

July 28, 2026

Choosing Patience

July Series: Stronger Together

Week Focus: Choosing Unity

Scripture – Ephesians 4:2 - *"Be completely humble and gentle; be patient, bearing with one another in love."*

Devotional Reflection

Patience is one of the clearest expressions of Christlike love. It is easy to be patient when life is going smoothly and relationships are free from tension. However, true patience is revealed when people disappoint us, misunderstand us, or fail to meet our expectations. That is why Paul includes patience as an essential characteristic of healthy relationships. Unity is not sustained because people are perfect; it is sustained because people choose to extend grace while trusting God to continue His work in one another.

Every relationship requires patience because every person is still growing. None of us has reached spiritual perfection. We all have weaknesses, blind spots, and areas where God is shaping our character. Just as the Lord has patiently walked with us through every season of growth, He calls us to extend that same patience to others. When we become impatient, we often expect people to change according to our timetable rather than trusting God's perfect timing. Patience reminds us that transformation is a process, not an event.

Patience does not ignore problems or avoid necessary conversations. Instead, it changes the way we approach them. Rather than reacting in anger, patience responds with wisdom. Rather than assuming the worst, patience seeks understanding. Rather than giving up too quickly, patience believes that God is still working. Many relationships become stronger not because conflict never occurred, but because someone chose patience over frustration and grace over criticism.

Think about the people God has placed in your life. Someone has likely shown you patience when you were learning, struggling, or growing in your faith. More importantly, God has never stopped being patient with you. His mercy has been new every morning, and His love has remained constant through every success and every failure. As recipients of such incredible patience, we are called to extend that same grace to others. Patience reflects confidence that God is still at work, even when change is slower than we would like.

Today, choose to slow down before reacting. Listen carefully, speak graciously, and remember that God is working in both you and the people around you. Every act of patience reflects the heart of Christ and strengthens the relationships He has entrusted to your care.

Focus for Today

Choose patience by extending to others the same grace God continually extends to you.

Practice

- Begin your day by thanking God for His patience toward you.
 - Before responding to a frustrating situation today, pause and pray.
 - Ask God to help you respond with patience, wisdom, and love instead of reacting emotionally.
 - Look for one opportunity to encourage someone who may still be growing in an area where you have already experienced God's grace.
-

Prayer

Father, thank You for Your incredible patience with me. Thank You for never giving up on me and for continuing to shape my life day by day. Help me extend that same patience to the people around me. Teach me to respond with grace, to listen with understanding, and to trust that You are working in every relationship. May my patience reflect the love of Christ and help strengthen the unity You desire. In Jesus' name, Amen.

Reflection Question

Who in your life needs to experience your patience today, and what practical step can you take to extend the same grace that God has shown you?