



# The Faith Messenger

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## Sundays

### with Our Savior

Worship Service: 11am

Sunday School: 10am

## Issue Focus:

### The Fruit of the Spirit:

#### Patience

Volume 3, Issue #1

Spring 2025



**“So then, whenever we have an opportunity, let us work for the good of all...” -Galatians 6:10**

The Faith Messenger 2025 Spring edition continues our journey exploring the Fruit of the Spirit. In this issue, we'll take a deep dive into the Fruit of the Spirit:

#### **Patience.**

We will be discovering that Patience plays a vital role in our Christian maturity and how lack of patience negatively affects our reputation as a Christ-follower to those around us.

Together we will explore the secrets to gain patience and benefits of strategically waiting on God for His wise direction.

The tyranny of the urgent rules much of our lives. However, the lack of patience always devolves into emotional, mental, physical and spiritual stress. Impatience is a peace-robber!

Developing patience nurtures resilience and faith, transforming how we navigate life's pressures.

In a world driven by urgency, embracing this Fruit of the Spirit can alleviate stress and bring robust spiritual growth, increased mental clarity, and peace.

In a society that frequently values immediate satisfaction, scripture gently reminds us of the grace found in being patient, with ourselves, others, and most importantly, with God.

**Do not neglect to do good and to share what you have, for such sacrifices are pleasing to God.**

**- Hebrews 13:16**



Some of our greatest blessings come with patience.

## Patience: A Biblical Virtue

Patience is a fundamental virtue in our spiritual journey as Christians, highlighted as one of the Fruits of the Spirit in Galatians 5:22-23. It signifies the capacity to wait, trust, and lean on God, particularly in trying times. The Bible offers numerous examples of patience, teaching us its great importance in our faith.

## Definition and Significance

In essence, patience involves enduring difficult circumstances with a steadfast heart and trusting God's timing. It calls for a calm and composed demeanor, even when faced with delays, obstacles, or suffering.

As a Fruit of the Spirit, patience is a reflection of God's character, exemplifying His grace and mercy towards us.

## Biblical References

Throughout the Bible, many figures demonstrated remarkable patience.

**Job** is perhaps the most renowned example, enduring immense suffering while maintaining his faith in God.

**Abraham** waited patiently for the fulfillment of God's promise of a son.

**Joseph** remained steadfast despite being sold into slavery and imprisoned. Jesus Himself exhibited ultimate patience, enduring the cross for the salvation of humanity.

## Patience with God

One crucial aspect of patience is waiting on God's timing. Trusting in His plan, even when prayers seem unanswered, requires deep faith. Scripture reminds us that God's timing is perfect, and His plans for us are for our good (Jeremiah 29:11).

## Patience for God

Being patient for God's intervention means recognizing His sovereignty and submitting to His will. It involves trusting that He knows what is best for us and that His ways are higher than ours (Isaiah 55:8-9).

## Patience with Ourselves

Our spiritual growth is a journey that requires patience. We must be gentle with ourselves, acknowledging that growth takes time and that setbacks are part of the process. Philippians 1:6 assures us that God, who began a good work in us, will carry it on to completion.

## Patience with Others

Interpersonal relationships often test our patience. Ephesians 4:2 calls us to be completely humble and gentle, bearing with one another in love.

Patience fosters understanding and forgiveness, promoting unity within the body of Christ.





### Patience Under Hardships

When we endure trials and tribulations with patience, it strengthens our faith and builds resilience. Romans 5:3-4 teaches that suffering produces perseverance, character, and hope.

Embracing patience during hardships allows us to experience God's transformative power in our lives.

### The Virtue of Patience

Patience is not only a Christian virtue but is also valued across different cultures and religions, emphasizing its universal importance.

### Practical Patience

Cultivating patience can be achieved through spiritual disciplines such as prayer, meditation, and intentional devotion to Jesus. These practices help us develop a deeper reliance on God and maintain a peaceful heart amid life's challenges.

### What is the meaning of "The Patience of Job?"

Have you ever wondered what it truly means to have the "patience of Job"? This phrase originates from the Bible, referring to Job, a man known for his unwavering faith and endurance amidst immense suffering.

The colloquialism "patience of Job" signifies the extraordinary ability to remain steadfast and trustful in God, despite facing severe trials.

Even when his wife and friends urged him to curse God and give up, Job remained resolute, saying, *"Though He slay me, yet will I hope in Him"* (Job 13:15).



### Job's trust in God

Job's story, found in the Book of Job, depicts a man who experienced profound loss and suffering. Despite losing his wealth, children, and health, Job did not lose his faith. In Job 1:21, he responds to his hardships with, *"Naked I came from my mother's womb, and naked I will depart. The Lord gave and the Lord has taken away; may the name of the Lord be praised."*

Job's patience is a testament to his deep faith and trust in God's plan, even when it was beyond his understanding.

His endurance is further highlighted in James 5:11, which states, *"You have heard of Job's perseverance and have seen what the Lord finally brought about. The Lord is full of compassion and mercy."*

For Christ-followers, embodying the patience of Job is crucial for spiritual growth. It teaches us to rely on God during our trials, trusting in His wisdom and timing.

This level of patience transforms our character, fostering resilience and deepening our faith, ultimately drawing us closer to God's divine purpose for our lives.

