

# The Fruit of the Spirit

## Week 4: Patience

### Introduction:

This week we looked at the spiritual flavor of Patience. We live in a fast-paced world that demands instant gratification, yet the Bible teaches that patience is a critical component of the Christian life. Today, we'll explore how the Fruit of the Spirit, patience, involves more than just waiting. It's about *how* we wait—whether we are enduring trials, holding back our temper, or trusting God with our future. Patience, at its core, is about being willing to *wait well*—not with frustration, but with peace, perseverance, and an expectant hope in the Lord.

In this message, we will look at three key areas of patience: how we are called to wait in everyday life, how patience helps us endure through trials, and how we can wait expectantly on God's perfect timing.

1. **Waiting as a Way of Life:** Everyday life presents us many opportunities to practice the Spiritual fruit of patience; from our pace of life, to things not happening as fast as we'd like them to, and to our relationships. These areas we explored were:
  - a. **Waiting, Not Rushing**
  - b. **Waiting, Not Complaining**
  - c. **Waiting, Not Berating**
2. **Waiting Through Trials:** One of the most challenging areas of life is waiting through times of hardship. We know we will face trouble in this life and many times tempted to give up, but the Spiritual fruit of patience gives us the endurance to keep going.
3. **Waiting on the Lord:** We all have things that we've been praying and believing for, and many times it seems that God is 'slow' to answer our prayers. However, good things are worth waiting for and God wants us to wait, not in doubt, but wait expectantly in faith.

### Discussion Questions:

1. What's something in your life that you had to wait a long time for? How did you feel during that waiting period, and how did you feel when you finally got what you were waiting for (or maybe not got it)?
2. What are some everyday situations where you find it difficult to be patient? Why do you think patience often involves not complaining or getting frustrated? How does Philippians 2:14-15 challenge us in this area?
3. What impact do you think "berating" or losing our temper with others has on our relationships during times of waiting? How does holding our temper align with the patience described in James 1:19-20?
4. Read Romans 5:3-4. How do trials produce perseverance, character, and hope in our lives? How does patience help us endure difficult seasons? How can our faith or patience grow during these seasons? What role does endurance play in developing deeper spiritual maturity?
5. What does "waiting on the Lord" mean to you? How does Isaiah 40:31 encourage you to stay patient and hopeful during uncertain times? What is one thing that you are 'waiting on' that the group can help pray with you about?
6. How can we maintain an attitude of expectancy while waiting on God, especially when we don't see immediate results? How is this attitude of expectancy different from simply sitting idle and wondering if something is going to happen? What are some practical ways we can keep our faith strong during these waiting periods?
7. Looking at all we've discussed about patience, which areas do you feel God is challenging you to grow in? What specific steps can you take to cultivate more patience in your daily life?