



Patience

The Greek word for patience, makrothumia, means 'long-suffering'—a steady strength that enables us to endure challenges, delays, and difficult situations without giving in to anger or frustration.

-May you be granted this gift of patience as you study.

What does the Word say about PATIENCE?

The Word Calls us to Patience:

“Rejoice in hope, be patient in tribulation, be constant in prayer.”

Romans 12:12

“So, as those who have been chosen of God, holy and beloved, put on a heart of compassion, kindness, humility, gentleness, and patience.”

Colossians 3:12

“For you have need of endurance, so that when you have done the will of God, you may receive what was promised.”

Hebrews 10:36

The Word teaches us Patience:

“But let patience have its perfect work, that you may be perfect and complete, lacking nothing.”

James 1:4

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

Romans 5:3-4

The Word Demonstrates Patience:

“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.”

2 Peter 3:9



For a Deeper Dive into this topic, visit

<https://www.biblestudytools.com/bible-study/topical-studies/a-deeper-study-of-the-fruit-of-the-spirit-patience.html>

Understanding *Impatience*

4 Common Triggers

1

“DRIVE THRU” CULTURE

We live in a world where everything is fast—instant downloads, same-day deliveries, and on-demand answers. That constant speed trains us to expect results right away. So when life doesn't move that quickly, impatience naturally shows up.

2

STRESS & ANXIETY

When your mind feels pressured, your brain shifts into a faster, more reactive mode, so delays or obstacles can feel more intense than they really are. That's why even small frustrations can seem bigger when you're stressed—because your system is overloaded.

3

LEARNED BEHAVIOR

If you grew up in an environment where everyone was always in a rush or where instant gratification was the norm, you might have picked up some impatient habits along the way. It's a bit like precipitating behavior, where our upbringing shapes our responses to situations.

4

IT'S CHEMISTRY

Your body/brain runs on chemicals that help regulate mood and behavior. When dopamine and serotonin are out of balance, it can lead to restlessness and impatience. It's like the brain's reward system is moving too quickly, constantly seeking quick relief instead of supporting calm, steady focus.

Messengers in Your Body

Chemical Signals Affecting Your Patience

NEUROTRANSMITTERS

Neurotransmitters are tiny chemical signals that travel through your nerves. They move fast—think text message—and their effects don't last long. Even though they work quickly, they play a big role in how you feel and function, helping control your mood, memory, sleep, and movement.

DOPAMINE

Dopamine is your brain's reward chemical. It drives you toward quick rewards, making waiting harder. When dopamine is balanced in your brain, it helps you choose patience over instant gratification.

SEROTONIN

Serotonin helps stabilize mood and promote a sense of calm and well-being. When serotonin levels are balanced, it's easier to stay patient, feel emotionally steady, and not overreact. Low serotonin, on the other hand, can make irritability and frustration show up more quickly.

ENDORPHINS

Endorphins are the body's natural "feel-good" chemicals released during things like exercise, laughter, or stress relieving activities. They help reduce pain and boost mood, making it easier to stay calm and patient. When endorphins are higher, frustration tends to feel lighter and more manageable.

HORMONES

Hormones are chemical signals that travel through your bloodstream. They move more slowly than nerve signals—like sending a letter instead of a text—spread throughout the body, and last longer. They help regulate key functions like growth, metabolism, mood, stress, and reproduction.

CORTISOL

Cortisol is released by the body in response to pressure or perceived threat; when levels are high, it can reduce patience by keeping the brain in a reactive, fight-or-flight state, making it harder to stay calm and respond thoughtfully.

ESTROGEN & PROGESTERONE (WOMEN)

Estrogen (oestrogen) and progesterone are key hormones that regulate mood, emotional balance, and calm; when they fluctuate or are out of balance, they can reduce patience by increasing irritability, anxiety, and emotional reactivity.

TESTOSTERONE (MEN)

Testosterone supports energy, confidence, and drive; when levels are too high or too low, it can affect patience by influencing irritability, impulsivity, and emotional reactivity.

****In short, patterns that erode patience— chronic stress, reactivity, and lack of rest—keep the body in a prolonged stress state that disrupts hormonal balance.**

4 Ways to Cultivate Patience & Balance in your life

"Let patience have its perfect work, that you may be perfect and complete, lacking nothing."

1

Sleep

Patience depends heavily on sleep. When you're rested, the prefrontal cortex (the part that helps you think, plan, and control impulses) can guide and calm the amygdala (the part that quickly reacts to stress or frustration). Sleep also balances key hormones like cortisol and melatonin, which helps reduce stress and improve emotional control. Without enough sleep, the emotional part of the brain becomes more reactive and the thinking part loses control, making it much harder to stay patient.

Strengthen

Cultivating patience can be supported through gentle, intentional movement—choosing exercise that steadies rather than stresses the body. Walking, stretching, and strength training with purpose create rhythms that help regulate stress and support hormone balance. Instead of pushing to exhaustion, we move in a way that honors how God designed our bodies to function—building consistency over intensity.