Embracing such patience allows us to witness God's compassion and mercy, just as Job did.







### Hebrew and Greek words for "patience" and "endurance" as shown in the original languages of the Bible (Hebrew and Greek)

**Word:** Patience

**Strong's Concordance Reference Number:** H750

**Hebrew Word:** ah-rek אַרֶךְ (arek)

**Meaning:** Long, slow to anger, long suffering

**Found in:** Exodus 34:6; Proverbs 14:29

**Word:** Patience

**Strong's Concordance Reference Number:** G3115

**Greek Word:** mak-roth-oo-mee'-ah μακροθυμία (makrothumia)

**Meaning:** Patience, long-suffering, forbearance

**Found in:** Galatians 5:22-23; Ephesians 4:2

**Word:** Endurance

**Strong's Concordance Reference Number:** H5975

**Hebrew Word:** ah-mahd אָמַד (amad)

**Meaning:** To stand, endure, to take one's stand

**Found in:** Isaiah 40:31; Psalm 27:14

**Word:** Endurance

**Strong's Concordance Reference Number:** G5281

**Greek Word:** hoo-po-mo-NAY ὑπομονή (hypomonē)

**Meaning:** Endurance, perseverance, patience, steadfastness

**Found In:** Hebrews 12:1; James 1:12; Romans 5:3-4



### Scriptures to Study About Patience

#### Waiting on the Lord

Psalm 27:14, Psalm 37:7,  
Psalm 62:5,, Isaiah 30:18,  
Isaiah 26:8, Isaiah 40:31  
Lamentations 3:25-26, Hosea 12:6,  
Micah 7:7, Habakkuk 2:3,  
Romans 8:25, James 5:7-8

#### Patience in Suffering

Psalm 40:1, Romans 5:3-4,  
2 Corinthians 6:4,  
2 Corinthians 12:12  
2 Thessalonians 1:4,  
Hebrews 10:36, James 1:3-4,  
James 1:12, 1 Peter 5:10

#### Patience with Others

Proverbs 14:29, Proverbs  
16:32, Proverbs 19:11,  
1 Corinthians 13:4, Ephesians 4:2,  
Colossians 3:12,  
1 Thessalonians 5:14,  
2 Timothy 2:24

#### Patience and Endurance

Ecclesiastes 7:8, Romans 12:12,  
Romans 15:4-5, Galatians 5:22-23,  
Colossians 1:11, Hebrews 6:12,  
Hebrews 12:11, 2 Peter 1:6,  
2 Timothy 2:24, 2 Timothy 4:2,  
Titus 2:2, Revelation 2:2,

#### God's Patience

Exodus 34:6, Isaiah 30:18,  
Romans 2:4, Romans 9:22-23,  
1 Timothy 1:16, 1 Peter 3:20,  
2 Peter 3:9





Patience proves trust in God

## Biblical Examples of Patience with God

### Abraham and Sarah

#### Scripture Reference:

Genesis 21:1-7

#### Summary:

Abraham and Sarah waited many years for the promised child, Isaac. Their patience and faith in God's timing were rewarded.

**Key Verses:** Genesis 21:1-3; Hebrews 6:15; Romans 4:20-21

### Moses

#### Scripture Reference:

Exodus 3:7-12; Exodus 16:35; Numbers 14:33-34

#### Summary:

Moses displayed patience during the 40 years in the wilderness, trusting God's guidance despite numerous challenges.

#### Key Verses:

Exodus 3:7-12; Exodus 16:35; Numbers 14:33-34

### David

#### Scripture Reference:

1 Samuel 16; 2 Samuel 5:1-4

#### Summary:

David waited many years after being anointed before becoming king. His patience and trust in God's plan were evident throughout his journey.

**Key Verses:** 1 Samuel 16:13; 2 Samuel 5:4-5; Psalm 27:14

### Hannah

#### Scripture Reference:

1 Samuel 1-2

#### Summary:

Hannah patiently waited for a child and was eventually blessed with Samuel. Her faith and patience were rewarded.

#### Key Verses:

1 Samuel 1:10-11; 1 Samuel 1:20; 1 Samuel 2:1-2

## Key Lessons

### Trusting God's Timing:

Each of these individuals demonstrated trust in God's timing, even when it seemed delayed or uncertain. They believed that God's plan is perfect and His timing is always right.

### Perseverance in Prayer:

They remained steadfast in prayer, seeking God's guidance and intervention. Their commitment to prayer was a vital aspect of their patience and trust in God.

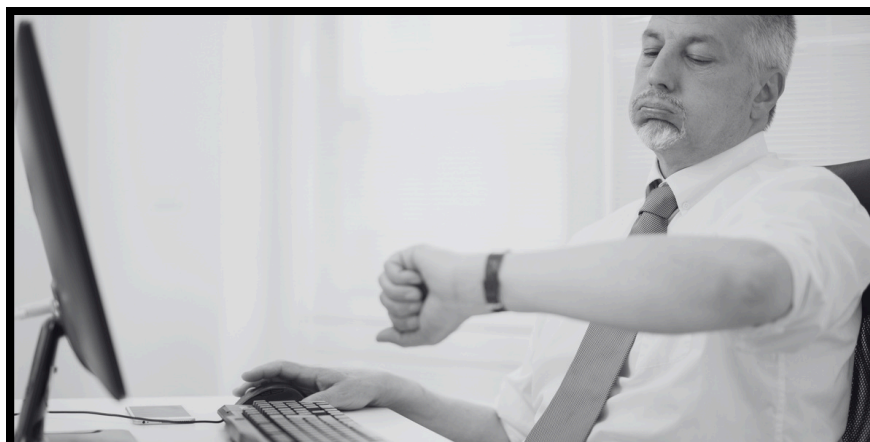
### Faith in God's Plan:

Their patience was rooted in a deep faith that God's plan is perfect, even when it is beyond human understanding. They trusted that God had a purpose for their waiting and that His promises would be fulfilled.

