

# BEING PATIENT

*Lesson Plan for Living Intentional: Patience*

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## OVERVIEW & PURPOSE

In this day of instant everything, patience is usually in short supply. This study will explore Patience. The MacMillan dictionary defines patience as, “1). the ability to continue doing something for a long time without losing interest, especially something difficult 2). the ability to wait for a long time without becoming angry or upset 2a). the ability to accept situations that you do not like without becoming angry or upset...”

<https://www.macmillandictionary.com/us/dictionary/american/patience>

## COMPLETING THE STUDY

1. Complete according to your schedule.
2. Read and study the bible verses and supplemental material.
3. Take note of your progress.
4. Don't beat yourself up if you miss the mark (Ask forgiveness, Give God thanks, Move on).

## OBJECTIVES

1. Understand the characteristics of patience.
2. Understand how to become more patient.
3. Understand and demonstrate patience in your daily life.

## MATERIALS NEEDED

1. Access to the bible
2. A way to track and note your progress

## BE PATIENT WITH GOD - TRUST IN HIM, HIS WAYS AND HIS TIMING

FOCUS VERSE - Psalm 37: 7-9

*7 Be patient and trust the Lord. Don't let it bother you when all goes well for those who do sinful things. 8 Don't be angry or furious. Anger can lead to sin. 9 All sinners will disappear, but if you trust the Lord, the land will be yours. (CEV)*

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*7 Be still before the Lord, and wait[a] for him. Don't get upset when someone gets ahead — someone who invents evil schemes. 8 Let go of anger and leave rage behind! Don't get upset—it will only lead to evil. 9 Because evildoers will be eliminated, but those who hope in the Lord — they will possess the land. (CEB)*

1. Quiet yourself, understanding that you are in God's presence no matter where you are.
  - a. Stop
  - b. Breathe
  - c. Focus
2. Try not to get bothered and upset when people get ahead by doing wrong.
  - a. Relax your muscles
  - b. Mentally redirect your thoughts to God and what you should do to have a positive outcome for yourself and those you influence
  - c. Allow yourself to let yourself have good feelings

3. Broaden your perception of what's happening
  - a. Realize that there is more to what you see
  - b. Realize that in spite of what's happening,
    - i. The pain, irritation and anger that you initially feel is normal and alright
    - ii. God is working for your best interest and has more for you
    - iii. In His way, He's trying to make you better
    - iv. God will deal with those doing evil in His own way
4. Hope in God - His ultimate goodness, His character and His love