



GROWING SPIRITUALLY

Lesson 9: Developing Your Patience

Last Week: “Peaceful Living”

John
14:27
“Do not let
your
hearts be
troubled
and do
not be
afraid.”

- ❖ Keys to peace:
 - ❖ Obey God’s principles - Ps 119:165-168
 - ❖ Accept His pardon - Mic 7:18-19
 - ❖ Focus on His presence - Ps 46:1 & 10-11
 - ❖ Trust God’s purpose - Prov 3:5-6
 - ❖ Ask for God’s Peace - Phil 4:4-7
- ❖ You will not experience true and lasting peace until Christ is in charge of your life.
- ❖ Peace is not a trouble free life.
- ❖ It is a sense of calmness in the midst of life’s storms.

Today: “Developing Your Patience”

- ❖ Today’s lesson is about “Developing Your Patience”
 - ❖ How patient are you?
 - ❖ The 4 I’s.
 - ❖ Finding the “root cause” of our impatience.
 - ❖ How to become more patient:
 - ❖ Develop a new perspective;
 - ❖ Acquire a sense of humor;
 - ❖ Deepen your love;
 - ❖ Depend on God.

The Most Useful Virtue

- ❖ Patience may be the most useful virtue.
 - ❖ We need it all of the time and everywhere.
 - ❖ Prov 16:32 – Better a patient man than a warrior, a man who controls his temper than one who takes a city. NIV
 - ❖ Have you ever prayed for patience and your problems got worse?
 - ❖ You expect things to get better.
 - ❖ Instead the Lord answers your prayer by giving you more trials in order to grow your patience.

Test Your Patience

- ❖ How patient are you?
- ❖ Let's find out:
 - ❖ We are going to look at 4 questions.
 - ❖ Consider each question and score yourself 1 – 5:
 - ❖ 1 – poor; 2 – below average; 3 – OK; 4 – better than average; and 5 – very well.
 - ❖ When you have completed all 4 questions, total your score.
 - ❖ We will discuss the results later.

□	1 – poorly
□	2 – below average
□	3 – OK
□	4 – better than average
□	5 – very well

Interruptions:

- ❖ How do you handle interruptions?
 - ❖ Our best laid plans are often interrupted.
 - ❖ Examples:
 - ❖ You are on your way to go fishing and the truck breaks down.
 - ❖ You are at the boarding gate, and cannot find your photo ID.
 - ❖ You are trying to cook dinner, and all of the kids want you.
 - ❖ Matt 19:13 – Then little children were brought to Jesus for him to place his hands on them and pray for them. But the disciples rebuked those who brought them. NIV
 - ❖ The disciples saw this as an interruption and were impatient.

□	1 – poorly
□	2 – below average
□	3 – OK
□	4 – better than average
□	5 – very well

Inconveniences:

❖ How do you handle inconveniences?

- ❖ We live in fast times (ex: email; text messages; instant this and instant that).
- ❖ We are a culture that does not like to wait and we are always in a hurry.
- ❖ So what do you do when things do not go as planned?
 - ❖ Luke 10:40 - But Martha was distracted by all the preparations that had to be made. She came to him and asked, "Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!" NIV
 - ❖ Jesus replied: "Mary has chosen what is better, and it will not be taken away from her."

□	1 – poorly
□	2 – below average
□	3 – OK
□	4 – better than average
□	5 – very well

Irritations:

- ❖ How do you handle irritations?
 - ❖ These are the things that “bug” you (annoyances).
 - ❖ Sometimes it is other people that irritate you, but there are so many possibilities:
 - ❖ Traffic jams; long lines; lost keys; oversold flights; delayed flights...
 - ❖ Num 20:10 – He and Aaron gathered the assembly together in front of the rock and Moses said to them, "Listen, you rebels, must we bring you water out of this rock?" NIV
 - ❖ Moses lost his patience with the Israelites and did not honor God.
 - ❖ Learn to respond to your irritations in a positive way.

- 1 – poorly
- 2 – below average
- 3 – OK
- 4 – better than average
- 5 – very well

Inactivity:

- ❖ How do you handle inactivity?
 - ❖ We hate to wait don't we.
 - ❖ We admire patience in the driver that is behind us, but not in the driver that is ahead of us.
 - ❖ We have a hard time with waiting because we feel that we have lost control.
 - ❖ Prov 19:2 – It is not good to have zeal without knowledge, nor to be hasty and miss the way. NIV

Results:

- Total up your score.

