

TITLE: **Fruit of the Spirit: Patience**

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Galatians 5

22 But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith,

23 Meekness, temperance: against such there is no law.

I challenge everyone to work to get something out of our series on The Fruit of the Spirit. I hope that we are not just warming a pew, listening to good music, and leaving here unchallenged. My desire is that each one of us would take seriously the challenge given to us in God's Word to demonstrate the Fruit of the Spirit.

**mannequin**

Thought came to me today: there are some mannequin Christians in the world.

You know what a mannequin is.

mannequins dress like a person. mannequins look like a person.

but there is no life to them.

certainly mannequins show no love, joy, peace, longsuffering, gentleness, goodness, faith, Meekness, or temperance.

I am afraid too many Christians look like a Christian, dress like a Christian...

but they don't demonstrate any love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance that a Christian who is connected to the the vine....that is Jesus Christ.... should demonstrate.

**END SLIDE.**

We have talked about love, joy, and peace.

I have asked you to specifically work to show love...then add to that joy....and add to that peace.

In July..... your assignment....should you choose to accept it.....is to add to that longsuffering.

**1. The Fruit of the Spirit is patience.**

FIRST: definition of longsuffering.

let's look how other versions of the Bible translate the word longsuffering:

NASB: patience

RSV: patience

ASV: longsuffering

Youngs: long-suffering

Darby: long-suffering

WEB: long-suffering

HNV: patience

NKJV: longsuffering

NLT: patience  
NIV: patience  
ESV: patience  
The Message: willingness to stick with things  
AMP: patience  
CEV: patient  
NCV: patience  
GW: patience  
21stKJV: longsuffering  
Holman: patience  
NIRV: patient  
Wycliffe: patience  
TNIV: patience

I looked at 21 versions.  
14 use either the word patient or patience.  
6 versions stayed with long-suffering.  
the Message used the words willingness to stick with things.

Definition:

- 1) patience, endurance, constancy, steadfastness, perseverance
- 2) patience, forbearance, longsuffering, slowness in avenging wrongs

The word in the original language is makrothumia.  
this is a great word.

The writer of First Maccabees says that it was by makrothumia that the Romans became masters of the world. By that he means the Roman persistence which would never make peace with an enemy even in defeat, a kind of conquering patience.

As applied to us....this means that we are ever patient or long-suffering against our enemies and those that work against us....but....and this is important....never giving in to what is wrong but always standing for what is right but with a patient spirit.

Generally the word is NOT used of patience in regard to things or events but in regard to people.

The ancient Christian scholar Chrysostom, said that it is the grace of the man who could revenge himself and does not, the man who is slow to wrath.

It is commonly used in the NT of the attitude that GOD has towards men... Romans 2.4; 1 timothy 1.16; and 1 Peter 3.20.

The banana

The fruit that may best represent longsuffering and our lesson tonight would have to be the banana!

How many of you like bananas?

But probably no one ever eats an unripe BANANA?

I understand you might like bananas, but eating an unripe, green banana is disgusting ... there is no satisfaction there!

I love to buy bananas...but it takes patience because they are never ripe enough to eat.

Patience or longsuffering is like that.

We all want it...but we want it now.....

#### INTRODUCTION:

Sometimes we may mistake patience for something else. A man was walking through a supermarket with a screaming baby in the shopping cart. A woman nearby noticed that time and again the man would calmly say: "Keep calm, Albert. Keep calm, Albert."

Finally, in admiration for the man's patience as the child continued to wail, the woman walked up to him and said: "Sir, I must commend you for your patience with little Albert." To which the man replied, drawing: "Mam, his name is Howard. I am Albert!"

On your hand-out are some thoughts about patience.

James Russell Lowell: Patience is something you admire in the driver behind you, but not in the one ahead.

Benjamin Franklin (1706-1790): He that can have patience can have what he wills.

Greek Proverb: One minute of patience, may bring ten years of peace.

Dutch Proverb: A handful of patience is worth more than a bushel of brains.

Chinese Proverb: One moment of patience may prevent disaster; one moment of impatience may ruin a life.

