



#3 In the “All things new *PATIENCE AND KINDNESS*”

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By Jason Corder*

“Never ask God for patience, or else He will give it to you.” This sentiment is a common joke among many who note that when someone wants to grow in patience, they experience difficult situations that force them to be more patient.

Galatians 5:22-23

“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law”

Patience is the ability to face trying, hard, or annoying experiences without

- Getting angry,
- Upset,
- Or lashing out,

Patience may be one of the Biblical traits humans struggle with the most. In today’s world, it seems almost everything is designed to test patience.

- Traffic.
- 24-hour-news cycles.
- Other people.

Scripture calls us to be more like Christ, who demonstrated great patience during His earthly ministry.

When examining the state of the world, and the causes of our own sins, many issues seem to stem from impulsive mistakes or angry outbursts brought on by the lack of patience.

- Random acts of violence,
- Foolish and rash decisions,

- As well as unhealthy emotional cycles contribute to silly accidents at best, and the ruination of lives and relationships at worst.

There's a long list of sins and mistakes come from a lack of patience, which is, **“the capacity to accept or tolerate delay, trouble, or suffering without getting angry or upset.”**

How long does it take for us to lose our temper, storm off, or get exasperated?

Being able to accept or tolerate problems allows people to:

- Work through issues,
- Facilitate compromise,
- Amend inappropriate behavior.

2 **Galatians 5:22-23**
“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law”

Listed fourth among the fruit of the Spirit is a wonderful quality translated "longsuffering" in some Bible versions and "patience" in others.

- Those two English words are closely related, both associated with endurance.

One Greek word—*hupomonee*—is translated "patience" in almost all Bible versions and implies **patient endurance**.

The other Greek word used in Galatians 2 is even more interesting. It is *makro-thu-mia*, translated "patience" in some Bible versions but more accurately as **"longsuffering" in others.**

It figuratively means “taking a long time to boil.” Think about a pot of boiling water.

- What factors determine the speed at which it boils?
- The size of the stove? No.
- The pot?

- The stirring may have an influence,
- but the primary factor is the intensity of the flame.

Water boils quickly when the flame is high. It boils slowly when the flame is low.
Patience 'keeps the burner down.'

- The Greek word makro (which gives us the English prefix macro) means "large" or "long."
- The root word thumos means "temper."
- Therefore makrothumia literally means long-tempered, the opposite of short-tempered or having a short fuse.

Without makrothumia, we human beings tend to be temperamental—having an irritable temperament and bad temper. We tend to "lose patience" and "lose our cool" and even "blow up" (like an impatiens plant).

The fruits of the Spirit are virtues, behaviors, and characteristics that grow in believers and serve as evidence of the presence and work of the Holy Spirit.

Patience is not only one of the first ones in the list, it also facilitates some of the others.

- It is easier to be gentle with others when full of patience.
- Self-control can also be related to patience, as an abundance of patience can help someone not over-react to others or to annoying situations.

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Heb 6:12

so that you may not be sluggish, but imitators of those who through faith and patience inherit the promises.

We are so brainwashed with the need for instant gratification.

- We need to look at what the Bible has to say about patience
- And its relationship to faith.

This morning we're going to take a brief look at some of the Old Testament heroes whose faith and patience illustrate the path we are to be following.

4 1. Patience is a mark of God's servant.

2 Cor 6:4-6

5 *but as servants of God we commend ourselves in every way: by great endurance, in afflictions, hardships, calamities, 5 beatings, imprisonments, riots, labors, sleepless nights, hunger; 6 by purity, knowledge, patience, kindness, the Holy Spirit, genuine love;*

Let's read it again, and highlight some of the list.

But in all things we represent ourselves as worthy as ministers (servants) of God... by (among other things) **great endurance...**

Patience is one of the qualities that authenticates our being fit to be servants of God.

- Patience is the ability to hang in there through thick and thin, no matter what happens.

David demonstrates this quality.

Here is another man whose long suffering allowed him to maintain his trust in God, confident that He would fulfill His promise.

1. 1 Sam 16 - Samuel anoints David to be king of Israel - the Word of God describes him as being "a youth, ruddy and good-looking". (17:42)
2. David served King Saul as a therapeutic musician, then by killing Goliath, then as the leader of Saul's men of war (1 Sam 18:5)
3. 1 Sam 18 - In return, Saul tried twice to kill David while David played music for him. (vs. 10,11) Then he tried to have him killed by the Philistines. (vs. 17) Then Saul tried to kill him again (19:10), then sent his men four more times to kill him. (19:11,20,21) Then Saul went to get David (19:22). Twice Saul went out with his armies against David and both times David had opportunity to kill him but didn't. (Chapters 24 & 26)
4. David was 30 years old before he became king, and then he only ruled over Judah - he had to wait another 7½ years before he became king over Israel too. (2 Sam 5:4,5)

I found 11 times where Saul tried to kill David.