Score

Assessment

- 4 – 7: ➤ We have a lot of work to do, but there is still hope!
- 8 – 12: ➤ Good assessment! You are at least being honest with yourself.
- 13 – 16: ➤ Patience is not this easy. You need may need some constructive input from someone.
- 17 – 20: ➤ You need to be reminded that you are human! Try walking on water.

Question:

- ❖ Which test of patience (interruptions, inconveniences, irritations, inactivity) is causing you the most trouble?
 - ❖ The 4 I's "test" our patience, but they are not the root cause for why we are impatient.

- ❖ What do you think is the root cause for impatience?
 - ❖ A lack of peace within?
 - ❖ When you have peace in your heart, there is little that makes you impatient.
 - ❖ Col 3:15- Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. NIV

#1 Develop a new perspective

- ❖ Prov 14:29 – A patient man has great understanding, but a quick-tempered man displays folly. NIV
 - ❖ Change the way that you view situations that cause you to be impatient.
 - ❖ Find a new way to look at the problem, in order to better understand the situation.
 - ❖ Too often we only see ourselves:
 - ❖ My desires; my agenda; my goals; my wants...
 - ❖ The root of impatience is often selfishness.
 - ❖ Learn to see things from other peoples point of view.

Prov 19:11

- ❖ Prov 19:11 – A man's wisdom gives him patience; it is to his glory to overlook an offense. NIV
 - ❖ The “wisdom” referred to here is God’s wisdom (ie: what we have learned from God).
 - ❖ When we can see life from God’s perspective, we gain important insight.
 - ❖ God is in control and he will use the circumstances in our life to accomplish his purpose.
 - ❖ Prov 20:24 – A man's steps are directed by the LORD...
 - ❖ Patience is a mark of maturity.

#2 Acquire a sense of humor

- ❖ Prov 17:22 – A cheerful heart is good medicine, but a crushed spirit dries up the bones. NIV
 - ❖ We need to develop our sense of humor.
 - ❖ Learn to laugh at your circumstances.
 - ❖ If you can laugh at it, you can live with it.
 - ❖ Humor is a tension dissolver in times of stress.
 - ❖ Remember Prov 14:30 – A heart at peace gives life to the body...
 - ❖ Laughter does the same thing, it gives life to the body.
 - ❖ Learn to laugh (even at yourself); it is relaxing.

#3 Deepen your love

- ❖ 1 Cor 13:4 – Love is patient...
 - ❖ When I am impatient, I am being unloving.
 - ❖ When you love someone, you care about their needs.
 - ❖ If you are filled with anger, almost anything can provoke you.
 - ❖ When you are under pressure, whatever is inside of you is going to come out.
 - ❖ So deepen your love.
 - ❖ Eph 4:2 – Be completely humble and gentle; be patient, bearing with one another in love. NIV
 - ❖ We do not have to like a person, but we do have to love them.
 - ❖ Part of loving often requires patience.

#4 Depend on God

- ❖ Ps 37:7 – Be still before the LORD and wait patiently for him;
 - ❖ The final step to developing patience is learning to depend on God.
 - ❖ Patience is not just about your personal willpower.
 - ❖ It is about depending on God in certain situations.
 - ❖ Noah waited more than 100 years before the rain came.
 - ❖ Moses waited 40 years in the desert to lead the Israelites to the promised land.
 - ❖ Waiting patiently demonstrates our faith, and faith pleases God.

John 11:3-6

- ❖ 3 So the sisters sent word to Jesus, "Lord, the one you love is sick." 4 When he heard this, Jesus said, "This sickness will not end in death. No, it is for God's glory so that God's Son may be glorified through it." 5 Jesus loved Martha and her sister and Lazarus. 6 Yet when he heard that Lazarus was sick, he stayed where he was two more days. NIV
 - ❖ It would appear that Jesus was late.
 - ❖ God is never late, but he may not move according to our schedule.
 - ❖ He wants us to trust Him and wait on Him.
 - ❖ He wants us to be patient.

Summary:

Ps 37:7 –
Be still
before the
LORD and
wait
patiently
for him.

- ❖ Patience may be the most useful virtue.
 - ❖ We need it all of the time and everywhere.
- ❖ Our patience is tested by interruptions, inconveniences, irritations and inactivity.
- ❖ When you have peace in your heart, there is little that makes you impatient.
- ❖ Become a more patient person by:
 - ❖ Learning to see things from a new perspective;
 - ❖ Developing your sense of humor;
 - ❖ Deepening your love, because love is “patient”;
 - ❖ Depending on God.



Memory verse: Eph 4:2

Be completely humble and gentle; be patient, bearing with one another in love.