

PATIENCE: POLISHED IN THE PAUSE

Forbearance = 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. Against such things there is no law.

Perseverance = Patience | James 1:2-4

2 Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, 3 because you know that the testing of your faith produces perseverance. 4 Let perseverance finish its work so that you may be mature and complete, not lacking anything.

Suffering > Perseverance (Patience) > Character > Hope | Romans 5:1-5

5 Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ, 2 through whom we have gained access by faith into this grace in which we now stand. And we boast in the hope of the glory of God. 3 Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; 4 perseverance, character; and character, hope. 5 And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us.

The Discipline of Stillness | Lamentations 3:25-26

25 The Lord is good to those whose hope is in him, to the one who seeks him; 26 it is good to wait quietly for the salvation of the Lord.

Patience Fuels Renewal; Wings Before Feet | Isaiah 40:29-31

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 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.

Strengthened by Struggle | Job 17:9

Nevertheless, the righteous will hold to their ways, and those with clean hands will grow stronger.

He Is Faithful | Hebrews 10:36

You need to persevere so that when you have done the will of God, you will receive what he has promised.



LET'S OBSERVE THE TEXT...

Observe James 1:2-4

• **Read** these verses again. Testing your faith produces ______. "Let ______ finish it's ______." Why? Immaturity is a sign of not yielding to the process of persevering, waiting, or being patient in times of testing. Victim mentality will kill the maturing process every time.

Observe Romans 5:1-5

- Jesus is the doorway to reconciliation with God the Father. Once we step through, we now stand in grace (undeserved favor) that carries and sustains us through life's trials, with a hope of God's coming glory, both now and in eternity.
- Suffering with perseverance (patience) produces what?
 - A maturing process. This leads to an unshakeable hope that God will reveal His glory, one way or another.
- Read Psalm 119:71 and Genesis 50:20.
 - We have two ways to look at our trials:
 - Mentality #1: A victim mentality, "Woe is me."
 - Mentality #2 I hope in a Sovereign God who hasn't vacated His throne and is STILL in control: "God, you've allowed this for a reason. The wait may be hard, but never-the-less...I bless your Name! In your time, you will come through!"



So while we wait, how do we activate our faith & hope so that we have the mentality of #2?

Observe Lamentations 3:25-26 and read Ephesians 6:13

- The "wait" holds a dual purpose: Standing in warfare holds the line, keeping darkness from taking territory, but it also refines us in the process. Patience isn't idle, it's an active seeking of His presence and help. He trusts us to hold the line when we wait on Him well.
- The Lord shows His goodness to those who don't rush ahead but wait for Him with trust.
- It is good to wait quietly without grumbling or complaining, because true deliverance comes from God's timing, not ours.
- Summarize: Waiting on a god that may not come through is torture. But we serve a good God who's integrity is intact...we can wait in stillness (without anxiety or pressure) because He is faithful.

Observe Isaiah 40:29-31

• One would feel in the midst of the refiner's fire that waiting on God is zapping all of your strength, but God has a way of restoring and renewing those who are yielded to His process and timing.

Observe Hebrews 10:36

The process of refining, waiting, molding, being still, crushing, and waiting some more leads you
right into His blessings. It's worth the wait!

ONLINE RESOURCE ACTIVITIES

Observe Job 17:9

- Go to BibleHub.com and do a search for **Job 17:9** in the "Enter Reference or Keyword" box and then click on the magnifying glass.
- Once it loads, click on the button titled "Study"
 - Read the Study Bible section.

LET'S INTERPRET...

- What do you believe all of these verses mean?
- What is God speaking to you personally through this study?
- Read a trusted commentary and compare to your interpretation.



Persevere | P3 to do

LET'S READ THE AFTER-SUMMARY TOGETHER

Patience is not simply waiting for circumstances to change. It is a fruit of the Spirit that steadies us when life feels unstable and presses in on every side. Galatians 5:22 identifies patience as evidence of God's Spirit working in us, showing His nature within us rather than something we generate by willpower. It is a supernatural gift that empowers us to keep trusting when the enemy would rather see us collapse. Patience places us in God's hands, anchoring us in the truth that He is in control, even when His timing does not match our own. Instead of letting panic or discouragement take over, patience holds our steps firm and teaches us to trust that God is faithful in His timing and His way, even before the outcome is visible.

