



## THEME OF THE MONTH

# Patience

### ***Being Willing to Wait, Even in the Midst of Adversity (Patience vs. Impatience/Selfishness)***

1. Bearing of misfortune, annoyance or pain without complaint
2. Suppressing restlessness when confronted with delay
3. Perseverance, diligence, even-temperedness
4. Composure, endurance, fortitude, calmness

#### **Why is Patience Important?**

*"We pray...so you will have all the endurance and patience you need."*

**Colossians 1:11 NLT**

*"For examples of patience...look at the prophets...."*

**James 5:10 NLT**

*"Timothy...you know my faith, my patience, my love and my endurance."*

**2 Timothy 3:10 NLT**

*"The Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, goodness, faithfulness..."*

**Galatians 5:22 NLT**

## How Do We Practice Patience?

1. Patient people control their emotions.
2. Patient people think before they speak or act.
3. Patient people remain productive, even when waiting.
4. Patient people understand change isn't always instant, and some things never change.
5. Patient people keep trying, they don't give up easily.



## MAT CHAT TALKING POINTS

1. What is patience? Why is it an important character trait?
2. Is patience easy or hard? Why is it so hard for us to be patient?
3. Who has shown patience with you? What did you learn from that?
4. How can patience help you resolve a problem or difficult situation?
5. How can I motivate myself to remain patient in the middle of a problem?
6. Why should we be patient with others? How does this help you?
7. Why is “keeping my cool” important when practicing patience?
8. Where is it the hardest to practice patience? With whom?
9. How is selfishness the antithesis (opposite) of patience?
10. How do you maintain composure with selfish people?

### Talking Points:

Know When to Act and When to Wait: To everything there is a time, and to everything there is a season. Patient people recognize this and choose when to act.

Face Problems Proactively: Life is full of difficulties. Rather than reacting emotionally, take inventory of the situation, gather the facts, so you can make an informed decision.

Don't Scratch the Itch: Life happens, and stuff gets in the way. If delays, frustrations or circumstances through a wrench in your plans, don't let them get you down. Be patient with yourself, and with others. Selfishness is like scratching an itch or picking at a scab...both make it worse.

Have a Long Term Perspective: You may find yourself in a situation today that isn't pleasant. Problems come and problems go. It's how we handle them that truly builds our character. The more problems you overcome, the more success in life you'll have.