The Fruit of The Spirit:

Patience



"But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, 23 gentleness, self-control..." (Galatians 5:22-23)

### Three Translations

Longsuffering (nkjv, asv)

Patience (esv, nasb, csb) Forbearance (niv)



"[We... do not case to gray for you land to ask that you may be]... strengthened with all might, according to His glorious power, for all patience (Hupomone) and longsuffering (Makrothumia)"

Colossians 1:11

### Two Forms of Patience

# Hupomone

hupo - "under,"
meno - "to abide"

abiding under.
The ability to bear under a
load and keep going.

Patience in respect to things or circumstances.

# Makrothumia

macros - "long,"
thumos - "wrath, temper"
Long-Temper
The opposite of
"short temper"

Generally patience in respect to people.

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MAKTROTHUMIA

Patience in respect to people.

# "long before anger"

Makrothumia (Greek) Arek appayim (Hebrew)





Patience: An Essential Attribute of God

"The Lord is gracious and merciful, **slow to** anger (arek appayim) and abounding in steadfast love."

Exodus 34:6, Numbers 14:18, Nehemiah 9:17, Psalm 86:15,

Psalm 103:8, Psalm 145:8, Joel 2:13, Jonah 4:2, Nahum 1:3

### Psalm 103:7-14

He made known His ways to Moses,

His deeds to the sons of Israel.

The Lord is compassionate and gracious,

Slow to anger and abounding in mercy.

He will not always contend with us,

Nor will He keep His anger forever.

He has not dealt with us according to our sins,

Nor rewarded us according to our guilty deeds.

For as high as the heavens are above the earth,

So great is His mercy toward those who fear Him.

As far as the east is from the west,

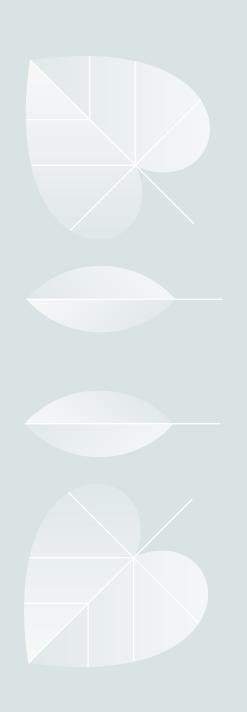
So far has He removed our wrongdoings from us.

Just as a father has compassion on his children,

So the Lord has compassion on those who fear Him.

For He Himself knows our form;

He is mindful that we are nothing but dust.



Patience: An Essential Element of Love

"If I have the gift of prophecy and know all mysteries and all knowledge, and if I have all faith so as to remove mountains, but do not have love, *I am nothing*. And if I give away all my possessions to charity, and if I surrender my body so that I may glory, but do not have love, *it does me no good*.

Love is patient, love is kind, it is not jealous; love does not brag, it is not arrogant.

