



Patience Overview

See Separate Weekly Plans



Definition: Patience

Patience is being prepared to wait for something good to happen. When we learn to wait for something, we usually appreciate it much more. Patience involves a long-term commitment to a task and therefore not giving up. Patience is linked via its Latin root to the word 'to suffer' - it can often be a hard and painful experience.

Children learn about patience when:

- they have to wait their turn to have a go
- they take their turn in speaking in circle time - learning how to be quiet and listen to others especially those who are slow and can't express themselves easily
- there are part of a large family or interest group in which they can't always come first
- they look forward to a birthday or Christmas in order to open presents
- they count the days down to a special holiday
- they learn to control their temper- perhaps by counting to ten or whatever!



Key Bible Character - Job

Job's name is often linked to the word 'patience'. Even though many things went wrong for him, he still waited patiently for God to help him - see Job 2:6-10

Questions -

1. When might you have to be patient?
2. How does patience make you feel?
3. How can you become more patient?
4. When might patience be difficult?

The Lord's Prayer <https://www.churchofengland.org/our-faith/what-we-believe/lords-prayer>

Key Bible verse:

Abraham was promised that he and Sarah would have a child, but they had to wait 20 years - see Genesis 15:2-5 (especially v. 4) for the promise and Genesis 21:1-8 for the moment Isaac is born.

Bible stories/verses linked to patience	Bible chapter and verse	Key message
1		<p>The story of Job - The story of Job is probably the best-known story of patience in the Bible is the life of Job. To prove Job's faithfulness to the Lord, God allows the devil to destroy everything Job owned (Job 1). Job was a wealthy man. He loses everything. But most devastating of all was when Job lost his children. However, Job did not blame God. He accepted that God had a plan and would be patient for God to reveal His plan. Job's friends came to council him. They tried to find out what great sin Job had committed to deserve the punishment he received. Job though, had done nothing wrong, nothing to anger God. He only ever did what God expected of him. Job knew that sometimes bad things happen to good people. Job knew that God had a plan, he was willing to accept what God allowed in his life and wait patiently for God to reveal the reasons why this was happening to him. In the end God rewarded Job's patience, faith and trust with twice as much as he had in the beginning (Job 42:10).</p>
2		<p>Abraham (Genesis 12- 18:10) - The story of Abraham tells us what it is like to wait patiently for something for many years, and what can happen when we are impatient. God promises Abraham that he will become a father of many nations. Over the years this promise is repeated, but as he and his wife Sarah still have no children - and are now elderly - they become impatient. Together they have a child via their servant, but this is not the son that God intended them to have. Eventually, they are gifted with a son of their own. The New Testament book of Hebrews (6:15) says of their patient wait, "And so, after he had patiently endured, he obtained the promise." The story reminds us that if we wait patiently and trust in God we will get all that is promised to us.</p>
3		<p>Simeon and Anna (Luke 2: 22-40) - After the birth of Jesus Luke tells us the Mary and Joseph take Jesus to the temple, as were the rituals at the time. At the temple was a man called Simeon; the Holy Spirit had revealed to Simeon that he would not die before he had seen the promised Messiah. As a result of this promise Simeon had patiently waited at the temple for this to happen. On seeing the baby Jesus he praised God, declaring that 'as you have promised, you may now dismiss your servant in peace. For my eyes have seen your salvation.' His patient wait was rewarded by meeting the Messiah. Similarly Anna, who was a very old lady, never left the temple. She worshipped day and night, fasting and praying. She too was waiting for the Messiah. On seeing Jesus she gave thanks and spoke about him to everyone who was waiting (patiently) for the redemption of Jerusalem. This story reminds us that there are things that are worth waiting patiently for; good things come to those who wait. Simeon and Anna had waited for years to see the Messiah. Through waiting patiently, trusting in God, they were rewarded.</p>
4		<p>The Parable of the Master and Servant, Luke 17:7-10 (told by Jesus in the New Testament, found only in Luke's Gospel) we hear about a servant who is doing what is expected of him. It is suggested that the servant is expected to have great patience; he has to work, serve the master and then wait - patiently - until he can eat, drink and rest. Sometimes we struggle to be patient, this Bible passage is teaching us that God expects us to be patient and that even if we do everything that is required of us, we may still need to wait patiently for reward or thanks.</p>
5	<p>Joseph - From Pit to Prison to Palace - A Picture of Patience</p>	<p>Joseph's brothers sold him as a slave (Genesis 37:27, 28). Though he did not understand all that was happening, he trusted God to work out His plan in His time. Joseph patiently worked faithfully in each situation he was in. He waited for God to fulfill His promise that Joseph would be a leader of his people (Genesis 37:5-11). He had to be patient as he believed God, but probably wondered why he was sitting in a prison cell. God did lift Joseph up to great power and responsibility. Not only was he a leader of his people, but he ruled over the people of Egypt too. Patience was needed to allow God to accomplish His purposes in the life of Joseph and his family.</p>