### Resilience in Adversity:

These biblical figures showed resilience in the face of challenges and hardships. Their unwavering faith and patience allowed them to endure difficult circumstances with grace and hope.





**Your impatience will have no effect on God's timing.**

## Biblical Examples of Impatience with God

### King Saul

#### Scripture Reference:

1 Samuel 13:8-14

#### Summary:

King Saul grew impatient waiting for Samuel to arrive and offer the burnt offering before battling the Philistines.

In his impatience, Saul took matters into his own hands and offered the sacrifice himself, disobeying God's command.

This act of impatience led to Samuel declaring that Saul's kingdom would not endure and that God had sought a man after His own heart to lead Israel.

#### Key Verses:

1 Samuel 13:13-14

### Esau

#### Scripture Reference:

Genesis 25:29-34;  
Hebrews 12:16-17

#### Summary:

Esau, in a moment of hunger and impatience, sold his birthright to his brother Jacob for a simple meal.

This impulsive act had long-lasting consequences, as Esau forfeited his inheritance and blessings.

The Bible later refers to Esau's impatience as an example of despising one's own blessings.

#### Key Verses:

Genesis 25:33-34;  
Hebrews 12:16-17

## Key Lessons

### Impatience Leads to Disobedience:

Acting out of impatience can cause us to disobey God's commands, as seen in King Saul's actions, resulting in negative consequences.

### Impatience Results in Regret:

Like Esau, impatience can lead to impulsive decisions that bring long-lasting regret and loss of blessings.

### Loss of Divine Favor:

King Saul's impatience led to the loss of God's favor and ultimately, the loss of his kingdom. Impatience can cause us to miss out on the blessings and opportunities that God has in store for us.

### Family Strife and Conflict:

Abraham and Sarah's impatience in having a child through Hagar led to significant tension and conflict within their family. Impatience can disrupt harmony and create lasting relational problems (Genesis 16:1-4, 15).

### Missed Opportunities:

Moses' impatience in striking the rock instead of speaking to it as God commanded cost him the opportunity to lead the Israelites into the Promised Land. Impatience can prevent us from achieving our true potential and fulfilling God's plans for our lives (Numbers 20:1-12).

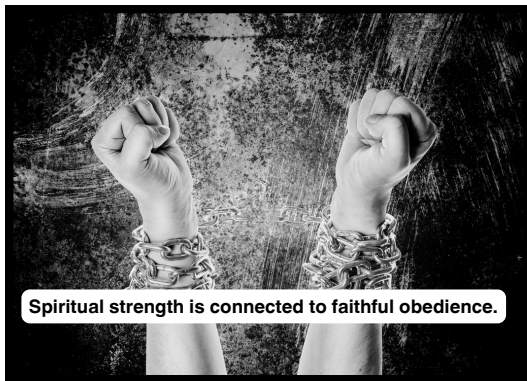
*God*  
ALWAYS  
KEEPS HIS *Promises*





Christ Our Faith. Christ Our Hope. Christ Our Life..

## Hymns Focused on Patience



Spiritual strength is connected to faithful obedience.

### "Great Is Thy Faithfulness"

**Author:** Thomas O. Chisholm

**Date:** 1923

**Historical Context:** Thomas Chisholm wrote this hymn as a reflection of God's faithfulness throughout his life.

Despite facing health challenges that limited his ability to work, Chisholm found solace in God's unwavering presence and provision.

The hymn emphasizes the importance of patience and trust in God's timing.

**Background:** Chisholm's life was marked by periods of illness and financial struggle.

His enduring faith and reliance on God's promises inspired the creation of this beloved hymn.



**"I wait for the Lord. My soul waits, and in His word I hope."  
(Psalm 130:5)**

### "Take My Life and Let It Be"

**Author:**

Frances Ridley Havergal

**Date:** 1874

**Historical Context:** Frances Ridley Havergal wrote this hymn as a prayer of consecration and surrender to God's will. It emphasizes the importance of yielding to God's guidance and being patient in waiting for His direction.

**Background:** Havergal was a poet and hymn writer who dedicated her life to serving God. Her hymn reflects her deep commitment to following God's will and her patience in waiting for His guidance.

### "In His Time"

**Author:** Diane Ball

**Date:** 1978

**Historical Context:** Diane Ball wrote this hymn to remind believers of God's perfect timing. It encourages patience and trust in God's plan, even when it differs from our own desires.

**Background:** Ball's hymn has been a source of encouragement for many who struggle with waiting on God's timing. Its gentle melody and reassuring lyrics remind believers that God's timing is always perfect.



