

**Transform  
"Patience"  
March 30, 2016**

"When the Holy Spirit controls our lives He will produce this kind of fruit in us: love, joy, peace, **patience**, kindness, goodness, faithfulness, gentleness and self control."  
(Galatians 5:22-23)

PATIENCE IS NOT THE SUPERNATURAL ABILITY TO NOT BE IRRITATED BY THINGS OR PEOPLE. PATIENCE IS the supernatural ability to not **respond irrationally** or with a **negative** emotion when you are irritated by something or someone.

Impatience:

- **Verbal**\_\_\_\_\_.
- **Physical**\_\_\_\_\_.
- **Hypertension**\_\_\_\_\_.
- **Frustrated**\_\_\_\_\_.
- **Moody**\_\_\_\_\_.
- **Judge**\_\_\_\_\_.

Triggers for Impatience:

1. **Relationships (people)**\_\_\_\_\_.
2. **Circumstances**\_\_\_\_\_.
3. **Stupidity**\_\_\_\_\_.

The PICTURE:

Greek – Hupomone = patience toward **things**\_\_\_\_\_. (Hebrews 12:2)  
Makrothumia = patience with **people**\_\_\_\_\_. (Exodus 34:6)

Patience leads to **spiritual** **growth**\_\_\_\_\_. (James 1:3-4)

Patience is **rewarded**\_\_\_\_\_. (James 1:12)

The PROBLEM:

1. Overload\_\_\_\_\_.
2. Expectations\_\_\_\_\_.
3. Pride\_\_\_\_\_.

The PLAN

- Reflect\_\_\_\_\_ before you respond\_\_\_\_\_.

Whoever is patient has great understanding, but one who is quick-tempered displays folly. (Proverbs 14:29)

- Respond with prayer\_\_\_\_\_.
- Pray for His Kingdom\_\_\_\_\_ to replace yours.