Saint Augustine of Hippo: Patience is the companion of wisdom.

Saint Francis of Sales: Patience means waiting without anxiety.

Bill Gothard: Patience is accepting a difficult situation without giving God a deadline to remove it.

Peter Marshall: Teach us, O Lord, the disciplines of patience, for to wait is often harder than to work.

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Importance: the Bible says..... in

Luke 21:19 In your patience possess ye your souls.

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James 1:4 Let patience have her perfect work, that ye may be perfect and entire, wanting nothing.

We all want to develop love, joy, peace..... but patience?

story the other day about a little boy in a department store. He was at the end of an escalator, and he kept watching the railing as it went around. And a salesman came and said, "Son, are you lost?" And he said, "No, I'm just waiting for my chewing gum to come back."

**Lesson.....**we have patience for what we want....but that is not what GOD expects.

Patience means long wrath and slow anger.  
This basically means that we are to handle our anger slowly.

Remember when God spoke to Moses and he said to him, "The Lord is compassionate and gracious. God is slow to anger, abounding in love and faithfulness"?

He was literally talking about patience here. Our God is slow to anger. Well, you know the fruit of the spirit are all attributes of God. Here we see the attribute of God's patience -- He's slow to anger. A lot of times people think that anger is wrong. Really it's not a sin. It's when it's uncontrolled. Paul tells us to not let the sun go down on our anger or our wrath.

### **IMPORTANT:**

What we're going to talk about is the root of impatience, which is anger. So we don't want to just talk about patience today; we want to go right down to the foundation, which is uncontrolled anger. Remember patience is slow anger.

## **2. Seven keys to managing your anger:**

### **1. Resolve to manage it.**

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"It is better to be slow-tempered than famous; it is better to have self-control than to control an army." Proverbs 16:32(LB)

The first thing I want you to know today is that anger can be managed. In fact, anger for a right cause, managed directly, is a tremendous attribute. Don't you get angry about injustice and sin? And aren't there times when it literally motivates you or compels you to do something about it?

Now, here's where the problem comes in. When I've talked to people who have a real problem with anger, they'll say, "I just can't help myself. I mean, I blow up."

Sure you can manage it. Sure you can help yourself. Sure you can control it. I can prove that you can control anger. Let's say that you're really mad at your kids. I don't know what they're doing but boy, you're yelling and screaming. You're pointing fingers and all that stuff. I mean you're really giving it to them. You know what I'm saying?

Now the phone rings. I've seen this happen. You pick up the phone and go, "Hello."

### **2. Realize the cost.**

Somebody said.....Anger is one letter away from danger.

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Proverbs 29:22: A hot-tempered man starts fights and gets into all kinds of trouble."

The Bible is very specific about the damage done by uncontrolled anger.

Proverbs 15:18; 14:29; 14:17; 11:29

It destroys relationships.

Zig Ziglar

Study in a Florida penitentiary, on the inmates, and they found out that 100 percent -- not 90, not 95 -- of the men in the penitentiary were angry with their father.

### 3. Reflect before reacting.

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Proverbs 29:11

A fool uttereth all his mind: but a wise [man] keepeth it in till afterwards.

HNV: A fool vents all of his anger, But a wise man brings himself under control.

### 4. Release your anger appropriately.

There are right ways and wrong ways to do this.

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Ephesians 4:26 If you become angry, do not let your anger lead you into sin."

How do you respond to anger? You have four possible options, and two of them don't work:

1. Don't deny it.
2. Don't suppress it.
3. Do confess it.
4. Do express it.
5. Re-pattern your mind.

Romans 12:2 tells us Be transformed by the renewing of your mind.

### 6. Relate to people that are patient.

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Proverbs 22:24-25

Make no friendship with an angry man; and with a furious man thou shalt not go:

### 7. Rely on GOD's help.

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Romans 15:5

May God who gives patience, steadiness, and encouragement, help you to live in complete harmony with each other -- each with the attitude of Christ toward the other.

Here's what I'm saying.

### 3. The best things in life will take a long time.

the word "wait" in your Bible is found 106 times.

Wait on the Lord," wrote the psalmist, "and be of good courage and he will strengthen your heart.

