

The Fruit of the Spirit: Patience and Self-Control

Week 3

As a Table Discuss:

- What are some of the things you look forward to about spring/summer and why?
- We are going to be talking about patience and self-control today. What is your relationship to these two aspects of the fruit of the spirit? When you hear them do you feel a sense of achievement – I practice these pretty well? A sense of guilt? Shame?

Review

- A. Nature of the Fruit of the Spirit
 - a. One fruit
 - b. Interdependent
 - c. Maturity measured by the least of these.

“We notice that we are naturally stronger in some rather than others. But our strengths, apart from the Holy Spirit, are due to natural temperament (we have a trait through brain chemistry and early training), or to natural self-interest (we learned a trait in order to handle some issue or condition we met). For example, some people are temperamentally gentle and diplomatic (gentleness). But the sign that this is not due so much to the Holy Spirit is that such people are usually not bold or courageous (faithfulness).”

Galatians 5:22-26

²² But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, ²³ gentleness and self-control. Against such things there is no law. ²⁴ Those who belong to Christ Jesus have crucified the flesh with its passions and desires. ²⁵ Since we live by the Spirit, let us keep in step with the Spirit. ²⁶ Let us not become conceited, provoking and envying each other.

As a Table Discuss:

- How would you define patience?
- How do the following passages refine your definition?

Psalm 37:1-11

Do not fret because of those who are evil
or be envious of those who do wrong;

¹ Redeemer - Galatians study, week 20, Leaders guide, p. 10.

- ² for like the grass they will soon wither,
like green plants they will soon die away.
- ³ Trust in the Lord and do good;
dwell in the land and enjoy safe pasture.
- ⁴ Take delight in the Lord,
and he will give you the desires of your heart.
- ⁵ Commit your way to the Lord;
trust in him and he will do this:
- ⁶ He will make your righteous reward shine like the dawn,
your vindication like the noonday sun.
- ⁷ 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.
- ⁸ Refrain from anger and turn from wrath;
do not fret—it leads only to evil.
- ⁹ For those who are evil will be destroyed,
but those who hope in the Lord will inherit the land.
- ¹⁰ A little while, and the wicked will be no more;
though you look for them, they will not be found.
- ¹¹ But the meek will inherit the land
and enjoy peace and prosperity.

Romans 2:1-4

You, therefore, have no excuse, you who pass judgment on someone else, for at whatever point you judge another, you are condemning yourself, because you who pass judgment do the same things. ² Now we know that God's judgment against those who do such things is based on truth. ³ So when you, a mere human being, pass judgment on them and yet do the same things, do you think you will escape God's judgment? ⁴ Or do you show contempt for the riches of his kindness, forbearance and patience, not realizing that God's kindness is intended to lead you to repentance?

Romans 8:18-25

¹⁸ I consider that our present sufferings are not worth comparing with the glory that will be revealed in us. ¹⁹ For the creation waits in eager expectation for the children of God to be revealed. ²⁰ For the creation was subjected to frustration, not by its own choice, but by the will of the one who subjected it, in hope ²¹ that^[a] the creation itself will be liberated from its bondage to decay and brought into the freedom and glory of the children of God.

²² We know that the whole creation has been groaning as in the pains of childbirth right up to the present time. ²³ Not only so, but we ourselves, who have the first fruits of the Spirit, groan inwardly as we wait eagerly for our adoption to sonship, the redemption of our bodies. ²⁴ For in this hope we were saved. But hope that is seen is no hope at all. Who hopes for what they already have? ²⁵ But if we hope for what we do not yet have, we wait for it patiently.

James 5:7-11

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Patience Defined

Patience Counterfeit

Patience Opposite

As a Table Discuss:

- How would you define self-control?

- How does 1 Corinthians 9:24-27 refine your definition?

²⁴ Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. ²⁵ Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever. ²⁶ Therefore I do not run like someone running aimlessly; I do not fight like a boxer beating the air. ²⁷ No, I strike a blow to my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.

Self-control Defined

Self-control's Counterfeit

Self-control's Opposite

Cultivating Patience

Cultivating Self-Control