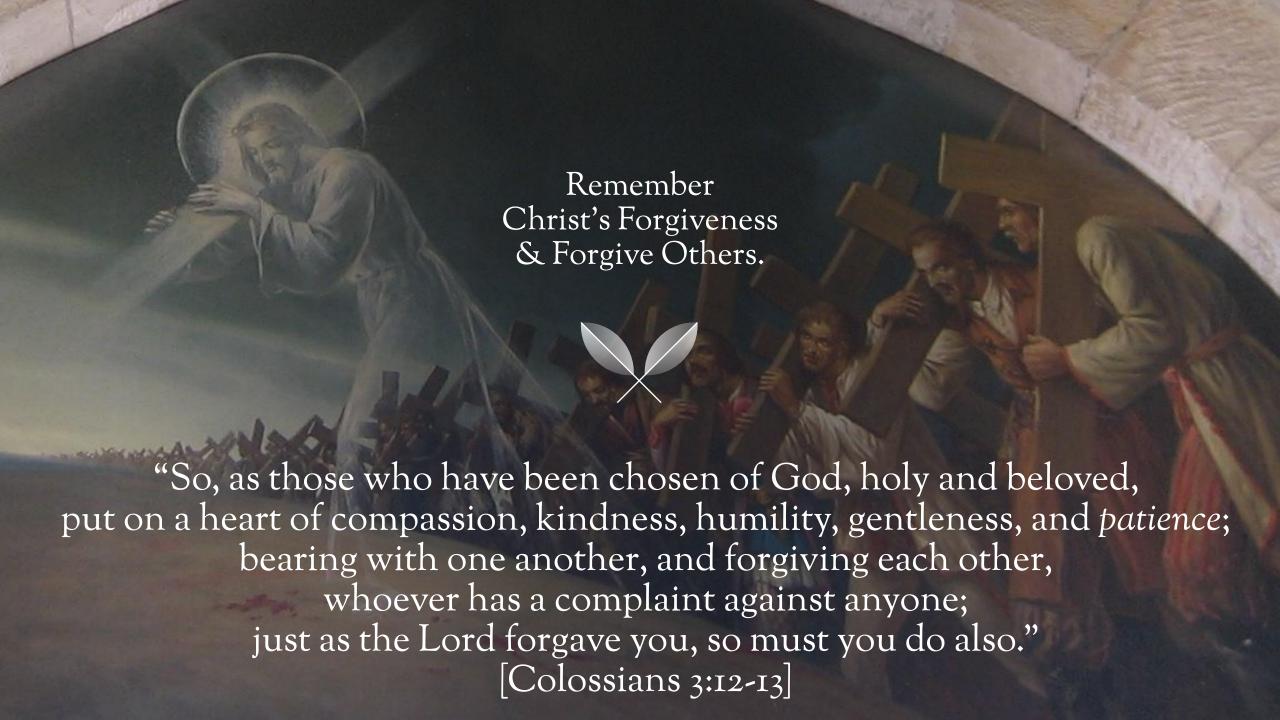
1 Corinthians 13:2-4



## The Patience of Jesus Christ

"Now when Jesus heard about John, He withdrew from there in a boat to a secluded place by Himself; and when the people heard about this, they followed Him on foot from the cities. When He came ashore, He saw a large crowd, and felt compassion for them and healed their sick."

Matthew 14:13-14



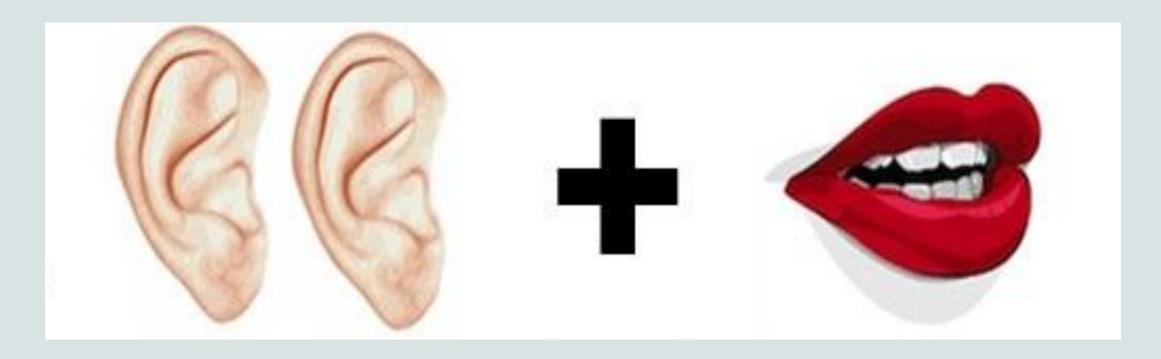
### Proverbs 15:18

"A hot-tempered man stirs up strife, but he who is slow to anger quiets contention."