Those who wait upon the Lord shall inherit the earth."

Isaiah, "Yet those who wait upon the Lord, they shall renew their strength." It talks about mounting up with wings as eagles.

Let me cite 3 examples in church history of men that demonstrated patience.

**Cotton Mather** who stood against sin and evil in his day.

Cotton Mather prayed for 20 years, 2-3 hours a day, for revival to come to America.

Literally the year he died, the Great Awakening and revival under Jonathan Edwards came to America. The year he died.

**William Wilberforce** who stood against the English government.

William Wilberforce was a man who for 50 years in the British Parliament fought against slavery.

before John Wesley died in the 1790s, his last letter was to this great statesman Wilberforce.

Wesley wrote, "Please rid the British empire of its cancer. Fight. Have a lifelong passion against slavery." William Wilberforce, for 50 years, fought against slavery. And finally, when he was on his deathbed, the British Parliament outlawed slavery.

**Hudson Taylor** stood against a heathen culture.

Great missionary to China for many years. Saw no converts for many years.

Even by the end of his life, he saw relatively little results....

But years later there are literally millions of Chinese that call themselves Christians because of Hudson Taylor.

NOTE:

4. Long-suffering does not mean that we tolerate wrong.

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Nahum 1

1 The burden of Nineveh. The book of the vision of Nahum the Elkoshite.

2 God [is] jealous, and the LORD revengeth; the LORD revengeth, and [is] furious; the LORD will take vengeance on his adversaries, and he reserveth [wrath] for his enemies.

3 The LORD [is] slow to anger, and great in power, and will not at all acquit [the wicked]: the LORD hath his way in the whirlwind and in the storm, and the clouds [are] the dust of his feet.

4 He rebuketh the sea, and maketh it dry, and drieth up all the rivers:...

5 The mountains quake at him, and the hills melt, and the earth is burned at his presence....

6 Who can stand before his indignation? and who can abide in the fierceness of his anger? his fury is poured out like fire, and the rocks are thrown down by him.

7 The LORD [is] good, a strong hold in the day of trouble; and he knoweth them that trust in him.

The city of Nineveh.

This is the second chance for Nineveh.

Already brought revival in day of Jonah: 862 B.C.

Nahum wrote in 713 B.C.

150 years after Jonah.

The name Nahum means compassionate.

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Proverbs 28

4 They that forsake the law praise the wicked: but such as keep the law contend with them.

our position is to be longsfu and let God be God and let hi m write the last chapter

evil work executeth speedily

### 5. Why we must have long-suffering.

In his study notes on Galatians Mark Copeland shows three reasons why this demonstration of the Grace of the Spirit in our lives is necessary.

**Necessary if we wish GOD to be long-suffering to us.**

Jesus illustrated in "The Parable Of The Unmerciful Servant" (note particularly Mt 18:32-35)

Compare also the following verses:

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### Colossians 3

12 Therefore, as the elect of God, holy and beloved, put on tender mercies, kindness, humility, meekness, longsuffering;

13 bearing with one another, and forgiving one another, if anyone has a complaint against another; even as Christ forgave you, so you also must do.

a. Christ has forgiven us

b. Therefore we must be longsuffering and willing to forgive one another!

### Necessary to maintain the unity of the Spirit.

### Ephesians 4:1-3

1 I, therefore, the prisoner of the Lord, beseech you to walk worthy of the calling with which you were called,

2 with all lowliness and gentleness, with longsuffering, bearing with one another in love, 3 endeavoring to keep the unity of the Spirit in the bond of peace.

2. Without longsuffering, the sins and transgressions we commit against one another will quickly destroy the unity for which Christ died!

Necessary for the work of the Kingdom of God.

Paul charged Timothy - 2 Ti 4:2

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2 Preach the word! Be ready in season and out of season. Convince, rebuke, exhort, with all longsuffering and teaching.

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2 Timothy 2

24 And the servant of the Lord must not strive; but be gentle unto all [men], apt to teach, patient,

25 In meekness instructing those that oppose themselves; if God peradventure will give them repentance to the acknowledging of the truth;