

# Faith > Fear

## "Exercising Patience"

Week of May 24, 2020

### Personal Reflection & Group Discussion Guide

1. Patience is a commodity (a useful or valuable thing) in our world today. Patience in the New Testament is defined as "long suffering or long tempered" or "to remain under ". This, in essence, means being able to able to accept or endure delays, problems, suffering, or (let's add, people) without becoming annoyed or anxious. How would you rate your patience level in general, on a scale of 1 (low) to 5 (high). What is the reason you rated yourself this way? Give examples.
2. Impatience is the breaking down of personal restraint, losing control of yourself. In the James verses, though the readers of that time have good reason to be impatient because of the challenges they are having, he encourages them to be patient. How can you practice patience in the midst of what you are experiencing in this global pandemic?
3. There are many benefits to exercising patience. Discuss (or write down—if you are using this as a personal devotional tool) a few benefits you personally experienced from the times you exercised patience.
4. Some may need the love of God to heal your impatience, while others may need the hope of God to redirect your impatience. Both are divine activities of the Spirit at work in you. What do you need from God today in the area of your impatience?
5. Here are a few practical ways to implement patience in your life.
  - Practice self-awareness/examination (how will you do this?)
  - Practice gratitude (how will you do this?)
  - Practice delayed gratification (how will you do this?)
  - Practice reframing (refocusing your attention) - how will you do this?
6. How has Jesus demonstrated patience towards you? Share and celebrate those examples by expressing gratitude for them.

### Main Idea

*Keeping our focus on Christ helps strengthen our patience.*

### Key Scripture Reference(s)

Read these aloud:

James 5:7-9

Prov. 19:1

Colo. 1: 11

### Your Faith in Action

What steps will you take this week to **show** others what you believe (in words, and in deeds)?

**Mon:** \_\_\_\_\_

**Tue:** \_\_\_\_\_

**Wed:** \_\_\_\_\_

**Thu:** \_\_\_\_\_

**Fri:** \_\_\_\_\_

**Sat:** \_\_\_\_\_

**Sun:** \_\_\_\_\_

*This is a constant element, so you can practically live out your faith everyday.*



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