

FRUITS OF THE SPIRIT DEVOTIONAL

# PATIENCE



BP CHURCH

“But the **fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control**; against such things there is no law.” (Galatians 5:22–23, ESV)



**Love (Agape):** Unconditional, self-sacrificing love. It is the highest form of love and is often used to describe God's love for humanity.

**Joy (Chara):** Deep-seated gladness, delight, or rejoicing, often independent of circumstances.

**Peace (Eirene):** A state of tranquility, quietness, and freedom from disturbance. It can also refer to harmony in relationships.

**Forbearance (Makrothymia):** Patience, longsuffering, or endurance in the face of provocation or adversity.

**Kindness (Chrestotes):** Goodness, generosity, moral integrity, and benevolence in one's character.

**Goodness (Agathosune):** Moral excellence, uprightness, and kindness in actions and behavior.

**Faithfulness (Pistis):** Fidelity, loyalty, and reliability in keeping one's promises and commitments.

**Gentleness (Praytes):** Meekness, humility, and a mild or gentle disposition.

**Self-Control (Enkrateia):** The ability to exercise restraint over one's impulses, emotions, and desires.

## Scriptures

“May the God of endurance and encouragement grant you to live in such harmony with one another, in accord with Christ Jesus,” (Romans 15:5, ESV)

“Better is the end of a thing than its beginning, and the patient in spirit is better than the proud in spirit.” (Ecclesiastes 7:8, ESV)

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

“Whoever is slow to anger has great understanding, but he who has a hasty temper exalts folly.” (Proverbs 14:29, ESV)

“Be patient, therefore, brothers, until the coming of the Lord. See how the farmer waits for the precious fruit of the earth, being patient about it, until it receives the early and the late rains. You also, be patient. Establish your hearts, for the coming of the Lord is at hand.” (James 5:7–8, ESV)

“I waited patiently for the Lord; he inclined to me and heard my cry.” (Psalm 40:1, ESV)

**Patience.** The ability to take a great deal of punishment from evil people or circumstances without losing one’s temper, without becoming irritated and angry, or without taking vengeance. It includes the capacity to bear pain or trials without complaint, the ability to forbear under severe provocation, and the self-control which keeps one from acting rashly even though suffering opposition or adversity.

## A Theological Overview

The New Testament stresses the patience of the Lord. It is God's kindness, forbearance and patience that leads people to repentance (Rom 2:4). This attribute of God is seen clearly in His patient enduring of Pharaoh who fitted himself for destruction (Rom 9:22). God was patient in holding off the flood for the sinners of Noah's day while the ark was being built, thereby giving more time for repentance (1 Peter 3:20). Probably the greatest of the NT references to God's patience is in 2 Peter 3:9. The delay in Christ's return is not an indication of slowness on God's part, says Peter, but of his long-suffering, not being willing that anyone should perish. A specific reference to Jesus Christ's patience is made by Paul who claimed that, in his case, Jesus was able to demonstrate perfect patience (1 Tim 1:16).

Patience, which is an attribute of our God and of our Lord Jesus Christ, is also used to characterize Christians. Paul's prayer for the Colossians is that they might demonstrate this quality (Col. 1:11). It is one of the fruits of the Spirit (Gal 5:22), an attribute of love (1 Cor. 13:4), and a virtue (Col. 3:12; see also 2 Tim. 3:10). In addition, Christians are exhorted to be patient (1 Thes. 5:14). If we are not, we will be treated as the slave in the parable which Jesus told. This slave pleaded with his lord, to whom he owed a great sum, for patience, promising to pay all. The lord was patient and forgave all the debt, until he found out that the slave had refused to show the same patience to a fellow servant who owed him a pittance in comparison (Mat. 18:26–29).

