

DAILY READING: PATIENCE

Patience is a fruit of the Holy Spirit. This means when I choose to live in obedience to God, as a follower of Jesus, the Holy Spirit produces patience in me.

Today I choose to follow Jesus and love others. The Holy Spirit will increase my ability to treat others with patience. As I grow in patience, I am more loving toward others. Patience enables me to look past annoying behaviors and love anyway. The patience the Holy Spirit grows in me helps me cope better with frustrations and difficulties. When I am patient I do not need to get revenge or respond in anger. I am unable to make myself a patient person but the Holy Spirit in me increases my patience. My relationships with others grow more loving as I grow in patience. Today I will show patience to others.

DAILY STUDY: PATIENCE

DAY 1: Patience through
God – Galatians 5:22-23
(page 1159);
Ephesians 4:20-24
(page 1164); Proverbs 25:15
(page 638)

DAY 2: Examples of Patience – James 5:10 (page 1225);
Matthew 18:26-27 (page 961); Romans 2:4 (page 1108);
2 Peter 3:9 (page 1237)

DAY 3: Love Is Patient – 1 Corinthians 13:4-5 (page 1137);
1 Thessalonians 5:14-15 (page 1184)

DAY 4: Endure and Be Patient – 2 Timothy 3:10 (page 1200);
James 5:7-11 (page 1225); Job 1:21 (page 499)

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4,444 Steps

How many steps would be too many steps for you to climb before your patience runs out? Norway's Fløri Staircase was built for maintenance men who were required to climb the 4,444 steps to work. This is the longest wooden stairway in the world. The stairs goes up the side of a mountain.

DAY 5: Patience Is Not Idle – 1 Thessalonians 5:14

(page 1184); Hebrews 6:12-15 (page 1213); Genesis 21:5
(page 21)

DAY 6: New Self – Colossians 3:1-21 (page 1178);

1 Timothy 6:11 (page 1196)

DAY 7: Found Only in Jesus – John 15:4-5 (page 1060);

2 Timothy 4:3 (page 1200)

**Take time to learn the memory verse
and have fun doing the activity.**

ACTIVITY: Breathe and Pray

Every day there are people and situations that require patience. No one can be patient and loving without help. When you are tempted to lose your cool, pray. The Holy Spirit wants to help you be patient. Practice praying a short prayer. This prayer will be said in rhythm with your breathing. This is calming and a good thing to practice when you are about to lose your patience.

YOU WILL NEED:

- A quiet place
- A one sentence prayer like: Help me Holy Spirit; or calm me Lord Jesus.

STEPS:

1. Slow down your breathing. Inhale slowly 1, 2, 3, 4. Say the first two words of your sentence.
2. Exhale slowly 1, 2, 3, 4. Say the last two words of your sentence. Do not slow down to the point of running out of air.
3. Repeat this two more times.
4. Thank the Lord for hearing your prayer.

MEMORY VERSE:

Colossians 3:12
"Since God chose you to be the holy people he loves, you must clothe yourselves with tenderhearted mercy, kindness, humility, gentleness, and patience."
Colossians 3:12

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