Can you imagine what it was like on that last occasion, when opportunity presented itself once more for David to get his own back and kill Saul?

- One of the qualities that proved David's ability to be a servant of God, was his patience.

Patience means trusting God that He will come through even when circumstances seem to be going the other way.

6 2. Patience Fuels Forgiveness.

Eph 4:2

with all humility and gentleness, with patience, bearing with one another in love,

Joseph is undoubtedly one of the outstanding characters of the Old Testament.

His life is one long series of circumstances that seemed to work against him.

1. Gen 37:1-11 - God gives him dreams of greatness - he was only 17 years old (vs 2).
2. Gen 37:12-36 - His brothers sell him to slave traders who in turn sell him in Egypt
3. Gen 39 - God blesses him there. He refuses to commit adultery with his master's wife, so she falsely accuses him of trying to rape her - his master throws him in jail.
4. Gen 40 - God blesses him there too.
5. Gen 41 - Joseph interprets Pharaoh's dreams and is made Prime Minister - he is now well over 30 years old (vs 46).

What a life!

- What allowed Joseph to forgive his brothers in the face of cruel mistreatment?
- What gave Joseph the stamina to hang in there through thirteen long years of slavery and imprisonment?
- What gave Joseph the ability to hang on to his faith in the promise of God despite every setback?

It's not enough just to have faith, we need patience too.

Otherwise we'll give up long before we even see the results of our faith.

7 3. Patience ensures that we will be productive.

8 **James 5:7,8**
Be patient, therefore, brothers, until the coming of the Lord. See how the farmer waits for the precious fruit of the earth, being patient about it, until it receives the early and the late rains. You also, be patient. Establish your hearts, for the coming of the Lord is at hand.

The farmer sows and then he waits, because he knows that he's going to reap.

1. Gen 12:2 - Abraham (75 years old) God promised to make him a great nation, implying descendants.
2. Gen 15:4-6 - God makes a specific promise to give Abraham a child, and Abraham believes God.
3. **Gen 16:16 - 11 years later (86 years old) Ishmael is born.**
4. Gen 17:1,2 - Abraham is 99 years old when God renews his promise.
5. Gen 21:5 - Abraham is 100 years old when Isaac is born.

In all, he waited 25 years for the fulfillment of the promise!

It's in the waiting that our faith is forged in the fires of trials. In the waiting, we discover that God's in charge and we're nothing on our own.

Waiting is hard, but with God the wait has a purpose

God is never accidental. Everything he does has a purpose.

- Sometimes the wait is for God to align other pieces of the plan.
- Sometimes the wait is for God to align the pieces of our own heart.
- **As much as we want to move forward NOW – sometimes we're just not ready.**

- We have more to learn, more to change, more to grow.
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Someone said that to become long-suffering one has to be long-bothered.

- That's probably not what we want to hear, but it's still true.
- But patience is something the Holy Spirit is weaving into the life of a committed follower.

Some of the greatest missionaries of history devotedly spread the seed of God's Word and yet had to wait long periods before seeing the fruit of their efforts.

- William Carey, for example, labored 7 years before the first Hindu convert was brought to Christ in Burma.
- Adoniram Judson toiled 7 years before his faithful preaching was rewarded.
- In western Africa, it was 14 years before one convert was received into the Christian church.
- In New Zealand, it took 9 years; and in Tahiti, it was 16 years before the first harvest of souls began.

The truly patient man asks (nothing) from whom he suffers, (whether) his superior, his equal, or his inferior...But from whomever, or how much, or how often wrong is done to him, he accepts it all as from the hand of God, and counts it gain!"

1) Pray.

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The number one way to find more patience in the wait is to pray.

- Pray for patience and fortitude through the waiting season.
- Pray for God to reveal the next step or the next season.
- Pray for your heart to be open to the work God's doing through this current season.
- Pray for transformation and renewal.

It's not easy to go to prayer first when you're frustrated in the wait.

Philippians 4:6-7

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

102) Read The Bible.

Staying in scripture keeps you grounded in God's plans and promises.

- Reading about God's power and plans will fill your heart with hope. Studying others who endured seasons of waiting reminds you that you're not alone in this struggle.