# Day 1: The Foundation of Patience

**READ:** "But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law." (**Galatians 5:22-23, ESV**)

**THINK:** Patience is not merely the absence of frustration but it is a deliberate choice to trust in God's timing, provision, and sovereignty. In a world that values instant gratification, the virtue of patience stands as a testimony of our reliance on God's plan for our lives. As we embark on week of developing the fruit of patience in our lives, let us reflect on the foundational truth when it comes to patience in the Christian walk. It is more than just enduring difficulties; it's an acknowledgment that God's timing is perfect and that His plans for us are greater than our own.

**DO:** Identify three areas of your life where you struggle with impatience. Write them down and consider one way you could become more patient in that area. Commit to praying daily, surrendering those areas to God. Trust that He is in control and that His timing is perfect.

## Area of Struggle

## Possible Solution

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"Patience! patience! you are always in a hurry, but God is not."

- C.H. Spurgeon



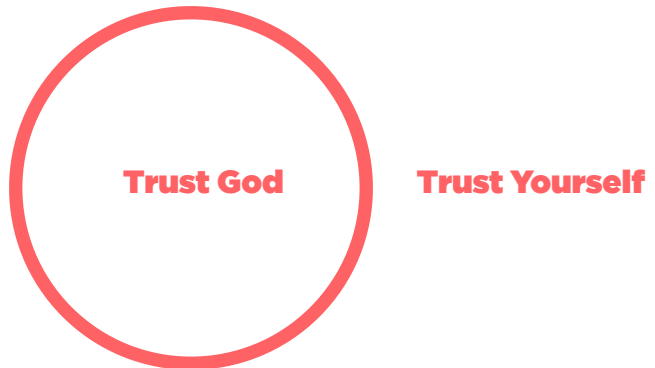
**“BE STILL BEFORE THE LORD AND WAIT PATIENTLY  
FOR HIM; FRET NOT YOURSELF OVER THE ONE WHO  
PROSPERS IN HIS WAY, OVER THE MAN WHO  
CARRIES OUT EVIL DEVICES!”  
(PSALM 37:7, ESV)**

## Day 2: Patience in Adversity

**READ:** "Be joyful in hope, patient in affliction, faithful in prayer."  
**(Romans 12:12, ESV)**

**THINK:** Life often presents us with challenges that test our patience. It's easy to become disheartened in the face of adversity, but God calls us to be patient in affliction. In those moments, our patience can actually become a visible evidence of our trust in God's sovereignty - that He is in control and that even though I may not know the WHY of my suffering, I do know the WHO of my faith; which is Christ. When life seems to be falling apart and we are tempted to feel overcome by our present sufferings, Paul reminds us in Romans that we can be patient in our troubles because we have hope in Christ which can provide the joy we need for each day.

**DO:** What troubles are you currently facing? Inside the circle below represents your trust and hope in Christ. Everything in the circle, you trust God with. Everything outside the circle, you trust yourself. Take the 3 biggest afflictions in your life right now and discern if that problem is inside the circle or outside. If inside, thank the Lord for His faithfulness. If outside, why do you think it is there? Consider what you could do today to put those challenges back inside the circle under God's care.



"Patience is the grace of the man who could revenge himself, but chooses not to."

- John Chrysostom

## Day 3: Patience in Relationships

**READ:** “with all humility and gentleness, with patience, bearing with one another in love,” **(Ephesians 4:2, ESV)**

“Whoever is slow to anger is better than the mighty, and he who rules his spirit than he who takes a city.” **(Proverbs 16:32, ESV)**

**THINK:** Patience is a key ingredient in building and maintaining healthy relationships. Whether with family, friends, colleagues or classmates, being patient allows us to extend grace and understanding to others. Proverbs says it’s better to be a patient person who doesn’t get angry too quickly and the reason for that is how quickly we can destroy a relationship we took so long to build. Just like the warrior can destroy a city, our words can be hurtful, brutal, and permanent if we are too quick to rush to judgment, blame, or anger. Patience instead slows that process down and helps us avoid unnecessarily harming the relationships we have. Ultimately the Lord is patient with you and that should be one of the strongest reasons that we continue to strive to be patient with others.

