

Week 3: Peace + Patience

MAIN POINT: Trusting God's Timing

Scripture// Galations 5:16-25

16 So I say, walk by the Spirit, and you will not gratify the desires of the flesh. **17** For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want. **18** But if you are led by the Spirit, you are not under the law. **19** The acts of the flesh are obvious: sexual immorality, impurity and debauchery; **20** idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions **21** and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God. **22** 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. **24** Those who belong to Christ Jesus have crucified the flesh with its passions and desires. **25** Since we live by the Spirit, let us keep in step with the Spirit. **26** Let us not become conceited, provoking and envying each other.

Pray//

ILLUSTRATION/STORY// Have you ever had a time where you lost your patience and just absolutely crashed out???

Point 1 - Patience in Pain

Pain is an inevitable part of life, but how we respond to that pain can shape our faith and character. In moments of suffering, cultivating patience can be a profound act of trust in God.

James 1:2-4 — "Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance."

In Life we face many times of pain and if you haven't yet you will. Acknowledge that pain is a part of the human experience; it is not a sign of God's absence but often a pathway to growth.

Example Job 1:20-22

20 Job stood up and tore his robe in grief. Then he shaved his head and fell to the ground to worship. **21** He said,
"I came naked from my mother's womb,
and I will be naked when I leave.
The Lord gave me what I had,
and the Lord has taken it away.
Praise the name of the Lord!"
22 In all of this, Job did not sin by blaming God.

In Job's life he dealt with so much loss, hurt and frustration but always kept Patience with the Lord.

Point 2. The Fruits of Patience in Pain

A. Spiritual Growth

- **Scripture Reference:** 2 Corinthians 1:3-4 — "Praise be to the God and Father of our Lord Jesus Christ... who comforts us in all our troubles..."
- **Application:** Discuss how patience during suffering can lead to a deeper understanding of God's comfort and grace.

Transforming Our Perspective through the Patience of Jesus

- **Hebrews 12:2:** "Fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before Him, He endured the cross, scorning its shame..."

The Peace of Jesus

- **Matthew 11:28-30:** "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls."

We have to find Peace in Jesus

"Choose to hold on to your peace, even when others try to shake it away."

Point 3: Compassion for Others

Jesus was patient with those who came to Him in need—whether they were sinners, the sick, or the marginalized. His willingness to listen and respond with grace illustrates how patience fosters compassion and understanding.

Luke 23:34: "Jesus said, 'Father, forgive them, for they do not know what they are doing.'"

- Jesus is full of patience.
- He is patient with you even when you don't deserve it.
- Even those who had him crucified he still looked at them while hanging on the cross and still said father forgive them...

This shows His patience and grace even in the midst of suffering.

Story// Tell about a time where you forgave someone that didn't deserve it. A moment that caused you to lost the peace of Jesus in your life.

APPLICATION + CLOSING//

-We see time and time again where individuals in the Bible had to have/use the patience that the Holy Spirit gives us. Take time this week get in God's presence and ask for the Holy Spirit to give you his patience.

So as we leave tonight I want to leave you with this....

"As we wait on the Lord, our patience transforms our trials into testimonies of His faithfulness."

RESPONSE//

- Worship (despite your situation/circumstance, ask God to give you his overwhelming sense of patience!)
- Pray God gives you patience in pain and frustration.
- Maybe you are here and you have never experience Gods Patience

