



Message Discussion Guide Week of October 9, 2022

Message: Fruitful, Part 5: Patience

Key Scripture: [Ephesians 4:1-6](#)

Preacher: Tom Parkinson

Message Highlights:

Our patience gets tested daily, and if we are honest, we often fail the test. Our fast-paced world, in which we want what we want, and we want it yesterday, means that we are not very good at patience.

The Greek work for patience is *makrothumia*, which means “long-tempered.”

- Patience means not allowing our anger to control our response to life’s frustrations.
- Patience is showing endurance in the face of suffering and forgiveness in the face of the foibles of others.

The Bible testifies that God’s nature is to be patient and that this patience is demonstrated in the life of Jesus.

- Even when God is rightfully angry with us, God chooses not to act out of anger, but out of grace.
- Jesus demonstrates ultimate patience when he bears the weight of our sins on the cross.

To cultivate more patience in our lives, there are two Christlike postures we should adopt:

- A posture of endurance in the face of suffering. When we suffer we should be ready to express no surprise, no retaliation, and no quitting.
- A posture of forgiveness in the face of other’s weaknesses. We should expect that we will be irritated by others and always be ready to forgive.

Discussion Questions:

1. Do you feel like you are a patient person? Why is patience so hard for us?
2. Who is the most patient person you have ever known? What made them patient? How do you think he/she cultivated patience in his/her life?

3. Pastor Tom described how patience is a part of God's character. How does God display patience? What does patience look like in the life of Jesus? How can we look to Jesus as a model for exhibiting more patience in our lives?
4. Read [Ephesians 4:1-6](#):
 - a. What is the relationship between patience and other qualities of the fruit of the Spirit, such as peace and gentleness?
 - b. Why is patience such a critical component of Christian unity?
5. What is one thing you can do to cultivate more patience in your life?

Call to Action: Cultivate patience by deciding to wait for something on purpose. Did you just receive an Amazon package? Set it aside and wait to open it later. Are you eligible for a phone upgrade and you really want that new iPhone 14? Decide to wait a month. By choosing to wait for things we don't have to wait for we cultivate patience for the moments when we have no choice but to wait.