

# FRUIT OF THE SPIRIT: WEEK 5

# PATIENCE

## MEANING



**THERE ARE TWO GREEK WORDS TRANSLATED AS "PATIENCE" IN THE NEW TESTAMENT: HUPOMONE & MAKROTHUMIA.**  
**"HUPOMONE": A REMAINING UNDER, "AS WHEN ONE BEARS UP UNDER A BURDEN; PERSEVERE; BEARING UP UNDER.**  
**"MAKROTHUMIA": "LONG TEMPER," IN THE SENSE OF "THE ABILITY TO HOLD ONE'S TEMPER FOR A LONG TIME."**

## SCRIPTURE



**1 THESSALONIANS 1:3**

**JOB 23:8-10**

**HEBREWS 10:35-36**

**HEBREWS 12:1-2**

**2 PETER 3:9**

**JOHN 14:27**

**PSALM 42:5**

**ROMANS 12:19**

**LEVITICUS 19:18**

**JAMES 1:4-8**

## GOING DEEPER



### **PATIENCE:**

- Patience is inspired by mercy, devoid of condemnation, and evidence of the presence and power of our Holy God!
- There are two Greek words translated as "patience" in the New Testament: hupomone & makrothumia.

### **HUPOMONE:**

- "Hupomone" (hoop-o-mo-nay) means "a remaining under," as when one bears up under a burden; persevere; bearing up under.
- It refers to steadfastness in difficult circumstances; character that does not allow one to surrender to circumstances or succumb under trial
- "Hupomone" is often translated "endurance" or "perseverance" in relation to things or circumstances.
- Hope and hupomone are strongly associated; Hope, the desire of something good with the expectation of obtaining it; inspires hupomone.



### **Biblical examples of hupomone:**

#### **1 THESSALONIANS 1:3:**

3. Remembering without ceasing your work of faith, and labour of love, and patience of hope in our Lord Jesus Christ, in the sight of God and our Father;

#### **JAMES 5:7-11:**

7. Be patient therefore, brethren, unto the coming of the Lord. Behold, the husbandman waiteth for the precious fruit of the earth, and hath long patience for it, until he receive the early and latter rain.

8. Be ye also patient; stablish your hearts: for the coming of the Lord draweth nigh.

9. Grudge not one against another, brethren, lest ye be condemned: behold, the judge standeth before the door.

10. Take, my brethren, the prophets, who have spoken in the name of the Lord, for an example of suffering affliction, and of patience.

11. Behold, we count them happy which endure. Ye have heard of the patience of Job and have seen the end of the Lord; that the Lord is very pitiful, and of tender mercy.

- **Job remained faithful because he knew that God had not overlooked one moment of his agony!**

#### **JOB 23:8-10:**

8. Behold, I go forward, but he is not there; and backward, but I cannot perceive him:

9. On the left hand, where he doth work, but I cannot behold him: he hideth himself on the right hand, that I cannot see him:

10. But he knoweth the way that I take: when he hath tried me, I shall come forth as gold.

- **The hupomone or patience that Job possessed was inspired by the fact that God was at work, God had not misplaced or forgotten about him; God would transform him, and he would come forth as fine gold!**

#### **HEBREWS 10:35-36:**

35. Cast not away therefore your confidence, which hath great recompence of reward.

36. For ye have need of patience, that, after ye have done the will of God, ye might receive the promise.

37. For yet a little while, and he that shall come will come, and will not tarry.

#### **HEBREWS 12:1-2:**

1. Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us,

2. 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.



## **MAKROTHUMIA:**

- “Makrothumia (mack-roe-tu-me-ah)”, which is used in Galatians 5:22, is a compound formed by makros (“long”) and thumos (“passion” or “temper”).
- It literally means “long temper,” in the sense of “the ability to hold one’s temper for a long time.”
- It means forbearance; self-restraint before proceeding to action.
- It’s the quality of a person who is able to avenge himself yet refrains from doing so. Patience comes from a position of power.
- A person may have the ability to take revenge or cause trouble, but patience brings self-restraint and careful thinking.
- A patient person is able to endure much pain and suffering without complaining.
- A patient person is slow to anger as he waits for God to provide comfort and punish wrongdoing.
- Makrothumia is patience in respect to persons while hupomone is enduring or persevering things or circumstances.
- Makrothumia is inspired by mercy.
- How we respond to circumstances (hupomone) is important, but how we respond to others (makrothumia) is critical in our walk as a believer!
- Most times it is far easier to be patient in circumstances than it is with people.
- We need to respond with hupomone when a circumstance is trying us; we need to respond with makrothumia when some ONE is trying us!
- “Patience” in Galatians 5:22 is the supernatural outcome of being filled with the Holy Spirit
- We can only possess makrothumia through the power and work of the Holy Spirit in our lives.
- Many of us have suffered great frustration as we have tried, in our own strength and ability to practice makrothumia, or the patience of God!
- This kind of patience can only be practiced by allowing the Holy Spirit to work in us and through us.
- Total and complete surrender is necessary!
- You and I are saved because mercy prompted God’s patience with us.
- God’s patience means salvation to all who believe.
- The opposite of patience is agitation, discouragement, and a desire for revenge.
- God does not want His children to live in agitation but in peace. (John 14:27).
- He wants to dispel discouragement and replace it with hope and praise (Psalm 42:5).
- We are not to avenge ourselves; rather, we are to love others (Romans 12:19; Leviticus 19:18).
- Losing patience is a sign of being out of alignment with Christ and a weakness in your spirit.
- When we walk according to our flesh, we become out of step with the Holy Spirit making ourselves vulnerable to Satan’s attacks.
- As Jesus has compassion and mercy on us, even when we are at our worst, we are to do the same with others in order to emulate Him.



