

WELCOME

Annoying people. Frustrating people. Irritating people. Most of the time, when it comes to our struggles with patience, it's due to other people. We get rude with the ones we love the most, but we can also lose our temper with total strangers. And patient shows no favoritism. Speaking of which, it's interesting that when we talk about patience, we often refer to impatience. We say things like "you're trying my patience" or, "my patience is wearing thin". Or, "I'm just about out of patience with you". So much that as to do with our use of the word patience refers to our lack of! We all have stress triggers - buttons that when pressed cause us to lose our patience. But if we want to be like Jesus, becoming a more patient person is non-negotiable.

Key Question: How does God provide the help I need to deal with _____?

Key Verse:

Whoever is _____ has great understanding, but one who is quick-tempered displays folly. "Proverbs 14:29

Key Idea: I am slow to anger and endure patiently under the unavoidable _____ of life.

(Key Application #1): trust God's timing, his ways, and his _____.

(Key Application #2): don't let unimportant stuff _____ you too much.

(Key Application #3): offer the patience today that you would like to _____ tomorrow.

GETTING STARTED

Begin your discussion by reciting the key verse and key idea together as a group. On your first attempt, use your notes if you need help. On your second attempt, try to state them completely from memory.

KEY VERSE:

Whoever is patient has great understanding, but one who is quick-tempered displays folly. "Proverbs 14:29

KEY IDEA: I am slow to anger and endure patiently under the unavoidable pressures of life.

GROUP DISCUSSION

As a group, discuss your thoughts and feelings about the following declarations. Which statements are easy to declare with certainty? Which are more challenging? Why?

- I do not get angry with God when I have to endure suffering.
- I am known to maintain honesty integrity when under pressure.
- I always put matters into God's and when I'm under pressure.
- I keep my composure even when people or circumstances irritate me.

1. What current situations test your patience most? Why?

2. What External forces negatively impact your ability to remain patient?

3. How has your relationship with God impact your ability to be slow to anger in stressful situations?

4. Think of a challenging time in your life that helped you develop perseverance. How did you grow spiritually during that.?

Read Samuel 26:1-25

1. How did the years David's been waiting to become king prepare him for the responsibility of the throne?

2 In what ways have periods of waiting in the past developed your character?

3. In what ways have you experienced the foolishness of quick temperedness?

CASE STUDY:

Use the following case study as a model for a real-life situation where you might put this week's key idea into practice.

Kelly has been dreaming about creating her own family since she was a little girl. She was engaged in after college but felt led by God to call off. Since then, she has tried numerous ways to find a good husband, but nothing has materialised. Anxiety and fear breeds within her as each year passes. She is beginning to believe that she will always be alone.



Session 6:

How can I be patient with others?

Use the following key applications from this session, discuss what you could say or do to help Kelly

Key Application #1: Trust God's timing, his ways, and his outcomes.

Key Application #2: Don't let unimportant stuff bother you so much.

Key Application #3: Offer the patience today that you would like to receive tomorrow.

CLOSING PRAYER:

Close your time together with prayer. Share your prayer requests with one another. Ask God to help you put this week's key idea into practice.