

## Patience // Look at the Details

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Various commentators define patience in this verse in Galatians as “patience sustained under injuries or provocation” and “patience in the face of wrongs or ill-treatment.” If you have professed belief in Christ and accepted Him as Savior, then you have the Holy Spirit in you. One of the fruits of the Holy Spirit is patience. So, you already have patience in you. This fruit may merely need to be ripened or unburied.



### **STEP ONE:**

Aristotle said, “Patience is bitter, but its fruit is sweet.”

**How has god turned a situation that required patience from you into a sweet experience?**

### **STEP TWO:**

Read Colossians 1:11.

**Where does the power for the attribute of patience come from?**

### **STEP THREE:**

Read Ephesians 4:2.

**How are patience and love connected in this verse? Do you have people in your life that you need to practice more patience with? How can you demonstrate more patience with that person(s) this week?**

## **STEP FOUR:**

Read Romans 12:12.

**Being patient in affliction is tough! What affliction or tough circumstance have you experienced in the past in which you could have exercised more patience? In what ways can you exhibit patience in present difficulty? What will you do the next time you are met with adversity to show patience?**

## **STEP FIVE:**

Pray this prayer:

*Lord, you are the ultimate example of patience in adversity. I long to be like you and allow patience to permeate my being...to show patience in all circumstances, with all people. Please fill me with patience. Teach me to wait on you when your answer is not "yes" or "no", but the answer is "wait". Thank you for biblical examples of patience. Thank you for your many examples of patience. Let me be different for you. Let others clearly see you in me. Amen.*

Patience is certainly a hard fruit to develop. Helping my Dad now as he ages is certainly helping me develop patience in many areas...with people, with the healthcare system, and with facilities. It definitely takes me asking God to fill me with His Holy Spirit to enable me to have His patience shine through me every single day!

// Melanie