2

3

Simplify

Simplicity in nutrition helps cultivate both balance and patience by removing overwhelm and bringing the body back to steady nourishment. Choosing whole, consistent foods and avoiding overly complicated rules supports more stable energy and mood throughout the day. Caring for your body with simplicity is a way of honoring God's design.

Surrender

Surrendering to Christ produces patience and balance by releasing the need to control every outcome and trusting His guidance instead. As you let go of striving and turn your thoughts back to Him, your body and mind begin to settle instead of stay in tension. Surrender is what creates space for God's peace and bring your whole life back into alignment.

4

The PATIENCE Connection

A 4-Pillar Practice for cultivating Patience in your wellness journey.

Each week, explore reflections on faith, family, food, & fitness and join us for Thriving Thursday at 7 PM EST for a deeper dive.

FAITH: PATIENCE AND CHEMICAL BALANCE IN MY FAITH

Reflection Step: Where am I most tempted to seek immediate gratification/quick reward instead of trusting God's timing, and what might be feeding that response?

Action Step: When you feel impatience rising, stop and pray this simple prayer:

“Lord, help me wait and trust You for relief/solution.” (This helps retrain your response patterns over time.)

Reflection Step: How might my current habits (what I consume, watch, or focus on daily) be affecting my ability to practice patience in a way that honors my faith?

Action Step: Replace one instant-gratification habit with a patience-building habit.

(I.e. Instead of scrolling or snacking when bored or stressed, choose something that strengthens patience—like prayer, reading scripture, or taking a short walk.) This helps shift your brain's reward patterns toward healthier, faith-aligned behavior.

FAMILY: PATIENCE AND BALANCE IN MY RELATIONSHIPS

Reflection Step: In my interactions with family, when do I feel my patience run low, and what is usually happening inside me at that moment?

Action Step: When you feel frustration rising, pause and pray: **“Lord, help me respond with patience and love.”** This gives space to slow down your automatic reaction and choose a calmer response.

Reflection Step: How might my emotional reactions with family be influenced by stress, habits, or “quick-response” patterns in my brain and body?

Action Step: Practice one intentional “grace response” each day at home.

Choose to respond gently instead of reacting quickly—even in small moments. This helps retrain emotional patterns and strengthens patience over time, aligning your responses with the fruit of the Spirit.

The PATIENCE Connection

A 4-Pillar Practice for cultivating Patience in your wellness journey.

Each week, explore reflections on faith, family, food, & fitness and join us for Thriving Thursday at 7 PM EST for a deeper dive.

FOOD: NOURISHING PATIENCE & HORMONAL HEALTH

Reflection Step: When I think about food, in what moments do I most struggle with patience—before eating, while waiting, or when making choices?

Action Step: Take a moment to pray: “**Lord, help me choose what is good for my body and practice self-control.**” This small pause helps slow down impulsive “quick reward” responses.

Reflection Step: How might my cravings and impulsive eating be influenced by stress, habits, or my brain’s reward responses rather than true physical need?

Action Step: Choose one intentional eating habit to slow things down.

For example: eat without distractions, take a few deep breaths before meals, or wait 5–10 minutes before grabbing seconds. This helps retrain your body and mind toward patience and mindful choices.

FITNESS: PATIENCE & HORMONAL HEALTH IN MOVEMENT

Reflection Step: Where do I struggle most with patience in my fitness journey—starting, staying consistent, or waiting for results?

Action Step: Begin each workout with this brief prayer:

“**Lord, help me stay consistent and trust the process You are working in my body.**” This centers your mind and trust in God before action.

Reflection Step: How might my desire for quick results be shaped by my brain’s reward system rather than trust in a steady, God-led process of growth?

Action Step: Focus on consistency over immediate results.

Set a simple goal like showing up for movement a certain number of days per week, rather than focusing on rapid change. This helps retrain your brain toward patience, discipline, and long-term growth.

Join The Mission

We hope you're enjoying this **Rooted & Well** series as much as we are and we can't wait to hear about how the Lord has moved in your life during this series.

If this workbook and this program has made an impact in your life in some way, please consider joining us in our mission of empowering the body of Christ to thrive in health, and walk courageously in God's calling (Jeremiah 1:5).

Here are a few ways You can get involved:

- **Kroger Community Rewards.** Select Equipped4More as your non-profit recipient.
- **Amazon Affiliate Purchases.** Make a purchase through any of our Amazon Affiliate links (*find our current list of E4M faves on the homepage of the app*) and Equipped4More will receive a small commission at no additional cost to you.
- **Shop 4 a Cause.** Shop the E4M merchandise page at <https://equipped4more.org/shop-4-a-cause>
- **Volunteer.** If you are aligned and interested in supporting our mission, contact us to see how you can get involved.
- **Tell a friend.** Help us reach more people who are interested in faith-based health and wellness programs by telling your friends and family about the CFC/E4M Health and Wellness Ministry.
- **Sow a seed.** Scan the QR code to send a financial gift.



Contact Us:

www.equipped4more.com
yourteam@equipped4more.com

Contact us to share your testimony and how this ministry can serve you!