### "O Master, Let Me Walk with Thee"

**Author:** Washington Gladden

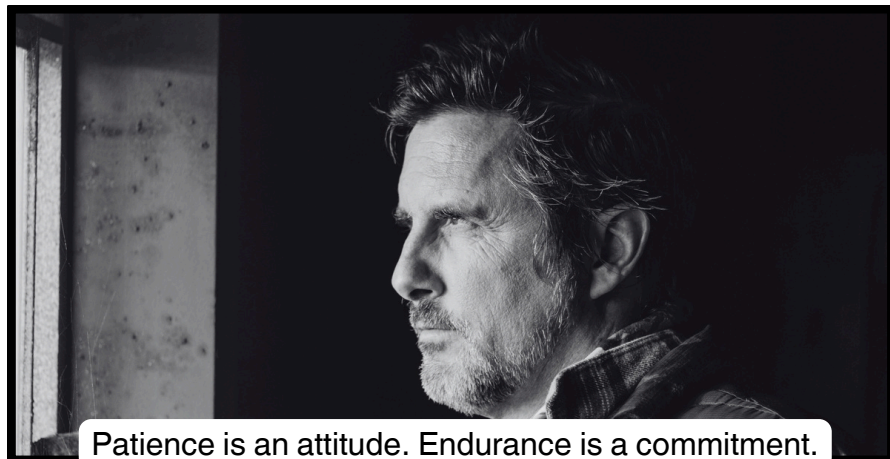
**Date:** 1879

**Historical Context:** Washington Gladden, leading American Congregational pastor, wrote this hymn as a prayer for guidance and patience in walking with God. It reflects the desire to follow God's path with humility and trust, even when the way is unclear.

**Background:** Gladden was a prominent social reformer and pastor who faced many challenges in his efforts to promote social justice. His hymn expresses his deep reliance on God's guidance and patience in his work.







Patience is an attitude. Endurance is a commitment.

## Patience vs. Endurance: A Biblical Perspective

Patience and endurance are related concepts, but they have distinct nuances that set them apart. Let us explore each one with examples and scriptures to bring clarity.

### Example 1: Patience with Others

Imagine a teacher helping a struggling student. The teacher patiently explains the material multiple times, offering encouragement and support, even if the student takes longer to understand.

This patience fosters a positive learning environment and builds the student's confidence. Biblically, this is akin to Ephesians 4:2, which says, *"Be completely humble and gentle; be patient, bearing with one another in love."*

**Endurance, is the capacity to sustain prolonged physical or mental effort. It involves persistence and resilience, especially in the face of difficulties or suffering.**

### Example 2: Patience with Circumstances

Think of a gardener waiting for seeds to sprout. The gardener patiently tends to the plants, watering and caring for them without rushing the process.

This patience reflects trust in the natural growth cycle and acceptance of the time it takes. Similarly, Psalm 27:14 encourages us to, *"Wait for the Lord; be strong and take heart and wait for the Lord."*

*Scottish evangelist, biologist, writer and lecturer, Henry Drummond, once remarked: "Patience is the acceptance of the will of God."*



### Example 1: Endurance in Trials

Consider an athlete training for a marathon. The athlete endures grueling training sessions, sore muscles, and fatigue.

Despite the challenges, they persist, pushing through the pain to achieve their goal. This endurance showcases determination and resilience.

Biblically, Hebrews 12:1-2 illustrates this, *"Let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith."*

### Example 2: Endurance in Faith

Reflect on Job's story from the Bible. Job endured immense suffering, losing his wealth, health, and family. Despite the overwhelming hardship, he maintained his faith in God.

His endurance exemplifies unwavering trust and perseverance through severe trials. James 5:11 highlights this, *"As you know, we count as blessed those who have persevered. You have heard of Job's perseverance and have seen what the Lord finally brought about. The Lord is full of compassion and mercy."*

**Patience is the ability to wait calmly for something without becoming agitated or upset. It involves a serene and composed attitude, often associated with the willingness to accept delays or obstacles without frustration.**



Forgiveness restores what patience preserves.

## The Interconnectivity of Patience and Forgiveness

### The Mercy of Forgiveness Born from the Grace of Patience

Patience and forgiveness are two virtues deeply intertwined, each supporting and enhancing the other.

Our journey as believers is marked by moments when patience enables us to forgive, promoting healing and reconciliation in our hearts and relationships.

### Scriptural Context

Galatians 5:22-23 lists the Fruit of the Spirit, highlighting patience as an essential virtue.

Additionally, Ephesians 4:2-3 reminds us to *"Be completely humble and gentle; be patient, bearing with one another in love."* This scripture underscores the significance of patience in fostering unity and peace within the body of Christ.

By embracing patience, we create the emotional and spiritual space necessary for forgiveness to take root and flourish.

### Practical Steps to Cultivate Patience and Forgiveness

#### Prayer and Meditation:

Spend time in prayer, asking God to grant you patience and a forgiving heart. Meditate on scriptures that emphasize these virtues.

#### Intentional Acts of Kindness:

Practicing small acts of kindness can help develop patience and a forgiving attitude.

### Historical Example: Corrie ten Boom

Corrie ten Boom, a Dutch Christian who helped Jews escape the Nazis during World War II, demonstrated immense patience and forgiveness.

After being imprisoned in a concentration camp, she later forgave her captors, embodying the interlaced nature of these virtues.



