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A FAMILY BIBLE STUDY ON PATIENCE

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Patience is the ability to accept delay without getting irritable or angry. Not many of us can say we have patience, and I'm certainly no exception. Even though we are often short on patience, we must cultivate this fruit of the Spirit in our life. As a family, we can help encourage each other to cultivate patience as well as apply biblical teachings of patience in our own lives. Through this family Bible study, you and your family will have a Bible verse to read each day, followed by a summary and challenge questions.

There will be a guided prayer at the end of the Bible study. As you progress through this Bible study, work together as a family. Help each other learn about patience and the importance of developing patience in our own everyday lives. While it will be a challenge, nothing is impossible with God. He can do all things, and this includes helping us develop a patient heart.

DAY ONE: PATIENCE IS A FRUIT OF THE SPIRIT (GALATIANS 5:22-23)

"But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law" (Galatians 5:22-23).

As mentioned above, patience is a fruit of the Spirit. Fruits of the Spirit cannot be cultivated on our own. Rather, they have to be cultivated by the Holy Spirit. He is the One who works in us in order to bring about these beautiful fruits. Since the Holy Spirit is the third member of the Trinity, He is God. Therefore, when we are producing these fruits, they are only because of the work of God in us.

To produce this fruit, we need to pray to the Lord and ask Him to help us cultivate this fruit. The Holy Spirit will help us and give us many opportunities to develop this fruit. Through His guidance and help, we can start producing this fruit in our daily lives. It is important to note that just as fruits need tending, care, and effort, so do spiritual fruits. We can tend to our existing spiritual fruits by continuing to work on them and leaning on the Holy Spirit for His help.



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DAY TWO: PATIENCE HELPS US TO BEAR WITH ONE ANOTHER IN LOVE (EPHESIANS 4:2)

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

Our passage for today comes from Ephesians 4:2. Paul shares this message with the Ephesians Church, yet it also applies to us as modern-day believers. Within Ephesians 4:2, we are told that we need to be completely humble, gentle, and patient. By doing this, we will be bearing with one another in love. Therefore, we cannot truly bear with others in love apart from being patient in our daily lives. This makes sense because patience requires us to be peaceful while waiting.

None of us like to wait, but we don't need to get angry and hostile in the process. This will not bring glory to God. Instead, we must learn to be patient in our dealings. Patience combined with humbleness and gentleness can help us live holy lives for the Lord. Even though developing patience can be difficult, we are not without help. Lean on God, trust in Him, and allow Him to work in your life.



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DAY THREE: BE PATIENT DURING HARD TIMES (ROMANS 12:12)

"Be joyful in hope, patient in affliction, faithful in prayer" (Romans 12:12). Addressing the Roman Church, Paul tells his listeners to be joyful in hope, patient in affliction, and faithful in prayer. Focusing on being patient in affliction, we need to try our best to be patient even during hard times. When we are stressed or in pain, it can be hard to be patient. However, we are told in this passage that we need to be patient in affliction. Whether we are struggling, in pain, or short on temper, we need to choose to be patient.

This will take much hard work, time, and effort, yet it will be worth it. In addition to being patient in affliction, Paul also tells us to be joyful in hope and faithful in prayer. Adding these two aspects can actually help us improve our own patience. Instead of thinking pessimistically, we will begin to be joyful in hope. Even though things are not going the way we want, we can be joyful and have hope because of God.

The hope we are given in God will never disappear. His hope is solid, secure, and steady. Never do we have to worry about God falling back on His promises. In the same way, we are to be faithful in prayer, and this, too, will help us in our journey of developing patience. Being faithful in prayer means that we are going to God in prayer each day, trusting Him, and carving out time each day to spend with Him.



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DAY FOUR: WAIT PATIENTLY ON THE LORD (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" (Psalm 37:7-9).

Psalm 37:7-9 discusses the importance of being still before the Lord and waiting patiently on Him. Rather than growing discouraged or worried when evil people succeed in their wickedness, we need to be still and trust in God. We need to refrain from anger and turn away from wrath because it will only lead to evil actions. Those who do evil will be cast aside, but those who trust in the Lord and have hope in Him will inherit the land. In everything, we need to ensure we are following the Lord and having hope in Him rather than trying to take matters into our own hands.

While it is true that many wicked people will succeed in their evil ways, we are called to wait on God. As we are waiting, we need to patiently wait. Rather than growing angry and wrathful in the waiting process, we need to have hope and patiently wait with a heart of hope. God is pleased with us when we do this because it displays our trust in Him. Be still before the Lord and wait for His answers to prayer. He will bring evil into the light and destroy all who have rejected His ways.



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DAY FIVE: THE EFFECTS OF PATIENCE (PROVERBS 15:18)

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

For our final day, we are focusing on the effects of patience. From Proverbs 15:18, we see that patience helps us to be a kind, caring, and gentle person. The writer of Proverbs tells us that a hot-tempered person stirs up conflict, yet the person who is patient will calm a quarrel. This shows us that the angry person causes problems, yet the patient person extinguishes problems. In everything, we need to strive to be a patient person rather than an angry person.

Being patient will show up in our lives in many ways once patience has been cultivated. We won't get angry when we have to sit longer at a stop light, nor will we be prone to start an argument with others. Instead, we will have a level head and a peaceful heart. By having a level head and a peaceful heart, we will be able to face any issue with the help of God. It is better to be a quiet, patient person who waits on the Lord rather than an angry, hot-tempered person who takes matters into their own hands.



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END OF CHALLENGE PRAYER

"Dear God,

Please help me to develop peace in my everyday life. I'm often short on patience, and I easily become irritable. Help me follow Your example and be patient in all circumstances. I praise You, God.

Amen."



AUTHOR

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Vivian Bricker loves Jesus, studying the Word of God, and helping others in their walk with Christ. She has earned a Bachelor of Arts and Master's degree in Christian Ministry with a deep academic emphasis in theology. Her favorite things to do are spending time with her family and friends, reading, and spending time outside. When she is not writing, she is embarking on other adventures.

