

# YEAR OF GROWTH

## PATIENCE

### WEEK 4

### EXERCISE

#### How To Grow in Patience:

It is important to understand the meaning of patience and to see examples of this characteristic in Scripture. Yet, it is also important to do the work necessary to have and to develop endurance. Our focus will be on passages that teach what one must do to have and to grow in patience.

#### Day One \_\_\_\_\_ – Sunday

Reflect on the definitions of the words that God used to describe patience. Think back over the previous lessons. Read again the passages that you have written. Recall the verses you have memorized. Focus on the meaning of patience and prepare to exercise in developing this characteristic.

#### Day Two \_\_\_\_\_ – Monday

##### Ephesians 4:22-32

To become patient, one must desire patience (cf. 1 Timothy 6:11). One must put off the old man and put on the new. This requires a renewing of the mind – a new and right way of thinking. The attitudes and actions described in this passage will never be ours unless we first desire them.

#### Day Three \_\_\_\_\_ – Tuesday

##### Luke 8:11-18

To become patient, one must be patient! This is meant to remind us that patience is not developed overnight. We are to “bring forth fruit with patience.” Yet, one of the fruits we are to produce is patience. In other words, when one’s patience fails, he should not give up. Keep working on your patience!

#### Day Four \_\_\_\_\_ – Wednesday

##### Colossians 3:1-15

To become patient, one must submit to God. Again, this is part of the process of putting on the new man. One must desire to have patience. Yet, one must also work at being patient. Learning from and seeking to imitate the example of God will motivate our exercise in patience.

Day Five – Thursday**Luke 21:16-19**

To become patient, one must trust in God. No matter what test or challenge one faces, it must be remembered that God is right. No matter what persecution or rejection one faces, it must be remembered that God is faithful. No matter how bad things get, it must be remembered that God is good. Patience grows out of faith. “In your patience possess ye your souls.”

Day Six – Friday**Romans 5:1-5**

To become patient, one must remember the benefits. Patience produces hope. Patience gives assurance of receiving the promise of God (Heb. 10:36). Patience makes one complete in Christ (James 1:2-4). Remember why we are seeking patience. This will motivate us during difficult times.

Day Seven – Saturday**Hebrews 5:7-14**

To become patient, one must remember the advantages. Patience will help us to face the troubles of life. It will also enable us to learn and to live according to the Word of God. This will advance our spiritual growth and prepare us for Heaven!