James 1:19-20

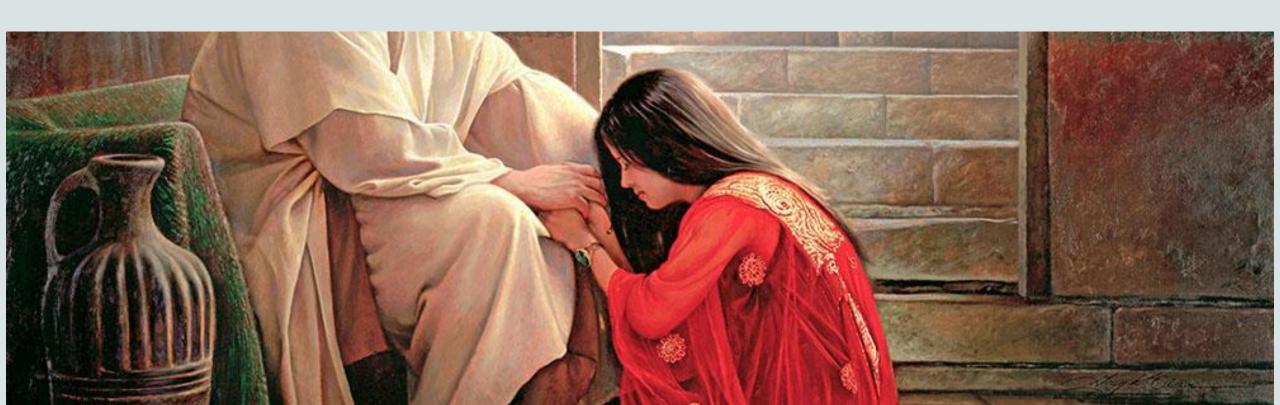
"You know this, my beloved brothers and sisters. Now everyone must be quick to hear, slow to speak, and slow to anger; for a man's anger does not bring about the righteousness of God."



### Proverbs 19:11

"A person's discretion makes him slow to anger,

And it is his glory to overlook an offense."





### Psalm 37:7-8

"Be still before the Lord and wait patiently for him; do not fret when people succeed in their ways, when they carry out their wicked schemes. Refrain from anger and turn from wrath; do not fret—it leads only to evil."



#### Patient With One Another

"Therefore I, the prisoner of the Lord, urge you to walk in a manner worthy of the calling with which you have been called, with all humility and gentleness, with patience, bearing with one another in love, being diligent to keep the unity of the Spirit in the bond of peace."

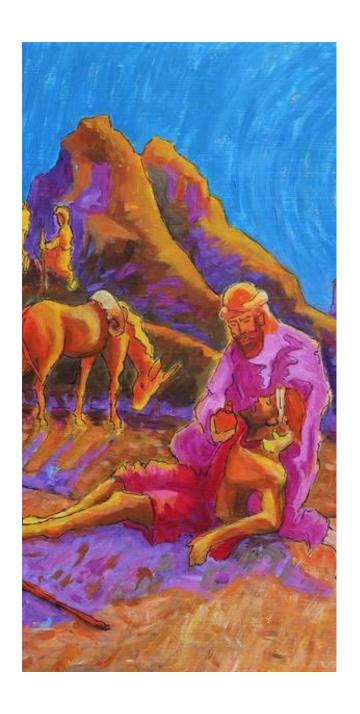
**Ephesians 4:1-3** 



### Patient In Ministry

"I solemnly exhort you in the presence of God and of Christ Jesus, who is to judge the living and the dead, and by His appearing and His kingdom: preach the word; be ready in season and out of season; correct, rebuke, and exhort, with great patience and instruction."

2 Timothy 4:1-2



#### Patient With All

"Now we exhort you, brethren, warn those who are unruly, comfort the fainthearted, uphold the weak, be patient with all. See that no one renders evil for evil to anyone, but always pursue what is good both for yourselves and for all."

1 Thessalonians 5:14-15



### Patience Summarized:

- Patience is an essential attribute of God's character.
- Patience is an essential element of Love.
- Remember what Jesus has forgiven you for- and forgive.
- Put others before yourself.
- Avoid & Resolve Conflict with Patience
- Listen More, Speak Less.
- Wait on the Lord's perfect timing.
- Fretting only leads to evil.
- Be patient with all people.

