

How We Deal with Others: *Finding a Middle Way with the Fruit of the Spirit*

Week 1: The Fruit of Patience

Each day mark off 15-30 minutes (or more if you have the time) to pause, say the opening prayer, then read the passage and reflect on the questions. The scriptures were selected based on the New Revised Standard Version. As you reflect on the questions, you are encouraged to write your responses that come to mind. Be as specific as you can. You will find that capturing your honest, unfiltered thoughts will lead you to actions that become transformative. This is how the Holy Spirit grows within us.

Opening Prayer (to be said each day): *Lord, thank you for being with me right now. Settle my thoughts. Speak to me. I am open to whatever you say and however you direct me. And I trust that you want only what is best for me. Amen*

Monday: Read Exodus 17:1-7.

Reflection: What does “God’s patience” mean in this story?

How have you tried God’s patience?

Tuesday: Read Micah 6:1-5

Reflection: The second question in verse 3 is sometimes translated “Tell me why your patience is exhausted?” How would you answer that question?

What do you think the prophet is saying in these verses to people whose patience is exhausted?

What do you think God wants *you* to know?

Wednesday: Read Matthew 18:21-35

Reflection: What does patience look like in this parable?

What does this story have to say for building greater patience in our lives?

Thursday: Read Romans 8:22-25

Reflection: Note the mention of the “first fruits of the spirit.” What does patience mean according to Paul’s words here?

Based on this, what would help you build greater patience?

Instead of asking God to give you more patience, thank God for already giving you patience and the power you have to use it.

Friday: Read 1 Timothy 1:15-16

Reflection: How might Jesus want to show patience to someone through you? Does anyone specific come to mind?

What does it look like to allow Jesus’ patient love to be demonstrated through you?

Will you let Him?

Saturday: Reflect on your reflections this week. Are there any action steps you feel God would want you to take?