**DO:** Consider a relationship in your life that could benefit from a dose of patience. Remember that love and patience go hand in hand, creating an environment for unity and peace. Identify a relationship that has been challenging lately. Purposefully practice patience by listening more attentively, seeking to understand the other person’s perspective, and responding with love and grace.

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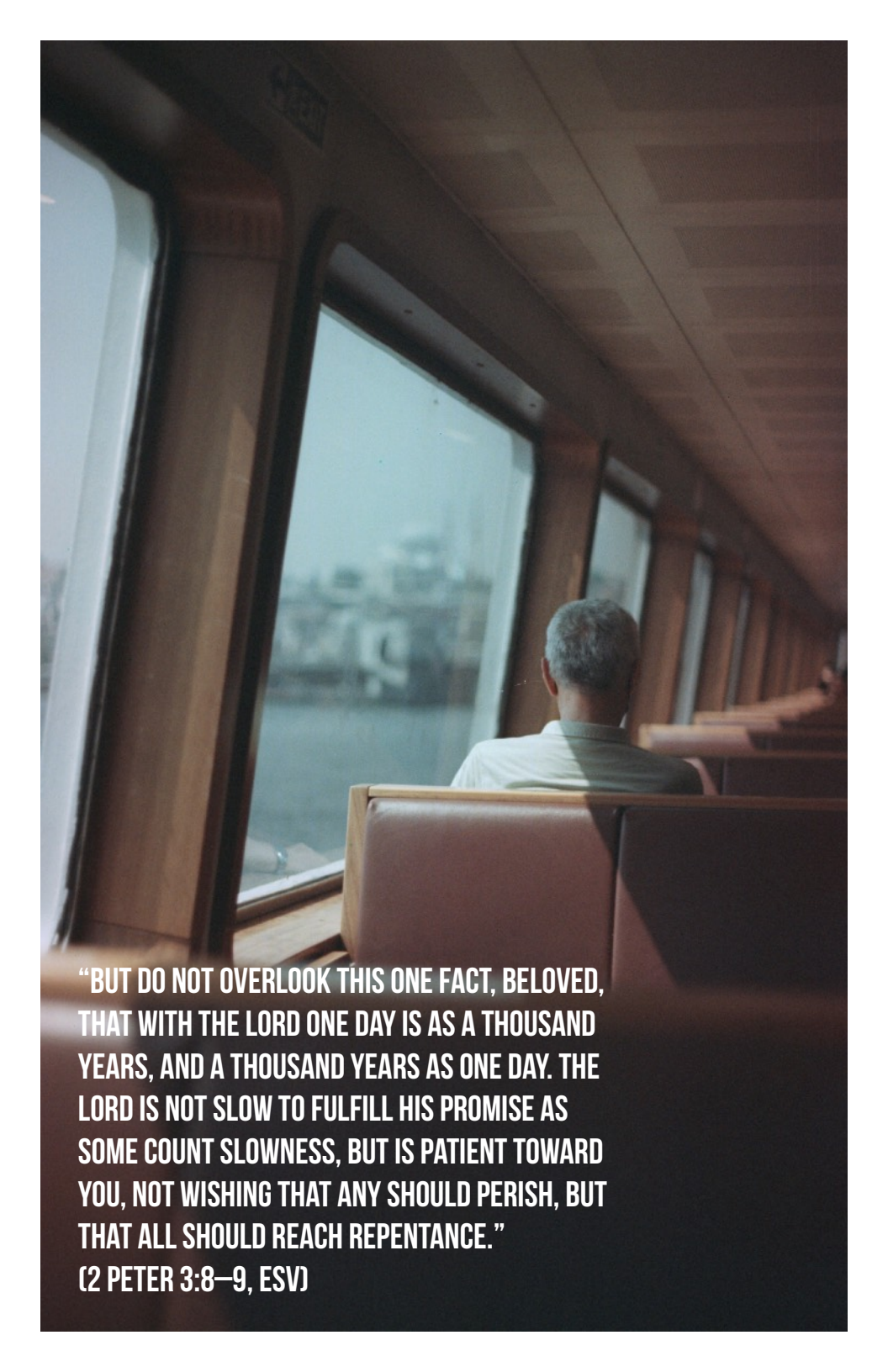
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“Our Lord has many weak children in his family, many dull pupils in his school, many raw soldiers in his army, many lame sheep in his flock. Yet he bears with them all, and casts none away. Happy is that Christian who has learned to do likewise with his brethren.”