### The Healing Power of Patience

Patience allows us to step back from immediate emotional reactions and consider the broader perspective. It helps us understand and empathize with others, creating a fertile ground for forgiveness to flourish.

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

### Forgiveness Requires Patience

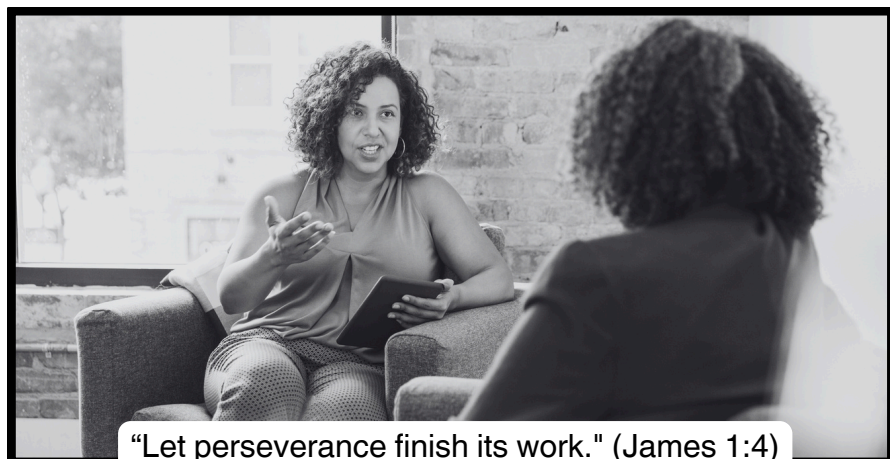
True forgiveness is a process that often requires time. It involves working through our pain and disappointment, which cannot be rushed.

Patience provides the necessary space for this healing journey. Colossians 3:12-13 instructs us to *"clothe yourselves with compassion, kindness, humility, gentleness, and patience. Bear with each other and forgive one another if any of you has a grievance against someone."*

### Biblical Example: Joseph

The story of Joseph is a powerful illustration of patience and forgiveness. Sold into slavery by his own brothers, Joseph endured years of hardship with unwavering faith and patience.

When he eventually rose to power in Egypt, he forgave his brothers, demonstrating extreme patience and understanding of God's greater plan (Genesis 50:19-21).



"Let perseverance finish its work." (James 1:4)

## The Psychology of Patience and its Impact

### Patience: More than Just a Virtue

Patience is a powerful tool that shapes our mental and emotional well-being.

#### Scriptural Context

Galatians 5:22-23 lists patience as one of the Fruits of the Spirit, emphasizing its importance in Christian living.

Additionally, James 1:3-4 states, *"because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything."*

This scripture highlights the transformative power of patience in our spiritual growth.



### Emotional Regulation

Patience is closely linked to emotional regulation, the ability to manage and respond to our emotions in a healthy way.

Research shows that patience helps reduce stress and anxiety by allowing us to remain calm in challenging situations. Proverbs 14:29 says, *"Whoever is patient has great understanding, but one who is quick-tempered displays folly."*

### Cognitive Control

Patience involves cognitive control, the capacity to suppress impulsive reactions and focus on long-term goals. This ability to delay gratification is essential for personal growth and success.

Romans 12:12 encourages us to *"Be joyful in hope, patient in affliction, faithful in prayer."*

## Insights from Christian Psychology

### Mental Health Benefits

- **Reduced Stress and Anxiety:** Patience acts as a buffer against stress and anxiety, promoting a sense of calm and stability.
- **Improved Emotional Well-being:** Practicing patience enhances our emotional well-being by fostering positive emotions and reducing negative ones.
- **Better Decision-Making:**

Patience allows us to make more thoughtful and deliberate decisions, leading to better outcomes in various aspects of life.

## Christian Psychological Insights

### Spiritual Growth:

Patience is seen as a pathway to spiritual maturity, helping believers develop a deeper relationship with God.

### Resilience:

Patience builds resilience, enabling individuals to cope with life's challenges and setbacks with grace and faith.

### Interpersonal Relationships:

Patience enhances our relationships by promoting understanding, empathy, and forgiveness.





God's grace is sufficient even when our prayers seem unanswered.

## Patience in Praying

### The Importance of Waiting on the Lord

Waiting on the Lord is a recurring theme in the Bible. Patience in prayer involves trusting God's timing and having faith that He will answer according to His perfect will.

#### Scripture Reference:

Psalm 27:14

*"Wait for the Lord; be strong and take heart and wait for the Lord."*

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."*

**God's silence is not  
absence but an  
invitation to deepen our  
faith and patience.**

### Persistent Prayer

Persistent prayer demonstrates our faith and trust in God's promise to hear and answer us. It helps develop patience and deepens our relationship with Him.

#### Scripture Reference:

Luke 18:1-8

The Parable of the Persistent Widow teaches us to always pray and not give up.

1 Thessalonians 5:17

*"Pray without ceasing."*

### God's Faithfulness in Answering Prayer

Patience in prayer also involves recognizing and remembering God's faithfulness in answering our past prayers, which strengthens our trust in His future responses.

#### Scripture Reference:

Lamentations 3:25

*"The Lord is good to those whose hope is in him, to the one who seeks him."*

### Trusting God's Plan

Patience in prayer means trusting that God's plan is greater than our understanding and that His answers may come in ways we do not expect.

