

Patience



Getting Started

We all lose our patience from time to time. What are some situations in which you get frustrated and lose your patience? Is it usually because of people or things?

Does today's society and way of living encourage us to be patient?

Do you think patience comes naturally? Is it something we are born with, or is it something we learn as we get older and more mature?

Improving Your Vocabulary

frustrated (adj) - upset or angry because you feel unable to do something

prosper (v) - to be successful (especially financially) through effort or hard work

temper (n) - the tendency to become irritated or angry easily

boast (v) - speak proudly about one's accomplishments or possessions

endurance (n) - the ability to experience pain or difficulty without giving up

self-control (n) - the ability to control your own emotions or behavior

glorious (adj) - awesome; wonderful

merciful (adj) - showing mercy or compassion (sometimes toward those who don't deserve it)

Reading God's Word

Anna was a very patient woman. For many years she had waited for God's promised deliverer. Finally, he had arrived! She was thankful and happy to share the good news with others.

Luke 2:36-38

36-37 There was a very old prophet, a widow named Anna, daughter of Phanuel of the tribe of Asher. She had been married for only seven years and was now eighty-four years old. She never left the Temple; day and night she worshipped God, fasting and praying. **38** That very same hour she arrived and gave thanks to God and spoke about the child to all who were waiting for God to set Jerusalem free.

Psalms 37:7-9

7 Be patient and wait for the Lord to act; don't worry about those who prosper or those who succeed in their evil plans. **8** Don't give in to worry or anger; it only leads to trouble. **9** Those who trust in the Lord will possess the land, but the wicked will be driven out.

Proverbs 14:29; 15:18

14:29 If you stay calm, you are wise, but if you have a hot temper, you only show how stupid you are. **15:18** Hot tempers cause arguments, but patience brings peace.

Romans 5:3-4

3 We also boast of our troubles, because we know that trouble produces endurance, **4** endurance brings God's approval, and his approval creates hope.

Galatians 5:22-23

22 But the Spirit produces love, joy, peace, kindness, goodness, faithfulness, **23** humility, and self-control.

Colossians 1:11

11 May you be made strong with all the strength that comes from his glorious power, so that you may be able to endure everything with patience.

1 Timothy 1:15-16

The apostle Paul wrote this to Timothy to encourage him in his ministry and faith. Timothy was a teacher and leader in the church at Ephesus.

15 Christ Jesus came into the world to save sinners. I am the worst of them, **16** but God was merciful to me in order that Christ Jesus might show his full patience in dealing with me, the worst of sinners, as an example for all those who would later believe in him and receive eternal life.

For further study, see Nehemiah 9:17; Proverbs 16:32; Romans 2:4; 1 Corinthians 13:4.

Taking a Closer Look

1. Who was Anna? What was she waiting for? How did Anna show patience?
(Luke 2:36-38)

2. Why is patience important? How can it help us? (Proverbs 14:29; 15:18)

3. Why can we boast about our troubles? What do they produce? (Romans 5:3-4)

4. How is patience related to the other qualities in Galatians 5:22-23? Where does patience come from? How is it produced?

5. How can we become more patient? (Galatians 5:22-23; Colossians 1:11)

6. How does Paul describe himself? How did God show patience with Paul? Why is this a good example for us? (1 Timothy 1:15-16)

Taking Action

1. If someone is irritating you, try to put yourself in his or her shoes. If you can understand them more, it will be easier to have patience with them.
2. Humility is really the key to patience. If we truly put others before ourselves, we will be patient with them. Ask God to help you become more humble.
3. What are some things you are waiting for? Ask God to help you wait patiently for the things he wants for you, and to persevere through times of difficulty.

Memory Verse: Psalm 86:15

But you, O Lord, are a merciful and loving God, always patient, always kind and faithful.

Review the Vocabulary

Fill in the blanks with the correct vocabulary words.

1. Sometimes I lose my patience, and I get angry and emotional. I need more _____.
2. It was a _____ view from the top of the mountain.
3. The judge was _____. He is giving the boy a second chance. He won't have to go to jail.
4. You should be careful not to upset him. He has a very bad _____.
5. Jack feels _____ when he doesn't understand his math homework.



This English Bible teaching material is prepared and owned by ORTV, Inc.
It may be reproduced for classroom or personal use but may not be published or sold.