6	<p style="text-align: center;">Simeon - Eagerly Awaited the Messiah</p> <p>Luke 2 tells the story of the birth of Christ. The angels announced his birth to the shepherds who then went to see Jesus in the manger. Later, in the same chapter, Mary and Joseph took baby Jesus to the temple to give an offering to God for the birth of their child. The Holy Ghost had revealed to a man named Simeon that he would not see death until he had seen the birth of the Messiah. The Bible does not indicate how long Simeon waited for the birth of Christ, but the fact that it says he would not die until he saw the Saviour indicates that he waited some time. After Jesus arrived in the temple Simeon was led by the Spirit to visit Him there. Simeon took Jesus in his arms and thanked God that the promised child had arrived. Joseph and Mary were surprised by Simeon's actions. Simeon knew that he could depart in peace.</p>
7	<p style="text-align: center;">Jesus - An Example of Patience</p> <p>Hebrews 12 says of Jesus' death on the cross that it was something He "endured." While His crucifixion was for our salvation, the Bible says His death is also an example for our lives. When we are worn down during our daily tasks we are reminded in Hebrews 12:2, 3, "Looking unto Jesus the author and finisher of our faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God. For consider him that endured such contradiction of sinners against himself, lest ye be wearied and faint in your minds." Before Jesus arrived at the cross He patiently trained the disciples. Even after His miracles and proclamations of being the Son of God, the disciples were often confused as to who Jesus was. Today we think of the disciples as being mature men of faith. But as we read through the gospel accounts, Jesus was still trying to teach them how to persevere in prayer up until the moment He was taken in the garden to be crucified.</p>
8	<p style="text-align: center;">Psalm 27:14</p> <p style="text-align: center;"><i>"Wait for the Lord; be strong and take heart and wait for the Lord."</i></p> <p>Have you ever found yourself eagerly waiting for something? Waiting can sometimes be difficult and frustrating, especially when we're waiting on God's timing. But what if I told you that waiting on God's timing can actually cultivate patience within us? Psalm 27:14 reminds us to wait on the Lord and that He will strengthen our hearts. When we choose to trust God's timing instead of rushing ahead, we learn to lean on Him and develop endurance. Instead of growing discouraged during the waiting period, we can use this time to deepen our relationship with God and grow in character. So, let's wait patiently on God and see what blessings He has in store for us.</p>
9	<p style="text-align: center;">Galatians 6:9</p> <p style="text-align: center;"><i>"Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up."</i></p> <p>In his letter to the Galatians, Paul reminds us of the importance of patience. Sometimes, it can be difficult to wait for something we really want or need. But with patience, comes great reward. Patience allows us to develop perseverance and resilience, which are valuable qualities in life. When we remain patient and trust in God's plan, we open ourselves up to blessings we may have never imagined. Taking the time to slow down and wait for the right moments can lead us to greater success and happiness in the long run.</p>

10	<p style="text-align: center;">Galatians 5:22-23</p> <p><i>"But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, 23 gentleness and self-control. Against such things there is no law."</i></p> <p>We are called to live a life that reveals the fruits of the Spirit. Patience is one of these fruits, and it is an essential quality that we must cultivate to grow in our faith. Patience is not always easy to practice, especially in a world where everything seems to be instant and on-demand. However, patience is crucial because it teaches us to trust in God's timing, even when our own expectations are not met. When we are patient, we develop a sense of peace that helps us navigate through difficult times. Patience also enables us to persevere in prayer and trust that God is faithful to answer according to his perfect will. As we seek to grow in our Christian Walk, let's remember that patience is a fruit of the Spirit that we must nurture with intention.</p>
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Other free resources on patience to explore:

1. WATCH this inspiring video about 'Patience' from the Bible about a farmer and his patience. How to Practice Patience.
2. WATCH this Sesame Street clip and reflect on the word 'Patience'. Sesame Street: Zac Efron and Elmo - Patience 3.
3. WATCH the clip from Willy Wonka and the chocolate factory 'I want it now' song. Willy Wonka & the Chocolate Factory - I Want It Now Scene (8/10) | What are consequences of not having patience? When do you have to show patience?
4. WATCH the Pixar Short Lava Disney Music - Lava (Official Lyric Video from "Lava") The island patiently waits for love. Should we always show patience in that way? When does patience and understanding lead to progression and when to inertia?
5. Try to PLAY the card game Patience. Can you eventually succeed at this? Do you have to be patient to succeed? <https://bicyclecards.com/how-to-play/solitaire/>