



The Alexander SBS Summer 2025 Series

Lesson #5 – The Element of Patience

Main Idea

This summer we are becoming intimately familiar with the fruit of the spirit, the elements of which are listed below. This week we'll be discussing the fourth element, patience.

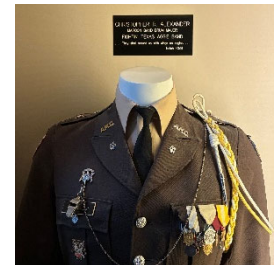
Love
Joy
Peace

Patience
Kindness
Goodness

Faithfulness
Gentleness
Self-Control

I'll admit patience is not my "strong suit." It's as if I came into the world impatient! As I have matured in the Lord, I have learned how important it is to be patient and that my lack of patience in waiting on the Lord's timing is associated with a lack of trust in Him. Proverbs 3:5-6 speaks to the Lord providing for us direction and not trusting in our own understanding. As we've discussed throughout this series, each Fruit of the Spirit element builds on the previous elements. Patience is reflected in the life of a Believer who can first exhibit love, joy, and peace.

For me being impatient creates frustration and also saps my energy. My senior year in the Corps of Cadets at A&M my doorplate had Isaiah 40:31 (NKJV) that reads: "But those who wait on the Lord Shall renew their strength; they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint." Patience is an indicator of spiritual maturity and brings strength to our lives as we learn to listen to the Lord and trust in His perfect timing. At its essence, patience is associated with timing and learning to wait on God's plans.



Questions for Consideration

1. Have you ever been around someone who always has patience? In thinking about their lives, how would you describe them and what factors seem to contribute to the patience they exhibit?
2. Make a list of all the factors, contributors, or reasons, either we or others lack patience?
3. All of the Bible passages provided on the back page in some way discuss patience. What are the benefits for Believers who demonstrate patience?
4. Last week's lesson discussed peace (Philippians 4:6-7). How do patience and peace work together in the life of the Believer? How would you characterize your performance in these two areas?



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.

Galatians 5:22-23

Be still before the Lord and wait patiently for him; fret not yourself over the one who prospers in his way, over the man who carries out evil devices!

Psalms 37:7

Whoever is slow to anger has great understanding, but he who has a hasty temper exalts folly.

Proverbs 14:29

But if we hope for what we do not see, we wait for it with patience.

Romans 8:25

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

Romans 12:12

Love is patient and kind; love does not envy or boast; it is not arrogant...

1 Corinthians 13:4

Be completely humble and gentle; be patient, bearing with one another in love.

Ephesians 4:2

⁶Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Philippians 4:6-7

You need to persevere so that when you have done the will of God, you will receive what he has promised.

Hebrews 10:36

Be patient, then, brothers and sisters, until the Lord's coming. See how the farmer waits for the land to yield its valuable crop, patiently waiting for the autumn and spring rains. You too, be patient and stand firm, because the Lord's coming is near.

James 5:7-8

