

# Patience

As we study patience as a fruit of the Spirit it is helpful to have some definitions readily available as we see what the scripture says about patience.

According to the Merriam Webster Dictionary: **Patience: the capacity, habit, or fact of being patient.**

Not exactly helpful, let us look at what patient and synonyms mean.

**Patient:** bearing pains or trials calmly or without complaint.  
Maintaining forbearance under provocation or strain.  
Not hasty or impetuous.  
Steadfast despite opposition, difficulty, adversity.

**Forbearance:** a refraining from the enforcement of something that is due. (debt, right, obligation)

**Long Suffering:** patiently enduring lasting offense or hardship.

**Tolerance:** Capacity to endure pain or hardship.

**Sufferance:** Patient endurance. Endurance: the ability to withstand hardship or adversity.

Coming out of Galatians under the list of the fruit of the Spirit, we see the word *Patience*

*Makrothumia* <sup>Greek</sup> The use of the word patience and its meaning is:

*patience, refrain, forbearance including an internal and external control in a difficult circumstance, which control could exhibit itself by delaying an action.*

Other forms of *patient* found in the Bible includes:

*Markrothymia:* <sup>Greek</sup>: markos “long”, thymos “passion/anger”: this idea can be contrasted with ‘quick temper’.

*Hupomone:* <sup>Greek</sup>: determination of the will, and not simply under necessity to endure/wait. Idea of endurance, continuance, patient frame of mind.

*Qavah:* <sup>Hebrew</sup>: to wait, to expect, waiting on God.

**Keeping in mind the definitions above let us look at some Scriptures that reveal what biblical patience looks like and what it should mean for us.**

Use the provided space to jot down your thoughts on what the provided verses show you. Also feel free to use the surrounding verses if needed.

**Col 1:11**

**Col 3:12**

We can see in these Scriptures that we are enabled and strengthened by God’s Spirit to practice patience, to wait, withstand hardship or adversity.

We also can see that our patience in circumstances comes from the perspective we have as Christians. We can obey the command to put on patience along with compassion, kindness, humility, and meekness as a result of the peace of Christ that we have in our own lives. The following verses in Col 3:12 also reveal that patience is meant to be part of our response to others. That we can bear with one another, forgive one another, and use the Word to love/care for the body of Christ. Patience is not ignoring others and waiting out the hardship and what may be taking place but interacting and working to maintain unity within the body.

### **Romans 5:1-5**

### **Romans 15:5-6**

In these Scriptures we see the idea of *patient awaiting* again with the perspective of the joy and hope that a Christian has in life. Understanding and knowing the ultimate deliverance that God has provided but also the practice of rehearsing the ways God continually delivers us.

Patience is a response of reliance on God and the acceptance of His will and trust in His character. Trust in His goodness, wisdom, and faithfulness. The result is the ability to endure and hope steadfastly in all situations. Consider we also have been given the Helper, the Holy Spirit dwells within us to enable us to pray and seek the LORD.

In Romans 15:5-6 we see that God is called the God of Patience! Who else is better to grant us grace to endure hardship and maintain unity within the body of believers than God Himself, whose own character is to patient?

Keeping in mind that we have started this study from the idea that patience is “fruit” of the Spirit: the evidence of God’s own character within a believer will be demonstrated by the lifestyle of patience.

Consider these following Scriptures and what they reveal about God’s patience.

### **James 5:10**

### **Exodus 34:6**

We are reminded in James 5:10 how the prophets, God’s own spokespersons were patient and did not avenge wrongs and continued to speak truth even with resistance and sometimes persecution by those they were sent to help. We as a part of the body today can be reminded of Col 3:16 that we are enabled with God’s patience to continually exhort, admonish, and teach others the truth that is revealed by God in the Scriptures.

In Exodus we see the words *slow to anger*, this is the use of the Hebrew word *Erekaph* but it has the same meaning as patience: to be “long tempered” or to have *long passion*.

