

Patience & Kindness



Galatians 5:22-23, BSB

²² But the fruit of the Spirit is love, joy, peace, **patience**, **kindness**, goodness, faithfulness, ²³ gentleness, and self-control. Against such things there is no law.



Have you ever prayed for patience from the Father and found that suddenly your patience is tried? Or found that people who you may have struggled to show kindness to before has become easier the more you've journeyed in your walk with

God.

These are the signs of that fruit growing but we often only really see the growth as we emersed in situations in which the fruit is required. In 1 Corinthians 13 Paul writes those famous words of love is patient, love is kind... From this we can see that the outworking of these fruits is not just to benefit us but to be showing the love of God to those around us as well. As we grow in these fruits we begin to see a change both in ourselves but also our relationships with those around us.

The word used for patience is *Makrothymia* which can be seen to be long suffering rather than short suffering. Meaning that this patience is not something quick but is produced over time as you are patient with people for a longer length of time.

The word for Kindness is *Chrēstotēs*, which is translated to 'goodness' or 'generosity'. It can also be linked to being a servant or slave to another person. We have to remember that the negative connotations of slave as we know them today aren't always the same biblically and so the challenge is that we be servants to one another's in our kindness not seeing ourselves as better than others.

- a. What factors contribute to increased patience in your life?
- b. Are you fostering the growth of patience and kindness within yourself?
- c. How do you observe their development in your life?



Thank the Father that we can grow in these areas. That Holy Spirit causes them to be cultivated and grow within us.