

Outline & Discussion Questions

Video is available online at messages.visitccc.com

Connection

Take 10-15 minutes and do a connection starter as a group. *What is something in life that really tests your patience - a pet peeve?*

Cheer and Challenge

Have each person share a high and low from this past week. *How did your "I will..." statement go? Share your experience on doing your "I will..." statement from last week's study.*

Content

Read Galatians 5:22-23 - List the 9 character qualities that make up the fruit of the Spirit. These are character qualities for tough times and this week we are learning about **patience**.

Three Greek New Testament Words for Patience:

Upomone = "Patience" – abide under, remain under the weight that is on you and keep moving forward

Makrothumia = "Long-suffering" - endure under heat that generates violence, like a pot of boiling water

Anoxe = "Forbearance" – to hold up, stand strong and continue on, persevering, waiting; often used in reference to relationship with people

- As you read the above definitions, which of these describes the type of patience you need in your life at this time?
- Is patience a trait of weakness or strength? Explain your thoughts.
- Bruce Lee , the martial artist - "Patience is not passive. To the contrary, it is a concentrated strength. The quiet willingness to wait, alert and ready, for the right time to make the appropriate move."
- Is there an area of your life where you find yourself wanting to exercise patience in a similar way?

The Fruit of the Spirit are a reflection of the very character of God.

- Read Micah 7:18-20. How is God's patience with people an expression of His love? Share how you see God's patience in every day situations.
- Read John 13:1. What phrase in this verse speaks to Jesus' patience?
- From what you know of Jesus' life, what are some situations that came up where you'd imagine He had to exercise patience?

Three principles to be a growing person of patience:

LET GOD LEAD YOUR LIFE

Read Ephesians 4:1. What is the "calling we have received" as believers?

How did this play out in Paul's life? What does his example show us?

Read I Peter 2:20-21. "Patiently enduring unjust treatment" is one of the most challenging things we can be called to do. Describe a time in your life when you walked through this.

Read I Peter 2:21-25. How did you walk through your unjust treatment in a way that was similar to or different from Jesus' example? How can you let God lead your life the next time you endure unjust treatment?

LET HUMILITY RULE YOUR RELATIONSHIPS

Read Ephesians 4:2. How does humility relate to patience?

Read Philippians 2:3-4. What word / phrase in these verses is difficult for you?

In recent days, how have you seen, either in the news or in our culture, problems arising from people failing to "think of others as better than themselves"?

Philippians 2:4 urges us to "take an interest in others too." What part does listening to others play in this? In what way can listening help us with racial reconciliation?

LET PATIENCE SATURATE YOUR STEPS

Ephesians 4:2 challenges us to "Be patient with each other, making allowance for each other's faults because of your love." What do you do that helps you prepare to be *patient* and *longsuffering* with people?

Read Colossians 3:13-14. Take a moment in silent prayer, asking God where you have disappointed Him recently. List here what comes to mind:

Commitment

How will you live out the truth from these passages this week? Take time to create an "I will..." statement of something you can do this week to be show **patience** in your sphere of influence.

"I will _____."

Close

Pray together and for each other.

Continue



L - Listen with Care

When have you recently had an opportunity to patiently "listen with care" to an unbelieving friend? Ask the Lord, "Who is someone I should call / talk with so I can show love to them by listening?" Write their name here:

Digging Deeper

1. Write out Galatians 5:22-23 and practice memorizing it.
2. Read the Parable of the Sower found in Luke 8:4-15. Reread verse 15 and list what the directives are for the seeds that fell on the good soil. What is the connection between bearing fruit and patience?
3. Watch this time lapse of flowers blooming or look up online a time lapse video of plants. This video is just over 2 minutes (https://www.youtube.com/watch?v=pZVdQLn_E5w). Challenge yourself to sit still, quietly for the duration and take note of what that was like for you.

On average it takes a flower 7 weeks to bloom and yet watch the video which makes it go so much faster. Beyond a flower blooming, consider fruit trees. According to many studies, the peach tree is one of the fastest fruit producing trees but still takes years. Read James 5:7-8. What can we learn from the farmer about waiting? How does the world seek to rush us? What will you do to embrace waiting and stillness?

4. Consider this quote by John Piper: *"The strength of patience hangs on our capacity to believe that God is up to something good for us in all our delays and detours."*

Take a moment and think about something that you feel like God is delaying. Go for a slow stroll if you are able or sit quietly for at least 10 minutes. Spend time praying with thanks to God for all that He is doing in the delays and the detours in your life. Ask Him to help you wait on His timing.

5. Read Psalm 27:13-14. It is easy to despair in situations that look hopeless. The Lord calls us to wait patiently, knowing He is at work. Spend some time in prayer, personalizing the Psalm.

"Yet I am confident I will see the LORD's goodness while I am here in the land of the living (specify a situation where you yearn to see God work) _____ I will wait patiently for the LORD by _____ I will be brave and courageous by _____ Yes, I will wait patiently for the LORD."