

## The Fruit of the Spirit – Patience

**Colossians 3:12** Put on then, as God’s chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and **patience**,

There are words translated patience in the New Testament. Both are feminine, singular nouns. They appear 18 times in the NT.

**μακροθυμία makrothumia** (: *mah kraw thoo MEE uh*), *f*: a state of emotional calm in the face of provocation or misfortune and without complaint or irritation. Being able to bear up under provocation, *forbearance, patience, endurance*

**ὑπομονή hypomonē**, (*hoo paw mawn AY*) endurance; staying, literally means “to remain under” and “to stay put under.” It has the idea of “remaining firm under” tests and trials. *Hypomonē* is better translated “endurance” or “steadfastness.”

### Questions to Ponder

Think about a time in your recent past when you found yourself growing impatient. Was the issue...

Frustration with someone who just did not get what you were saying or a point you were making?

Was your patience wearing thin because of multiple interruptions causing your schedule to blown up?

You were facing a deadline and had too much to do, too little time to do it or too little help?

Or a different reason for your growing impatience?

What is the connection between patience and the other virtues of the fruit of the spirit?

How has God demonstrated patience toward us?

How are we to show patience to others?

Scripture references for “patience” - makrothumia

Rom. 2:4; Rom. 9:22

2 Cor. 6:6

Gal. 5:22

Eph. 4:2

Col. 1:11; Col. 3:12

1 Tim. 1:16

2 Tim. 3:10; 2 Tim 4:2

Heb. 6:12

James 5:10

1 Pet. 3:20

2 Pet. 3:15

Scripture references for “patience” - hupomonē

Luke 8:15

Rom. 2:7; Rom. 8:25;

2 Cor. 12:12