#### Scripture Reference:

Jeremiah 29:11

*"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future."*

### Proverbs 3:5-6

*"Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight."*

### Developing Character through Patience

The process of waiting and persisting in prayer develops character traits like patience, endurance, and hope.

#### Scripture Reference:

Romans 5:3-4

*"Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope."*

### James 1:3-4

*"Because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything."*



Heavenly Father, You are the Alpha and Omega, the Beginning and the End.

In my moments of impatience, remind me of Your perfect timing and divine plan.

Lord Jesus, You who are gentle and humble in heart, guide me to be patient with myself as You are patient with me. Help me to recognize my imperfections and embrace them as opportunities for growth.

Gracious God, Your boundless love endures forever. Grant me the patience to love others as You love me, and when faced with challenging relationships, remind me to bear with one another in love.

Eternal Father, in times of trial and suffering, help me find strength in Your presence. May the promises of Your Word uplift and sustain me.



May I endure hardships with a steadfast heart, knowing that You are refining me and drawing me closer to You.

Loving Lord, as I navigate the demands and challenges of daily life, fill me with Your Spirit and strengthen my resolve to persevere in faith, hope, and love.

Let my life be a testament to Your grace and a reflection of Your eternal patience. Amen.



Let's pray





## Newsletter Overview - Questions & Answers

### Biblical Examples of Patience with God

**Question:** Who are some biblical figures known for their patience?

**Answer:** Notable biblical figures known for their patience include Job, Abraham, Joseph, and Jesus.

**Question:** How did Job demonstrate patience?

**Answer:** Job demonstrated patience by enduring immense suffering while maintaining his faith in God.

**Question:** What did Abraham wait patiently for, according to the newsletter?

**Answer:** Abraham waited patiently for the fulfillment of God's promise of a son.

**Question:** How did Joseph show patience in his life?

**Answer:** Joseph remained steadfast despite being sold into slavery and imprisoned, trusting in God's plan for his life.

**Question:** What ultimate act of patience did Jesus exhibit?

**Answer:** Jesus exhibited ultimate patience by enduring the cross for the salvation of humanity.

**Question:** How did Noah demonstrate patience?

**Answer:** Noah demonstrated patience by faithfully building the ark for many years, despite facing ridicule and disbelief from others. He trusted God's warning and instructions, showing unwavering patience and obedience (Genesis 6:13-22, Genesis 7:6).

**Question:** How did Paul exemplify patience in his ministry?

**Answer:** Paul demonstrated patience through his numerous trials, including imprisonment, beatings, and hardships while spreading the Gospel. He remained steadfast in his mission, trusting in God's plan and timing (2 Corinthians 11:23-28, 2 Timothy 4:6-8).

### Patience: A Biblical Virtue

**Question:** What is patience, as described in the newsletter?

**Answer:** Patience involves enduring difficult circumstances with a steadfast heart, trusting in God's timing, and maintaining a calm and composed demeanor in the face of delays, obstacles, or suffering.

**Question:** Why is patience considered a Fruit of the Spirit?

**Answer:** Patience is considered a Fruit of the Spirit because it reflects God's character, exemplifying His grace and mercy towards us.







## Newsletter Overview - Questions & Answers

### Patience Under Hardships

**Question:** What does Romans 5:3-4 teach about suffering and patience?

**Answer:** Romans 5:3-4 teaches that suffering produces perseverance, character, and hope, emphasizing the importance of enduring trials with patience.

**Question:** Why is embracing patience during hardships significant?

**Answer:** Embracing patience during hardships strengthens our faith and builds resilience, allowing us to experience God's transformative power in our lives.

**Question:** How did Job demonstrate patience and trust in God?

**Answer:** Job demonstrated patience and trust in God by enduring immense suffering while maintaining his faith, even when urged by his wife and friends to curse God and give up.

He expressed his unwavering faith with statements like "Though He slay me, yet will I hope in Him" (Job 13:15).

### Patience and Forgiveness

**Question:** How are patience and forgiveness interconnected?

**Answer:** Patience enables us to forgive by providing the emotional and spiritual space necessary for forgiveness to take root and flourish.

**Question:** How did Joseph demonstrate patience and forgiveness in the Bible?

**Answer:** Joseph, sold into slavery by his brothers, endured years of hardship with unwavering faith and patience. When he rose to power in Egypt, he forgave his brothers, demonstrating extreme patience and understanding of God's greater plan (Genesis 50:19-21).

### Understanding

#### Patience and Endurance

**Question:** What are the Bible's Hebrew and Greek words for "patience" and "endurance"? "

**Answer:** The Hebrew word for "patience" is "arek" (Strong's H750), and the Greek word for "patience" is "makrothumia" (Strong's G3115).

The Hebrew word for "endurance" is "amad" (Strong's H5975), and the Greek word for "endurance" is "hypomone" (Strong's G5281).

**Question:** Which scriptures discuss patience and endurance together?

**Answer:** Scriptures discussing patience and endurance together include Ecclesiastes 7:8, Romans 12:12, Romans 15:4-5, Galatians 5:22-23, Colossians 1:11, Hebrews 6:12, Hebrews 12:11, 2 Peter 1:6, 2 Timothy 2:24, 2 Timothy 4:2, Titus 2:2, and Revelation 2:2.





