

WEEK 5: Patience (*Makrothumia*)

Walk by the Spirit... The fruit of the Spirit is love, joy, peace, **patience**, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law. (Galatians 5:16, 22-23)

[DISCUSS: How would you describe patience to a child?]

[EXPLORE: *μακροθυμία* and *ὑπομονή* (i.e. 2 Timothy 3:10)]

Greek word *ὑπομονή* (literally: under-remain, or endure/persevere)

Greek word *μακροθυμία* (word in the “Fruit of the Spirit” list)

μακρο: + *θυμία:* (Galatians 5:20)

Luke 19:12

Luke 4:28

Luke 20:47

Acts 19:28

LONG (OFF) + ANGER = ?

Which of the following English words sounds most like this Greek word, *makrothumia*? Why?

Composure Endurance Restraint Tolerance Submission Poise
Calm Forbearance Longsuffering Serenity Even-temper Perseverance

[CONSIDER: Wisdom Books]

Proverbs 15:18; Proverbs 16:32; Proverbs 19:11; Ecclesiastes 7:8-9



Q: How does God’s patience help us understand what this form of patience looks like?

1 Peter 3:20

Exodus 34:6 “slow to anger”

[HOW can we pursue it?]

When the devil cannot by force overcome those who are tempted, then he seeketh to overcome them by long continuance.

—Martin Luther, *Galatians*



SUMMARY:

- This aspect of patience is not only about waiting but more about wisely restraining anger.
- The LORD is “slow to anger,” restraining His anger even when His anger is justified.