



**FRUIT OF**  
**THE SPIRIT**

**PATIENCE**

Gal 5:13–6:3 NIV

*You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love. For the entire law is fulfilled in keeping this one command: "Love your neighbor as yourself." If you bite and devour each other, watch out or you will be destroyed by each other.*

*So I say, walk by the Spirit, and you will not gratify the desires of the flesh. For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want. But if you are led by the Spirit, you are not under the law.*

*19 The acts of the flesh are obvious: sexual immorality, impurity and debauchery; idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God.*

*But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law. Those who belong to Christ Jesus have crucified the flesh with its passions and desires. Since we live by the Spirit, let us keep in step with the Spirit. Let us not become conceited, provoking and envying each other.*

*6:1 Brothers and sisters, if someone is caught in a sin, you who live by the Spirit should restore that person gently. But watch yourselves, or you also may be tempted. Carry each other's burdens, and in this way you will fulfill the law of Christ. If anyone thinks they are something when they are not, they deceive themselves.*

*- Gal 5:13–6:3*



**FRUIT OF**  
**THE SPIRIT**

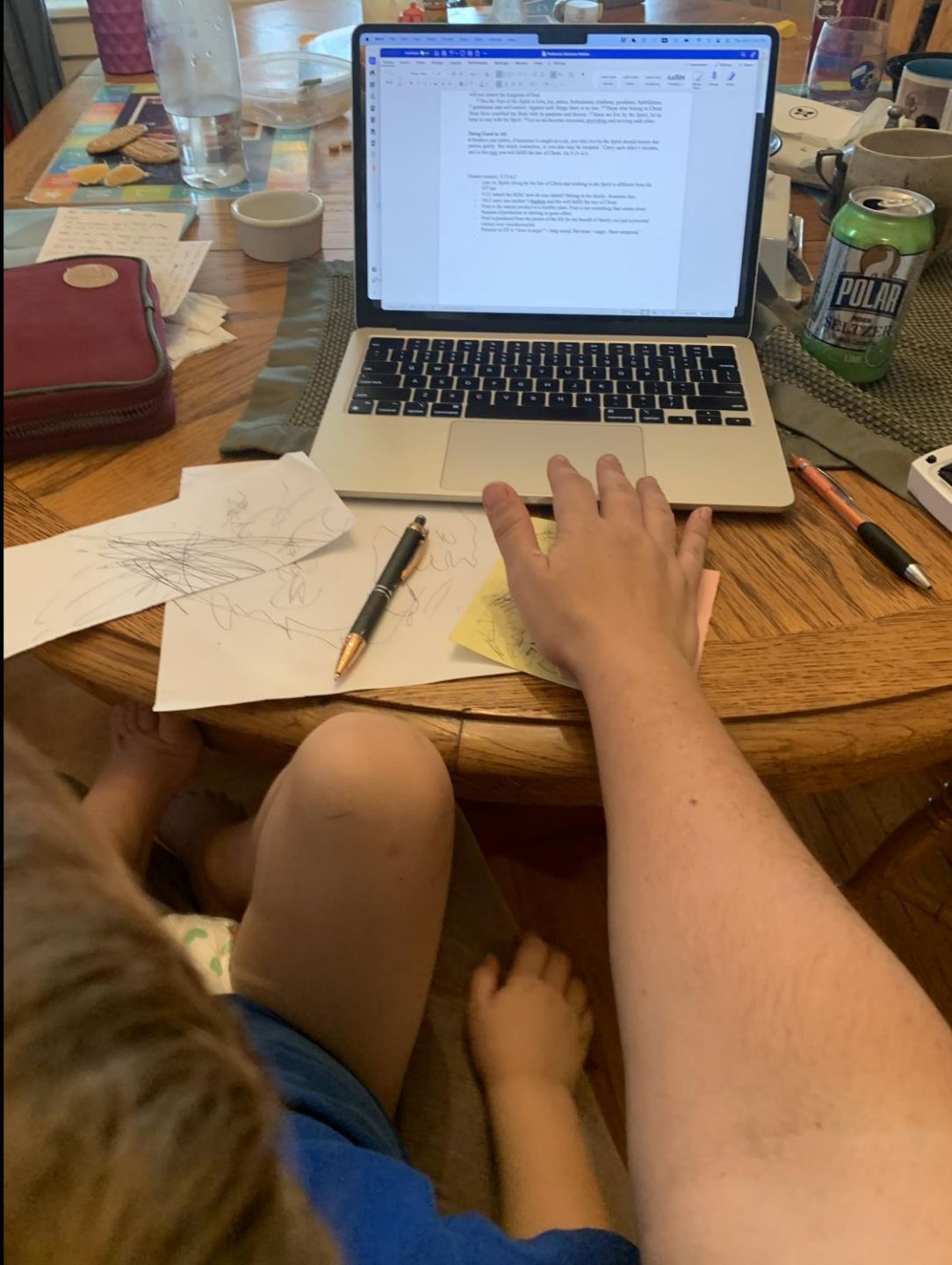
**PATIENCE**

## Patience is:

English: the capacity to accept or tolerate delay, trouble, or suffering without getting angry or upset.

Greek: to remain tranquil while waiting or to bear up under provocation without complaint.

Hebrew: "long-nosed", meaning slow to anger, or having a long fuse.





Patience is a fruit of the Spirit

Patience is fulfilling the law of Christ  
(to love others)

*What has to change in your life today  
in order to be able to bear  
the fruit called patience?*