

"Virtues to Live by"

Before You Begin – An overview for teachers

Patience Definition and Biblical Sources

Patience

"Be patient and wait for the Lord to act, don't be worried about those who prosper or those who succeed in their evil plans. Don't give in to worry or anger; it only leads to trouble."

(Psalm 37:7-8)

Definition

You are able to wait without complaining because you know that some things take time. You are calm and trusting. You know that waiting is sometimes painful or hard to do but you trust that later on something good will happen. You have enough self-control to wait and tolerate something because you know that you can't control the way someone is acting or what is happening.

Biblical sources

"Rejoice in hope, be patient in your troubles, and pray at all times." (Romans 12:12)

"With all humility and gentleness, with patience, bearing with one another in love." (Ephesians 4:2)

"Love is patient and kind" (1 Corinthians 13:4)

"But they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint." (Isaiah 40:31)

"Now be patient, brothers and sisters, until the Lord's coming. Think of the farmer: how patiently he waits for the precious fruit of the ground until it has had the autumn rains and the spring rains. You too have to be patient; do not lose heart, because the Lord's coming will be soon." (James 5:7-8)

"As for those in the good soil, they are those who, hearing the word, hold to it with an honest and good heart, and bear fruit with patience." (Luke 8:15)

"And Abraham, having patiently waited, obtained the promise." (Hebrews 6:15)

Catholic sources

"When you are on the journey, many things happen that are not always good. For me, the attitude of parents when a child is born sick or disabled says a lot about patience as a virtue on the journey. "But thank God that [our child] is alive!" [They might say.] These are people with patience. And they bear the life of that child with love, even to the end. And it is not easy care for a disabled or sick child year after year after year... but the joy of having that child gives them the strength to go forward. And this is patience, not resignation – that is, it is the virtue that comes when one is on the journey." Pope Francis

“When things don’t go our way, we complain. But, step back for a moment, think about the patience of God the Father, embrace patience, as Jesus did. Patience is a beautiful virtue. Let us ask the Lord for it.”
Pope Francis

Why Practice Patience?

When you are patient you can wait without complaining. Often when we are aiming to achieve a goal we need to be patient with ourselves and others to fulfil our hopes and dreams. When we are patient with others we work with God to build them up and give them confidence to keep going. When you are patient with yourself you build your capacity to grow in love and knowledge of God.

How do we Practice Patience?

You practice patience when you can wait calmly and accept things that you cannot control, knowing all things are in God’s hands. You are calm with others. You rely on God to give you the strength to be patient with yourself and others. You try to understand other points of view and will listen attentively to others.

Key Words:

Fortitude, endurance, tolerance, self-control, calmness, even temper, long-suffering

Signs you are Patient:

I can wait.

I use strategies to keep myself calm.

I can do something now that will help me in the future.

I can accept things I cannot change with humour and grace.

I am patient with myself when I make mistakes.

I am patient with others when they mistakes.

Other ideas:

Plant seeds – discuss and practice patience whilst the plant is growing.

Art project eg mosaic – working with others, listening to others ideas, time for preparation (highlight all the times you have needed patience to get to the end goal of a beautiful mosaic).

Reflection Questions:

Is there someone you find it hard to be patient with – how could you practice patience this week?

What would help you be more patient with others?

When is it hardest for you to be patient?

How do you need to be patient with yourself today?

When are others patient with you? How do you feel when they are patient?

Think of a time when you were patient with yourself and succeeded in achieving a goal– how did you feel?

Quotes:

"God is with those who are patient and persevere." (Islam, Qur'an 2:153)

"Be patient with everyone, but above all be patient with yourself. I mean, do not be disheartened by your faults, but instantly set about remedying them – every day begin the task anew." (St. Francis de Sales)

"Patience and diligence, like faith, remove mountains." William Penn

"Patience may be defined as that quality of life which makes suffering creative; and impatience as that whereby suffering becomes a destructive force." Robert Llewelyn