- J.C. Ryle



A photograph of a man with grey hair, seen from behind, sitting in a brown leather train seat. He is looking out a large window at a cityscape across a body of water. The interior of the train is wood-paneled, and the lighting is soft and natural. The text is overlaid on the bottom portion of the image.

**“BUT DO NOT OVERLOOK THIS ONE FACT, BELOVED,  
THAT WITH THE LORD ONE DAY IS AS A THOUSAND  
YEARS, AND A THOUSAND YEARS AS ONE DAY. THE  
LORD IS NOT SLOW TO FULFILL HIS PROMISE AS  
SOME COUNT SLOWNESS, BUT IS PATIENT TOWARD  
YOU, NOT WISHING THAT ANY SHOULD PERISH, BUT  
THAT ALL SHOULD REACH REPENTANCE.”**

**(2 PETER 3:8–9, ESV)**

## Day 4: Patience in Waiting

**READ:** “Wait for the Lord; be strong, and let your heart take courage; wait for the Lord!” (**Psalm 27:14, ESV**)

**THINK:** Waiting is an inevitable part of life. We wait for the bus, our food, email replies, and especially each other. This requires patience. Whether waiting for answers to prayers, for a breakthrough, or for a change in our circumstances, God calls us to wait patiently. Instead of viewing waiting as a passive process, consider seeing it as an opportunity to grow spiritually. Paul reminds us when we face hardship to “*rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope*” (Romans 5:3–4). Waiting on God allows us to deepen our trust in Him and develop a patience that can transcend our circumstances.

**DO:** Identify something you are currently waiting for. Use this time of waiting as an opportunity to draw closer to God. Spend intentional time in prayer, seeking His guidance and trusting that His timing is perfect.

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“Biblically, waiting is not just something we have to do until we get what we want. Waiting is part of the process of becoming what God wants us to be.”


- John Ortberg


## Day 5: Patience for the Lord's Return


**READ:** "Be patient, therefore, brothers, until the coming of the Lord. See how the farmer waits for the precious fruit of the earth, being patient about it, until it receives the early and the late rains. You also, be patient. Establish your hearts, for the coming of the Lord is at hand." **(James 5:7–8, ESV)**

**THINK:** Have you ever wanted something that you had to wait for that felt like it took an eternity to arrive? Like a vacation, paying off your home, or just even waiting for the work day to end? James 5:7–8 encourages us to be patient and committed in our faith, just as a farmer patiently waits for the precious fruit of the earth. In the same way, we are urged to wait for the coming of the Lord with an unwavering hope and perseverance. Waiting can be hard and life is filled with its own set of challenges and uncertainties, but these verses remind us that our faith will not be in vain. Christians have a long view of history. Just as a farmer diligently tends to his crops, nurturing them through different seasons, knowing the harvest will one day come, we should believe that the Lord will fulfill His promise of His return. This should motivate us to remain steadfast in our walk with Christ. As we patiently endure the trials and tribulations of life, let our hearts rest in the certainty of His return, knowing that our faithfulness will be rewarded in the fullness of time.

**DO:** Using the lines below, write the desires of your heart that you are waiting patiently to see fulfilled. Mark your progress on the bar below where you feel your situation is. Pray to God for patience to see things come to fruition.

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"Patience is the ability to suffer a long time under the mistreatment of others without growing resentful or bitter."

- Jerry Bridges

