

Study Through the Bible

Galatians: The Fruit of the Spirit - Study 4

PARTICIPANT'S GUIDE

The Fruit of the Spirit Is Patience

God wants to make you patient with people and events.

Galatians 5:22–23

The circumstances of life should not cause us to lose our patience. The Greek word translated as *patience* is *makrothumia*, which is a combination of *makros*, meaning “long”, and *thumos*, meaning “temper.” Paul is exhorting us to be long-tempered.

All of us experience impatience; all of us have experienced the consequences of our impatience; all of us can benefit from becoming more long-tempered through the power of the Holy Spirit. The purpose of this study is to help us understand and demonstrate God’s patience.

Scripture:

Galatians 5:22–23

Based on:

“The Fruit of the Spirit: God’s Recipe for a Full Life,” Series Builder by John A. Huffman Jr., PREACHING TODAY SERMON



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PART 1

Identify the Current Issue

Read Galatians 5:22–23. The fruit of the Spirit is patience. We have all known moments of impatience. It's often a feeling of mounting tension and pressure—the feeling that we are going to blow any minute.

PART 2

Discover the Eternal Principles

Teaching point one: God wants to make you patient as he is.

Teaching point two: God wants to make you patient with him.

- Q** With which statement do you find yourself agreeing most:
- 1) I trust God until things start spinning out of control, then I lose perspective.
 - 2) I trust God no matter what my circumstances, because he knows what is best.
 - 3) I trust God until he acts in a way I don't understand, and then I'm filled with doubt.
 - 4) I trust God knows best for me, but at times that's hard to accept.

Teaching point three: God wants to make you patient with people.

Teaching point four: God wants to make you patient with circumstances.

PART 3

Apply Your Findings

If you allow him, the Holy Spirit can reshape your character faults into manifestations of the fruits of the Spirit. Amy Carmichael presents a simple plan for curbing our emotions when they threaten to boil over into actions. In the book titled *Edges of His Ways*, she writes the following:

Dr. F. B. Meyer once told me that when he was young he was very irritable, and an old man told him that he had found relief from this very thing by looking up the moment he felt it coming and saying, "Thy sweetness, Lord." By telling this, that old man greatly helped Dr. Meyer, and he told it to tens of thousands.

I pass it on to you because I have found it a certain and a quick way of escape. Take the opposite of your temptation and look up inwardly, naming that opposite; Untruth—Thy truth, Lord; Unkindness—Thy kindness, Lord; Impatience—Thy patience, Lord; Selfishness—Thy unselfishness, Lord; Roughness—Thy gentleness, Lord; Discourtesy—



Thy courtesy, Lord; Resentment, inward heat, fuss—Thy sweetness, Lord, Thy calmness, Thy peacefulness.

—Study by John A. Huffman Jr., with JoHannah Reardon