## **Lack of Patience Can Lead to Other Sins:**

• *Hurtful word* • *Evil thoughts* • *Bitterness* • *Stealing*  
• *Adultery* • *Rage* • *Pride* • *Doubt* • *Unbelief*

- Pastor John Piper once said, *"Impatience is a form of unbelief. It's what we begin to feel when we start to doubt the wisdom of God's timing or the goodness of his guidance. It springs up in our hearts when the road to success gets muddy, or strewn with boulders, or blocked by some fallen tree."*
- "Patience" is the most rejected and most talked about part of the FRUIT.
- People often joke that you should never pray for more patience.
- Why would we want to suffer or why would we want trouble to find us, right?!
- My question is to you, and to me, why is it that we can desire to be like Christ and think that we can skip out on one of the most beautiful parts of Him?
- How often have we unknowingly offended the Holy Spirit with our jokes and banter only because we, in our fleshly serving mindset, see patience as a mere inconvenience or optional?
- Why have we made it such strange and absurd thing to ask and desire the patience of God??!
- If we are truly IN love with someone, we gladly take all of them, even strive to accept even the worst parts of them; "for better or worse"
- Yet, when it comes to God, we'll "cherry-pick" the mess out of all the things or aspects of Him we think we "want" and so boldly declare the aspects that we don't want!
- Trust issues and disbelief will show up in your life as agitation and impatience!
- When we trust God and have faith in Him and His timing; His patience has its perfect work in us!
- As the Spirit produces patience in us, He is making us more Christlike.
- When we are patient, we leave room for God to work in our hearts and in our lives; We lay down our agenda and trust in God's.
- We thank the Lord for what and whom He's brought into our lives, and we let God be God in us and through us.
- We must change our perspective on how we see the FRUIT of The Spirit.
- We must see it as the love of GOD; the joy of GOD; the peace of GOD; the patience of GOD, etc.
- When we reject ANY of those characteristics of the fruit, we are rejecting HIM!!
- May we ALWAYS be broken and repentant over our selfish, prideful, fleshly tendencies that are quick to reject a holy, kind and patient FATHER.
- When was the last time that you prayed for patience?
- We should desire to produce all of the fruits of the Spirit, and patience is one of them.
- Praying for patience does not guarantee we are going to sit in hour long traffic or never get a turn at the checkout line; Even if those things happened, we know that desiring to have lives that are Spirit-filled and emulate Christ are worthy of our pursuit.

## A PRAYER FOR PATIENCE



Precious Heavenly Father, The thought that we could sit here,  
look at what You have given to us and that we would so casually reject those things; all the  
while, begging You to have mercy, grace and *PATIENCE* on us,

Lord we have truly missed the mark!

Holy Spirit, please forgive us when we have offended with You with such behavior!

Even in our ignorance, have mercy on us!

More importantly, help us to understand and to *DESIRE YOUR* patience,  
not what we can only conceive in our finite minds and limited understanding.

Help us to have mercy on others, not avenging our own selves,  
but trusting that You are working all things out to the good of those that love you  
and are called according to Your purpose!

Help us to run the race with endurance and persevere to the end!

***We can't give up now!***

Let us be a people of mercy who finish the race strong!

Let us desire to eat the whole of Your Word and  
not just the parts that work for our own agendas!

May You be more important to us than our fleshly desires!

Let us be the people who desire ***ALL OF YOU***, not just ***parts of YOU***.

Let us be a people who follow You not just when it's easy, but

***ALWAYS and in EVERYWAY!***

***WE WANT TO KNOW YOU MORE!!***



## REFLECTION/NOTES

