

One Step to Freedom  
Chapter 6: The Fruit of the Spirit

Lesson 4  
Patience

“The fruit of the Spirit is ... patience” (Galatians 5:22).

The fourth fruit of the Spirit is patience. In some translations the word “longsuffering” is used in place of “patience.” The original Greek word used in Galatians 5:22 is *makrothymia* which translates as long-term patience—and God's desire for Christians is to show long-term patience with others—just as God has shown this very *makrothymia* towards us.

**Read 2 Peter 3:1-9.** Even as people continue to mock God and the second coming of Jesus Christ, God patiently endures with mankind. He shows longsuffering because He is not willing that anyone should perish (2 Peter 3:9, 1 Timothy 2:3-4). God showed His longsuffering patience toward all of us before we were ever saved. God wants to establish this same longsuffering in our lives.

**Read James 1:2-3.** God develops long-term patience in our characters by allowing trials in our lives. Trials are tests that produce patience, which will develop Christian maturity.

**Read James 5:7-8.** We should never forget that Jesus is coming again. His imminent return should motivate us to endure with much patience all that He asks us to do. The Bible encourages us to not grow weary (Galatians 6:9).

**Read 1 Timothy 1:16.** The longsuffering of Jesus is a pattern for all believers.

**Read Ephesians 4:1-3 and Colossians 3:12-13.** As followers of Christ, we are commanded by God's Word to show patience toward others.

*Makrothymia* patience does not come from human efforts or striving for it. Patience that is the fruit of the Spirit manifests itself when the believer fully trusts in God in every area of their lives. As we submit to God's will, His Spirit will guide us and we will begin to develop this fruit of patience in our lives toward God and others.

1. Read Matthew 18:21-22 and compare it to Ephesians 4:1-3. What are your thoughts?
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2. Read 2 Peter 3:9. How did God show His longsuffering patience to you before you were saved?
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3. How should you act toward others, according to Colossians 3:12-13?
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4. Do you think it is possible to show *makrothymia* patience without the help of the Holy Spirit?
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5. Since God asks Christians to show patience, would you agree that He will give His Holy Spirit to Christians who ask for it? See Luke 11:13.
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6. What does James 1:3 say is tested and what does it accomplish?
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7. In 1 Timothy 1:16, what did Paul obtain from Jesus and what happened?
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8. What kind of heart attitude should we have toward others and why? See Colossians 3:12-13.
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