

MEN'S LIFE BLOOMINGTON & GOD @ WORK

Tuesday, December 11, 2018

Patience... Remaining the Light & Example in Your Daily Life – Proverbs

19:11, Ecclesiastes 7:8, Colossians 1:11, Psalm 37: 7-9, Ephesians 4:2, Proverbs 15:18

Overview:

Think about the last time you had to be patient with someone (check-out line, stoplight, co-worker, friend, children, spouse) What if the actions of that person made you....Late for an appointment, cost you time or money, cost you a promotion....or damaged a relationship. How would you react?

Are you a patient person? Are you more patient with certain people? Why is that? Can you develop better patience in your day to day encounters?

Today's Challenge: I want to be known as someone that lives by the true definition of Patience:

“Enduring discomfort without Complaint”

Hearing Our Stories: JC Hulls

Isaiah 40:31-“but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.” NIV

Segment Questions:

- Would you consider yourself a patient person? Why?
- What have you done to demonstrate patience to others? How did it make you feel? Stressed, Thankful, Relieved, Blessed, Humble
- Are you more patient with certain people? Why is that? Give an example
- What would it take to develop better patience in your day to day encounters?
- What would your definition of patience be?
- Why is being patient so hard at times?
- Would you agree that your Pride can lead to being impatient? Give an example:

Action Questions:

- What will you do today to make a positive change in being more Patient to those around you?
- If I was more consistent in being patient with those around me what kind of an impact would it have on myself, on them? (Spiritual growth, peace, patience, humble, etc)
- How will I hold myself and those around me accountable in growing patience in a Godly way?

Introduction

It's December 11th and there's 14 days left til Christmas morning!!!

How many times have we seen the countdown clock on every ad, on every building, social media, etc
How's your Stress level? How's your Patience?

When you think of all the things that need to get done in the next two weeks how do ***you feel in your Spirit?*** Have you ever stopped to think about your "***Spiritual Thermometer***"?

Is Patience one of the first things you think of during the Holiday season?? (Boy I can't wait to get in line and deal with; the lady in front, the kids screaming, the super slow cashier.....) Probably not, it's more like how can I figure out a way to get in and get out with very little communication and/or eye contact, lol.

How about tomorrow morning you do this First and Foremost.....Be Patient with YOURSELF!

What I mean is you need to be patient with yourself first before you can be patient with those around you. Do you find yourself getting upset about simple things you do or say? (Why can't I figure out this Excel spreadsheet, why can't I be disciplined enough to carve out 15 minutes every day for quiet time with God, why do I drive the same way to work when I know I'll run into the same dumb traffic every morning, on and on and on....)

Stop beating yourself up.... step back, take a breath, be patient with yourself.

Think about how patient God is with you e..v..e..r..y d..a..y about e..v..e..r..y t..h..i..n..g !!

Make a Change Today: Start each day by thanking Him for his patience with you and then ask for His help on being patient with yourself and others you meet throughout the day.

Today pick something you can become more patient about with yourself and take the first step.

"Patience is the Supernatural Fruit of the Holy Spirit"

Proverbs 19:11 - "A person's wisdom yields patience; it is to one's glory to overlook an offense."

Ecclesiastes 7:8 - "The end of a matter is better than its beginning, and patience is better than pride."

Colossians 1:11 - "being strengthened with all power according to his glorious might so that you may have great endurance and patience."

Psalm 37: 7-9 – "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. For those who are evil will be destroyed, but those who hope in the Lord will inherit the land."

Ephesians 4:2 - "Be completely humble and gentle; be patient, bearing with one another in love."

Proverbs 15:18 - "A hot tempered person stirs up conflict, but the one who is patient calms a quarrel."