## Newsletter Overview Questions & Answers

### Biblical Examples of Impatience with God

**Question:** What was King Saul's act of impatience?

**Answer:** King Saul grew impatient waiting for Samuel to arrive and offer the burnt offering before battling the Philistines. In his impatience, Saul offered the sacrifice himself, disobeying God's command.

**Question:** What were the consequences of Saul's impatience?

**Answer:** Saul's impatience led to Samuel to declare that his kingdom would not endure and that God had sought a man after His own heart to lead Israel.

**Question:** How did Esau demonstrate impatience?

**Answer:** Esau, in a moment of hunger and impatience, sold his birthright to his brother Jacob for a simple meal, forfeiting his inheritance and blessings.

**Question:** What are the key lessons from biblical examples of impatience? **Answer:** Acting out of impatience can cause us to disobey God's commands, resulting in negative consequences, while patience allows us to trust in God's timing and plan.

**Patience allows for more thoughtful and deliberate decision-making, leading to better outcomes in various aspects of life.**



### Patience in Praying

**Question:** Why is waiting on the Lord important in prayer?

**Answer:** Waiting on the Lord is important in prayer because it involves trusting God's timing and having faith that He will answer according to His perfect will.

**Question:** What lesson does the Parable of the Persistent Widow teach?

**Answer:** The Parable of the Persistent Widow (Luke 18:1-8) teaches us always to pray and not give up, highlighting the importance of persistent prayer.

**Question:** How does patience in prayer develop our character?

**Answer:** Patience in prayer develops character traits like patience, endurance, and hope by teaching us to trust in God's timing and remain steadfast in our faith.

### The Psychology of Patience and Its Impact

**Question:** What are the mental health benefits of practicing patience?

**Answer:** Practicing patience reduces stress and anxiety, enhances emotional well-being, and promotes a sense of calm and stability.

**Question:** How is patience linked to emotional regulation?

**Answer:** It allows us to manage and respond to our emotions, healthily, reducing stress and anxiety.



## Newsletter Overview Questions & Answers

### Prayer for Patience

**Question:** What is the overall message of the prayer for patience?

**Answer:** The prayer's overall message is a heartfelt request for patience and strength. It recognizes God's perfect timing, boundless love, and His refining process in our lives. It emphasizes trusting in God's plan, seeking His guidance, and embodying His patience and love in our interactions with others.

### Together in Faith: Community Reflection

**Question:** What is the importance of patience in fostering a strong faith community?

**Answer:** Patience is crucial in fostering a strong faith community. It promotes understanding, empathy, and unity among members, allowing for harmonious relationships and mutual support.

**Question:** What are some practical ways to practice patience within the faith community?

**Answer:** Practical ways to practice patience within the faith community include actively listening to others, offering support and encouragement, being slow to anger, and understanding that everyone is on their unique spiritual journey.

**Question:** Why is it essential to model patience for others in the community?

**Answer:** Modeling patience for others sets a positive example, encouraging them to practice the same virtue, and helps create a more compassionate and unified community.

### Hymns Emphasizing Patience and Faithfulness

**Question:** What is the central theme of "Great Is Thy Faithfulness"?

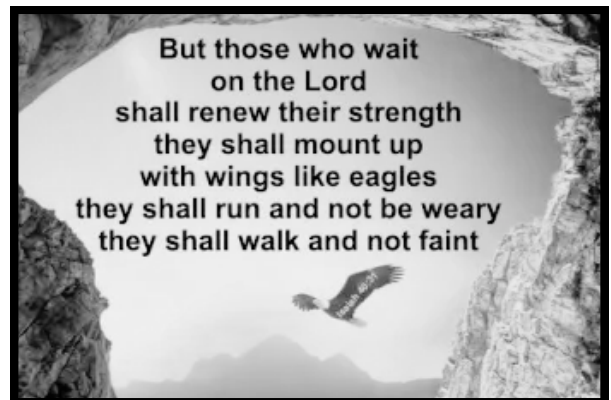
**Answer:** The central theme of the hymn is the unwavering faithfulness of God and the importance of patience and trust in His timing.

**Question:** How has "In His Time" been a source of encouragement for believers?

**Answer:** The hymn's gentle melody and reassuring lyrics have provided comfort to many who struggle with waiting on God's timing, reinforcing the belief that God's timing is always perfect.

**Question:** How does the hymn "O Master, Let Me Walk with Thee" reflect the author's journey?

**Answer:** The hymn reflects the author's desire to follow God's path with humility and trust, even when faced with challenges in promoting social justice.







## How Patient Are You?

### Patience Assessment Scale

For each question, rate your response on a scale of 1 to 5:

- 1: Always patient (very patient)
- 2: Often patient
- 3: Sometimes patient
- 4: Rarely patient
- 5: Never patient (completely impatient)

How to Use the Scale:

- Read each question and choose the answer that best describes your behavior.
- Rate your response on the scale of 1 to 5, with 1 being the most patient and 5 being the least patient.
- Record your ratings and total your score at the end.

**Question 1:** How do you respond when faced with delays or obstacles? Do you remain calm and composed, trusting in God's timing (Psalm 27:14)?

- I remain calm and trust in God's timing.
- I become anxious and frustrated.
- It varies depending on the situation.

