficult circumstances? Where do you feel like God is inviting you to grow in patience?
- 2) **UNDERSTAND** - We don’t become more patient simply by trying harder. The fruit of patience is cultivated by intimacy with God. Through reflection and prayer, God’s patience with us and love for us become real, our emotional and spiritual reservoirs become filled, and we can pour out patience and grace when challenged by life and in our relationships with others. Reflect on [Psalm 103](#) - do you find yourself intimately praising God as the psalmist does?
- 3) **DO** - Pastor Hurmon asked us to commit to practicing patience this week. Prayerfully invite God into one aspect of life that is challenging for your patience. And if you want to join NBCC in daily cultivating the fruit of the Holy Spirit in your life, sign up for [the PEEL Challenge](#)!