

CBC WEEKLY RESOURCES



- I. Sermon Recap
- II. Study Guide
- III. Devotional Material
- IV. Small Group Resources

[FEBUARY 1ST, 2026]
COMMUNITY BIBLE CHURCH
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I. SERMON RECAP

In Pastor Gary Hewins' fifth message of the "Established" series on the Fruit of the Spirit, he focused on the profound yet often misunderstood attribute of long-suffering. Drawing from Galatians 5:22, Pastor Gary described long-suffering as an essential component of the Christian faith, calling believers to endure hardships with patience and grace. With a deep dive into the Greek roots, 'makros' (long) and 'thumos' (temper), Pastor Gary illuminated the need for a long-tempered endurance that reflects God's own patience with humanity.

Through the examples of biblical figures such as Job, Joseph, and the Apostle Paul, Pastor Gary encouraged us to see our trials through a lens of faith, asking not why we endure them, but how they might serve to glorify God. He emphasized that our identity in Christ allows us to embody this spiritual fruit, revealing God's character to the world. With encouragement to lean on the Holy Spirit, the message concluded with a blessing and the hope that long-suffering would deepen their love, joy, and peace.

Chapters:

Understanding Long-Suffering

Biblical Examples of Long-Suffering

Endurance in Our Modern Context

Long-Suffering in Relationships

The Role of the Holy Spirit

Embracing Long-Suffering for God's Glory

II. STUDY GUIDE

Key Points:

Engage in both personal and community prayer to find balance and endurance.

Recognize your identity in Christ as a foundation for enduring trials.

Cultivate a worship-first posture: adoration, confession, thanksgiving, and supplication.

Practice stillness before God, especially in challenging times, to receive His peace.

Long-suffering reflects the patient nature of God and His merciful desire for redemption.

Key Scripture:

Galatians 5:22: But the fruit of the Spirit is love joy peace forbearance kindness goodness faithfulness [NIV]

Ephesians 4:2: Be completely humble and gentle be patient bearing with one another in love [NIV]

2 Peter 3:9: The Lord is not slow in keeping his promise as some understand slowness instead he is patient with you not wanting anyone to perish but everyone to come to repentance [NIV]

Other Relevant Verses:

James 1:2-4 (endurance and joy in trials)

Galatians 6:2 (bearing one another's burdens)

Proverbs 25:28 (self-control, a related aspect of long-suffering)

Colossians 3:12-13 (compassion and forbearance)

Romans 12:12 (joy in hope, patient in affliction)

Isaiah 40:31 (strength through waiting on the Lord)

III. DEVOTIONAL MATERIAL

Day 1: Embracing Endurance

Question: How can long-suffering reshape your current approach to trials?

Reading: James 1:2-4

Devotional: James teaches us to consider trials as a form of joy because they produce perseverance. Enduring trials shape us, deepen our faith, and align us more closely with God. Reflect on an enduring hardship in your life and identify the growth it prompted.

Challenge: Journal about a current trial and write a prayer, asking God for wisdom in seeing His purpose through it.

Day 2: Patience in Relationships

Question: In what ways can you show patience towards others, especially those who test your limits?

Reading: Ephesians 4:2

Devotional: Patience is a virtue that softens interpersonal conflicts. When we bear with others in love, we mirror God's grace. Consider someone in your life who needs more patience from you.

Challenge: Reach out to someone you have struggled with and show them kindness.

Day 3: Reflection of God's Nature

Question: How does your response to suffering showcase your faith in God's promises?

Reading: 2 Peter 3:9

Devotional: God's patience is part of His essence, as He desires all to come to repentance. By mirroring this patience, we become reflections of His divine nature to others, fostering redemption.

Challenge: Spend time in prayer focusing on those who have wronged you, praying for their well-being and for the patience to see them through God's eyes.

Day 4: The Power of Stillness

Question: How can stillness before God transform your outlook during trials?

Reading: Isaiah 40:31

Devotional: Waiting on the Lord renews our strength. In a culture of immediacy, learning the discipline of stillness is countercultural. This space allows God to work in and through us in miraculous ways.

Challenge: Set aside 10 minutes a day for silent meditation, seeking God's guidance.

Day 5: Community and Long-Suffering

Question: How can you support others in your community facing long-term trials?

Reading: Galatians 6:2

Devotional: Bearing each other's burdens fulfills the law of Christ. In a community, long-suffering becomes a shared experience, easing the weight on each individual through collective strength and support.

Challenge: Identify a member of your community who needs support and commit to helping them this week, whether through prayer, assistance, or presence.

IV. SMALL GROUP RESOURCES

Opening:

Begin with a warm welcome and an opening prayer, inviting God's guidance and presence.

Sermon Recap Theme:

Discuss how long-suffering, despite being challenging, allows us to deeply connect with God's patience and brings glory to Him.

Explore the Greek roots of 'makros' and 'thumos' in understanding spiritual patience.

Reflect on biblical examples of endurance and relate them to personal experiences.

Icebreaker Question:

Reflect on a time when you had to practice patience over a long period. Maybe that was waiting for the power to come back on during a snow. What did you learn from that experience?

Scripture Exploration:

Read

Galatians 5:22 - Discuss how each fruit of the Spirit is interrelated and essential in cultivating long-suffering.

- How does long-suffering manifest in everyday life?
- In what ways does the Fruit of the Spirit challenge cultural norms?
- Share insights on cultivating patience.

Read

Ephesians 4:2 - Explore how humility and gentleness play a role in patience.

- Why is humility key to enduring relationships?
- How can we practice bearing with one another in love?
- What steps can we take if we struggle with patience?

Read

2 Peter 3:9 - Contemplate God's nature of patience.

- What does this verse tell us about God's character?
- How does understanding God's patience influence our view of others?
- Discuss how patience can be a tool for evangelism.

Application:

Practice showing patience by embodying a worship-first approach and encouraging each other to seek the Spirit's guidance during trials.

Closing:

Share current prayer needs as a group. Encourage each other by praying for long-suffering and wisdom in trials and thank God for His patience and guidance.

Leader Notes:

Foster an environment of openness and vulnerability, encouraging participants to share personal stories related to long-suffering.

Use prompts to guide the discussion, allowing for a balance of both group and individual reflection.

Emphasize the importance of prayer and supporting one another through ongoing trials. The sermon encouraged us to view our trials not as purposeless suffering but as opportunities to glorify God by demonstrating His Spirit in us. Through biblical examples, like Job and Paul, Pastor Gary reminded us that suffering is an avenue to intimacy with God, who bears our burdens alongside us. As a community, we are called to carry each other's burdens (Galatians 6:2) and embrace each trial with steadfastness and love. May the Spirit grant you strength in your endurance and reveal His peace and joy amidst your challenges.