**Question 2:** When someone wrongs you, do you forgive them with patience and grace, following the example of Jesus (Colossians 3:12-13)?

- I forgive them with patience and grace.
- I struggle to forgive and hold grudges.
- It depends on the severity of the offense.

**Question 3:** Do you exhibit patience in your prayer life, persistently seeking God's guidance and trusting in His perfect timing (James 1:3-4)?

- I am patient and persistent in my prayers.
- I grow impatient when prayers seem unanswered.
- Sometimes I am patient, other times I am not.

**Question 4:** How do you handle stressful situations? Do you practice patience, believing God is working in your life (Romans 12:12)?

- I practice patience and trust God's plan.
- I become overwhelmed and lose patience.
- It depends on the situation.

**Question 5:** Are you patient with others, showing kindness and understanding even when they test your patience (Ephesians 4:2)?

- I am patient/kind with others.
- I quickly lose patience with others.
- It varies depending on the person and situation.

**Question 6:** Do you trust God's promises and remain patient, even when circumstances seem challenging (Hebrews 10:36)?

- I trust God's promises and remain patient.
- I doubt and become impatient in tough times.
- It depends on the severity of the challenge.

**Question 7:** How do you react when others receive blessings or success? Do you remain patient and trust God's timing for your life (Romans 12:15)?

- I remain patient and rejoice with others.
- I feel envious and impatient for my own blessings.
- My reaction varies.

**Question 8:** Are you patient in your personal growth, understanding that spiritual maturity takes time and perseverance (Philippians 1:6)?

- I am patient with my personal growth.
- I become frustrated with slow progress.
- It varies depending on the aspect of growth.

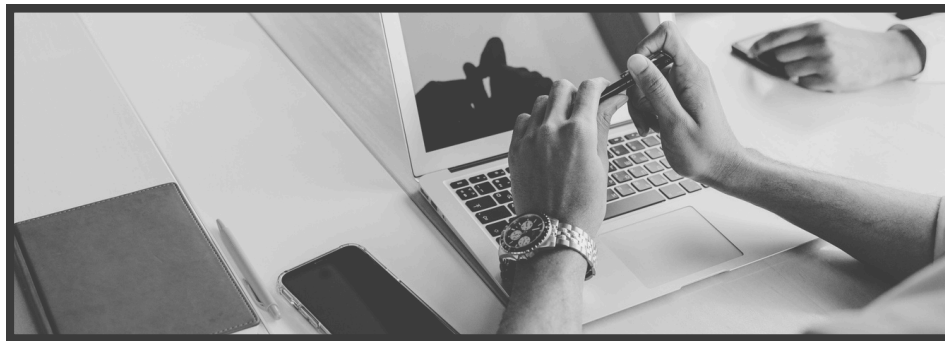


### Total Your Score



Add up your ratings for all 8 questions to get your total score.

- 8-16: You exhibit high patience, aligning well with biblical principles. (Galatians 5:22-23)
- 17-24: You often show patience but have areas to improve. (James 1:2-4)
- 25-32: You sometimes struggle with patience and may benefit from reflecting on scriptural guidance. (Romans 8:25)
- 33-40: You rarely exhibit patience and may need to further focus on developing this virtue. (Isaiah 40:31)



## CHECK OUT OUR NEW DIGITAL PRESENCE



Faith Community Wesleyan Church-Chattanooga has a website and Facebook page to better serve our congregation and connect with our community. Learn more about what we believe, who we are, and our faith pillars to focus on Jesus.

**Use your smartphone camera to scan this QR Code for fast access to our website. Just hover over this and click onto the link that will pop up.**



Visit: [www.yourfaithcommunity.com](http://www.yourfaithcommunity.com) to discover a wealth of resources tailored to enrich your spiritual life. We regularly add new content including inspiring videos.

Our website features blog posts that offer practical guidance for living out our tagline: **"Christ Our Faith. Christ Our Hope. Christ Our Life."** Join us as we build a vibrant faith community, both online and in person. We also expanded our online community through Facebook at: <https://facebook.com/yourfaithcommunity/>

**Together in Faith**, we are here to serve with love and grow in grace. Welcome to our digital home!

### Goodness Quotes

**Charles Spurgeon:**

"Patience is the grace of the soul that waits on God."

**Oswald Chambers:**

"Patience is not the ability to wait, but the ability to keep a good attitude while waiting."

**John Calvin:**

"True patience is that which endures the cross and the troubles of life with a calm and peaceful mind."

**Andrew Murray:**

"Patience is the highest expression of faith in God."

**C.S. Lewis:**

"The great thing, if one can, is to stop regarding all the unpleasant things as interruptions of one's 'own,' or 'real' life. The truth is, of course, that what one calls the interruptions are precisely one's real life—the life God is sending one day by day."

## Pastors Alex & Katie



# August 2025



Rev. Ashley

Rev. Phillip

### We Praise God for Sundays

Worship Service: 11am Eastern  
Sunday School: 10am Eastern  
[www.yourfaithcommunity.com](http://www.yourfaithcommunity.com)



### Our Team

Interim Pastor: Rev. Ashley Mew  
Associate Pastor: Rev. Phillip Bartlett  
Worship Leader: Beth Pickering  
Vice Chair: Eddie Galyon, Jr.  
Ushers: Greg Holland & Donald Glen  
Prayer Chain: Charlotte Brumley