

The Fruit of the Spirit: Patience

Series: *Christ's Life Revealed in Us*
– Gal. 5:22-23; Psalm 130 –

1. Looking it up: Patience Explored

2. Living it out: Patience Expressed

KEEPING IN STEP WITH THE SPIRIT. . .

1. Renew your **MIND** (Rom. 12:2)
2. Reflect before **REACTING** (James 1:19-20)
3. Relax and **TRUST IN THE LORD** (Psalm 46:10)

Application Questions. . .

1. What part of the text or message had the greatest impact on you? Where were you most encouraged, intrigued, or challenged?
2. What tends to test your patience the most?
3. What role does the Holy Spirit play in cultivating patience? What is our part in the process?
4. Read Psalm 37:1-8. Look again at the commands in vss. 3-8. Which of them would you say are the easiest for most Christians to obey? And which are the easiest to *dis*-obey?
5. What does it mean to “fret”? What does fretting do to the believer?
6. How could you apply verses 3-8 this week? Which of those biblical qualities would a best friend tell you to work on?
7. Why is patience a particularly important virtue for Christians? How would your life be different if you exhibited more patience?
8. How would increased patience affect your walk with God? Your relationship with others?
9. Which of the three steps would be the *most* beneficial to helping you deepen in the area of patient trust?

