

**Fruit of the Spirit**  
**Part 4 - Patience**  
Galatians 5:22-23

*22 But the fruit of the Spirit is love, joy, peace, **forbearance**, kindness, goodness, faithfulness,  
23 gentleness and self-control. Galatians 5:22-23*

**Two words for “patience” in the New Testament:**

**Hupomonē** means "a remaining under," as when one **bears up** under a **burden**.

**Makrothumia**, is a compound formed by *makros* (“**long**”) and *thumos* (“**passion**” or “**temper**”).

**Where do you find yourself losing patience?**

**What does patience produced by the Spirit look like in my life?**

**A patient person is able to endure much pain and suffering without complaining.**

*11 As you know, we count as blessed those who have persevered. You have heard of Job’s perseverance and have seen what the Lord finally brought about. The Lord is full of compassion and mercy. James 5:11*

**A patient person is slow to anger.**

*19 The acts of the flesh are obvious... hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions **21** and envy; Galatians 5:19-21*

*26 “In your anger do not sin”: Do not let the sun go down while you are still angry, **27** and do not give the devil a foothold. Ephesians 4:26*

**A patient person waits for the Lord.**

**The word *wait* in the Bible is the idea of confident expectation and hope.**

*1 Truly my soul finds rest in God;  
my salvation comes from him.  
5 Yes, my soul, find rest in God;  
my hope comes from him. Psalm 62:1,5*

*1 The Lord is my shepherd, I lack nothing.  
2 He makes me lie down in green pastures,  
he leads me beside quiet waters,  
3 he refreshes my soul.  
He guides me along the right paths  
for his name’s sake.  
4 Even though I walk  
through the darkest valley,  
I will fear no evil,  
for you are with me;  
your rod and your staff,  
they comfort me.  
5 You prepare a table before me  
in the presence of my enemies.  
You anoint my head with oil;  
my cup overflows.  
6 Surely your goodness and love will follow me  
all the days of my life,*

*and I will dwell in the house of the Lord  
forever. Psalm 23*

**9** *But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. 2 Corinthians 12:9*

**10** *That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong. 2 Corinthians 12:10*

**14** *The Lord will fight for you; you need only to be still." Exodus 14:14.*

**We invite trouble when we are unwilling to wait on the Lord.**

### **Abraham & Sarah's Story - Genesis**

**2** *"I will make you into a great nation,  
and I will bless you;  
I will make your name great,  
and you will be a blessing. Genesis 12:2*

**18** *If only you had paid attention to my commands, your peace would have been like a river, Isaiah 48:18.*

**When we wait patiently, our strength is renewed!**

**29** *He gives strength to the weary  
and increases the power of the weak.*  
**30** *Even youths grow tired and weary,  
and young men stumble and fall;*  
**31** *but those who hope (wait) in the Lord  
will renew their strength.  
They will soar on wings like eagles;  
they will run and not grow weary,  
they will walk and not be faint. Isaiah 40:29-31*

**God is patient with us, leading us to repentance.**

**4** *Or do you show contempt for the riches of his kindness, forbearance and patience, not realizing that God's kindness is intended to lead you to repentance? Romans 2:4*