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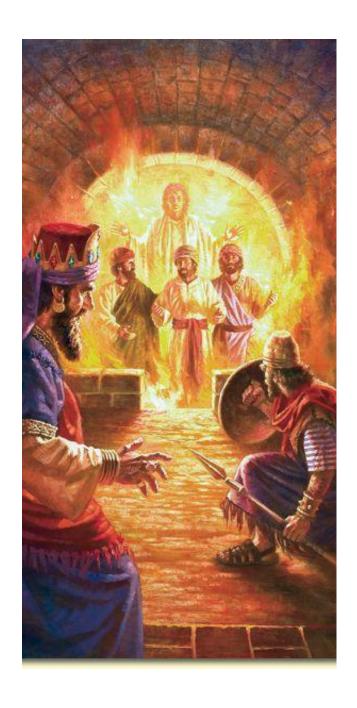
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"Do not grumble against one another, brethren, lest you be condemned. Behold, the Judge is standing at the door! My brethren, take the prophets, who spoke in the name of the Lord, as an example of suffering and patience (Makrothumia). Indeed we count them blessed who endure (Hupomone). You have heard of the perseverance (Hupomone) of Job and seen the end intended by the Lord—that the Lord is very compassionate and merciful."

James 5:9-11



### Hupomone

"My brethren, count it all joy when you fall into various trials, knowing that the testing of your faith produces *patience*. But let *patience* have its perfect work, that you may be perfect and complete, lacking nothing."

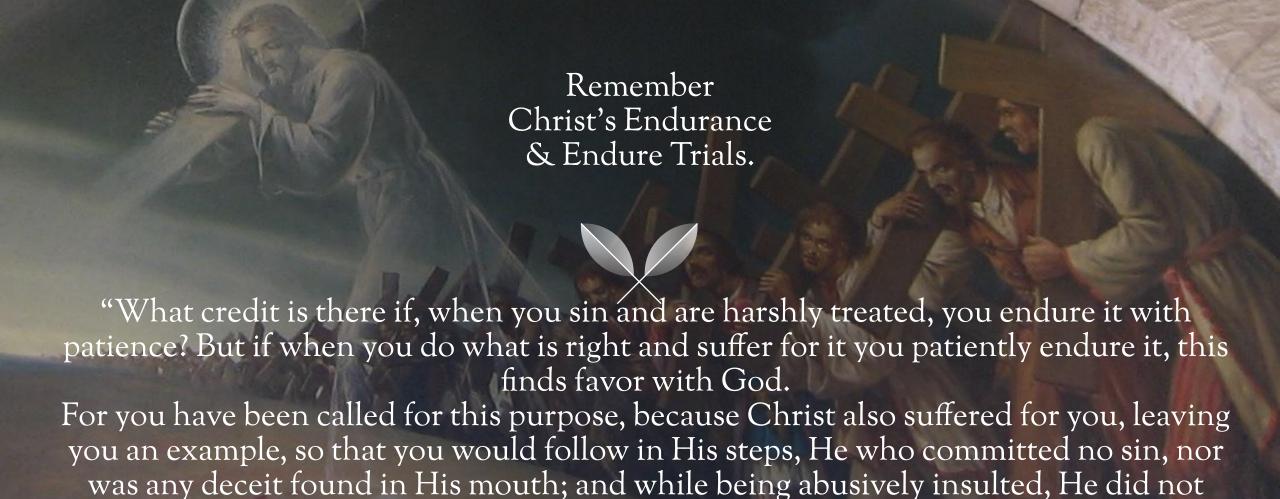
James 1:2-4



### The Reason For Our Hupomone

"For I consider that the sufferings of this present time are not worthy to be compared with the glory which shall be revealed in us."

**Romans 8:18** 



[1 Peter 2:20-23]

insult in return; while suffering, He did not threaten, but kept entrusting Himself to

Him who judges righteously."