James 1:2-4 reminds us that the testing of our faith produces patience, and that patience, when allowed to finish its work, makes us complete. Romans 5:1-5 says patience is not wasted time but the process by which God builds character and hope into our lives. The delays that frustrate us are often the same moments God uses to form something unshakable inside. In battle, the enemy wants us to give up quickly, but patience keeps us holding the ground until God shows His victory.

Waiting does not mean weakness. Lamentations 3:25-26 tells us that it is good to wait quietly for the Lord's salvation. Isaiah 40:29-31 says that those who wait on Him renew their strength and rise up like eagles. This is what makes patience so different from human endurance. It is not simply holding out, it is being renewed while we wait. Every time we resist the urge to run ahead or quit, God pours new strength into our hearts.

Job 17:9 gives us the picture of a righteous person who keeps walking forward and grows stronger in the process. Hebrews 10:36 adds that patience is necessary so that after we have done God's will, we will receive what He promised. Together these verses show patience as a weapon of perseverance. It keeps us standing in the face of delay, discouragement, and darkness. Like Ephesians 6:13 describes, it is part of our armor, keeping us upright while the storm rages around us.

There is also a gentler side to patience. As we hold the line in spiritual warfare, God is also pruning us. Patience does more than defend against the enemy...it refines us from within. In the waiting, pride is cut away, selfishness is surrendered, and reliance on God deepens. Patience becomes a dual-purpose weapon, holding off darkness while shaping us to look more like Jesus. The battle we fight outwardly becomes the tool God uses inwardly.

In real life this means that patience is not proof that God will give us what we want, but that He will reveal His glory in the way He chooses. Sometimes we get to see it with our own eyes and sometimes we do not, but the fruit of patience keeps us rooted in hope either way. Whether it is waiting for a healing, a breakthrough, or clarity about our future, patience is the Spirit's way of saying "stand here and do not move." We defend God's ground while also being transformed ourselves, growing stronger and steadier with every passing day.

APPLICATION QUESTIONS

- **Applying James 1:2-4** When trials come, do you see them as setbacks or as opportunities for God to build patience and maturity in you?
- **Applying Romans 5:1-5** How can you shift your perspective to see patience not as wasted time but as the process God uses to shape your character and deepen your hope?
- **Applying Lamentations 3:25-26** What area of your life right now requires you to wait quietly for the Lord's salvation instead of trying to force your own outcome?
- **Applying Isaiah 40:29-31** Where do you need God to renew your strength as you wait, and how can you place your hope fully in Him during that process?
- **Applying Job 17:9** In what ways can you hold firmly to righteousness and keep walking forward even when circumstances around you feel dark or unfair?
- **Applying Hebrews 10:36** What promise of God are you holding onto that requires endurance and patience in order to see it fulfilled?
- **Applying Ephesians 6:13** How can patience help you stand firm and not give ground to the enemy when spiritual battles feel long and exhausting?

CLOSING PRAYER

Lord, we thank You for the fruit of patience that only comes from Your Spirit. Teach us to stand firm when the enemy presses in, and to wait with hope when the answers do not come quickly. Just as Your Word says in James 1, let patience finish its work in us so that we may be mature and complete. Give us the strength to put on Your armor and hold the line against darkness, trusting that You are faithful even when we cannot yet see the victory. When Paul prayed for You to remove the thorn from his side, You said Your grace



was enough. And as the Psalmist prayed, "Restore to me the joy of your salvation and grant me a willing spirit, to sustain me". We want to wait well. So Father, we pray for a greater measure of Your grace and joy to saturate and sustain us.

And Father, as we wait, prune us gently but thoroughly. Shape our hearts through the waiting so that pride, fear, and self-reliance are cut away. Renew our strength like eagles, as Isaiah 40 promises, and fill us with unwavering hope that Your glory will be revealed in Your perfect way. May patience not only guard our steps in battle but also refine our souls until we look more like Jesus. In His name we pray, amen.

WHAT'S AHEAD...

Next Week

Fruit of the Spirit: "Kindness"

Homework

Read 2 Corinthians 6:3-13