Romans 15:4

For whatever was written in former days was written for our instruction, that through endurance and through the encouragement of the Scriptures we might have hope.

113) Surrender to the Process

Change is a process and can take time. When God is working a change in your life or carrying you through a particular challenge, it may take time to fully work through the process.

- Stop fighting the process and surrender to God's work in your heart.
- Submit to God's timeline and process.
- Let go of your attempts to control and plan your way out and allow God to lead.

Psalms 37:5-8

*Be still before the LORD
and wait patiently for him;
do not fret when people succeed in their ways,
when they carry out their wicked schemes.*

*8 Refrain from anger and turn from wrath;
do not fret—it leads only to evil.*

4) Consider the Lessons in the Wait

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- Is there a purpose in your waiting?
- Do you have some work to do to prepare for the next season?
- Is God working on your heart?

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5) Focus on the Blessings

Above all, try to find joy and blessing where you are.

- Instead of focusing on where you're going, look around you and find the blessings that already surround you.
- Even if your season is dark and stormy, be especially vigilant about looking for blessings.

14 II. Kindness.

“Kindness is not something you buy at a store and wrap in silver paper. It is, more than anything else, a portion of yourself offered in love.” — Leroy Lawson

One of the most profound Old Testament accounts of this kindness is the story of David and Mephibosheth.

- David had made a promise to his best friend, Jonathan, that he would show kindness to his family should anything happen to him.

1 Samuel 20:12-17

“But show me unfailing kindness like the Lord’s kindness as long as I live, so that I may not be killed, and do not ever cut off your kindness from my family—not even when the Lord has cut off every one of David’s enemies from the face of the earth.” So Jonathan made a covenant with the house of David, saying, ‘May the Lord call David’s enemies to account.’ And

Jonathan had David reaffirm his oath out of love for him, because he loved him as he loved himself.”

After Jonathan died in a bloody battle alongside his father, King Saul, David took the throne.

- As king, David could have done what a king traditionally did, which was kill the sons and families who would be a threat to the throne and kingship.
- David did the opposite. He kept his covenant with Jonathan and showed kindness to Jonathan’s son Mephibosheth (see 2 Samuel 9).
- We see David’s kindness and kind intentions in 2 Samuel 9:1 when David asked: “Is there anyone still left of the house of Saul to whom I can show kindness for Jonathan’s sake?”

David found Mephibosheth and showed him great kindness and the highest of honors when he **gave him his grandfather’s land and a place at the king’s table.**

The story ends with **2 Samuel 9:13**: “*And Mephibosheth lived in Jerusalem, because he always ate at the king’s table.*”

What awesome kindness! We have also received this kindness and have been invited to eat at the King’s table.

1 Conclusion:

We should recognize kindness is not an easy or cheap novelty.

- We have been shown the most amazing and costly act of kindness that ever has existed.
- While we, as did Mephibosheth, deserve death, the King blesses us and invites us to His table.
- As in The Parable of the Unmerciful Servant, we have been forgiven a debt we never can repay because of God’s great kindness and compassion, and we should forgive others of their debts against us and

show them the same kindness we have been shown by our
compassionate God.

Isaiah envisioned a kingdom in which those people in need of grace become,
over time, solidly rooted in God's grace, enough so as to be able to extend his
grace to others.

He envisioned a kingdom where we would experience favor, comfort, blessing,
honor, new perspectives and deepening roots that enable us to do the
rebuilding, restoring, renewing work in places, structures and persons who have
long been ruined

Isa 61:1

*The Spirit of the Sovereign Lord is on me,
because the Lord has anointed me
to proclaim good news to the poor.
He has sent me to bind up the brokenhearted,
to proclaim freedom for the captives
and release from darkness for the prisoners,
to proclaim the year of the Lord's favor
and the day of vengeance of our God,
to comfort all who mourn,
and provide for those who grieve in Zion—
to bestow on them a crown of beauty
instead of ashes,
the oil of joy
instead of mourning,
and a garment of praise
instead of a spirit of despair.
They will be called oaks of righteousness,
a planting of the Lord*

*for the display of his splendor.
They will rebuild the ancient ruins
and restore the places long devastated;
they will renew the ruined cities
that have been devastated for generations.*

These oaks of righteousness planted by the Lord, put his splendor on display, a display quite different from human excitement, enthusiasm and thrills.

Splendor is quieter, stronger, less hurried and more deeply rooted.

Oaks take a long time to grow. A newly planted acorn can take between two and three decades to provide significant shade, and these slow-growing oaks can live more than two hundred years. One reason for their longevity is the taproot they send deep into the earth that makes them very drought-resistant.