*Long passion*- to wait sufficiently before expressing anger. Avoiding the premature use of force (retribution) that rises out of *improper anger (personal anger)*

God who is our Source of patience and perfect example continually demonstrates His patience with His own people. We see that God’s patience is meant to lead us to repentance and reconciliation with Him. Our own patience towards others also has the goal of reconciliation and repentance.

The last Scripture we look at is:

### **Psalm 40:1**

Again, the word itself is not evident but the meaning is. We are to wait on, expect God. We can be patient in all circumstances and not be hasty as we exercise inner control and wait on the LORD. Our patience comes out of the expectation and faith in God's own provision and care.

We have reviewed the Scriptures that shed light on patience throughout the Bible. There are many more and we encourage you to perform your own personal study.

We need to be careful of the mindset that patience is meant to be a "moment". We want to be growing into the very character of God who is always patient and kind. Consider:

**1. God's patience leads us to repentance.**

Romans 2:4 ESV "or do you presume on the riches of his kindness and forbearance and patience not knowing that God's kindness is meant to lead you to repentance?"

**2. God's patience saves us from judgment.**

Romans 9:22 ESV "What if God, desiring to show his wrath and make known his power, has endured with much patience vessels of wrath prepared for destruction."

**3. God's patience changes lives.**

1 Timothy 1:15-16 "The saying is trustworthy and deserving of full acceptance, that Christ Jesus came into the world to save sinners, of whom I am the foremost. But I received mercy for this reason, that in me, as the foremost, Jesus Christ might display his perfect patience as an example to those who were to believe in him for eternal life."

### **How are you doing?**

Are you able to say that you are long-suffering when mistreated by others? Or when you see a loved one being mistreated? Do you refrain from enforcing what you believe is due to you?

Are you willing to accept and endure irritating and adverse circumstances? How have you been responding? How do you respond when others in the body offer admonishment, encouragement, or exhortation during a difficult time?

In return, are you patient and loving to others and feeding into the body and offering admonishment, encouragement, and exhortation to those in need?

Are you allowing the Word of God to penetrate your thoughts and heart? Or have you cut out and removed the Scriptures that do not line up with your thinking? Consider Luke 8:15, the Word of God will produce fruit in our lives, patience is required. We need to wait on the LORD.

From what we have studied we can see the need to have the right perspective in life, that forbearance includes self-control, restraint, tolerance. We have a choice in how we respond to God and others in our time of waiting.

Have you received patience as a gift that will help to develop restraint in your fleshly desires/responses or are you prone to giving in to your own impatience/lack of control?

As we have studied patience, you may have noticed that it rarely comes alone in the verses. Remember patience is "part" of the fruit of the Spirit. We have looked at one attribute, but the entire fruit is also included.

1 Corinthians 13:4-8  
"love is patient"

James 1:2-4  
"consider it pure joy...whenever you face trials.... testing of your faith produces perseverance"

Romans 5:1-5  
Justified by faith we have peace with God through our Lord Jesus Christ.....we rejoice in hope...and our sufferings knowing that suffering produces endurance

Romans 2:4  
"the riches of his kindness and forbearance and patience..."

Hebrews 6:11-12  
"we desire each one of you to show the same earnestness to have the full assurance of hope until the end, so that you may not be sluggish, but imitators of those who through faith and patience inherit the promises."

Matthew 18:21-22  
How often will I forgive my brother....as many as seventy-seven times  
Humility

Proverbs 14:29  
"whoever is slow to anger has great understanding, but he who has a hasty temper exalts folly"

Proverbs 16:32  
"Patience is better than power, and controlling one's temper, than capturing a city."

I hope that you will take away that we all are called to be patient, long suffering, to have forbearance in all things and with all things. We see in the Scriptures that this is part of God's own character and the result of the Spirit's work in our lives.

With this truth in mind, we can:

"warn those who are lazy, comfort the discouraged, help the weak, be patient with everyone. See that no one repays evil for evil to anyone but pursue what is good for one another for all."

1 Thessalonians 5:14.

