



## Fruit of the Spirit: Patience

### Greet:

- Spend a minute getting a 30-60 second update from each student on what they are doing with their time, how they are feeling, etc. Within reason, be strict with the 30-60 seconds!
- Set proper expectations of how the group needs to operate so everyone can have a chance to talk and to not talk over each other.
- Ask someone to pray as y'all begin.

### Follow Up:

- What ways did you create peace in your home this past week?

### Opening Question/Thoughts:

- When you think about patience, what comes to mind?
- Who is the most patient person you know?
- How would you define patience?

### Dive In:

- **Patience is the ability to hold your temper for a long time.**
  - Is that an ability that you possess?
  - Give an example of a recent situation where you weren't patient.
- **In Genesis 39:19-23, Joseph gives us an example of patience in difficult circumstances.**
  - Practically, what did patience look like for Joseph?
  - How do you usually respond when things get difficult or delayed?
  - What are some ways you can practice patience in your difficult circumstances?
- **Joseph's patience came from his trust in God's plans and timing.**
  - If patience is trusting God, how does that change your desire for patience?
  - How does that change the way you view delays or difficult situations?
- **Patience is a fruit of the Spirit, but impatience is a fruit of selfishness.**
  - Where have you seen your selfishness lead to impatience with others?
  - How does that impatience usually play out?
- **We're called to be patient with others because God is patient with us.**
  - How has God been patient with you?



- How does God's patience with you motivate you to be patient with others?

**Apply:**

- Do you see evidence of patience or the desire for patience in your life? How so? If not, what does that reveal about the Holy Spirit in you?
- Who do you struggle most to have patience with?
- How can you practice patience - a long temper - with that person this week?

**Pray:**

- Pray and ask God to increase your trust in him and allow you to let go of control.
- Pray and ask God to show you specifically how he has been patient with you. Ask him to let that motivate you to be patient with others.
- Ask God to make you more patient.