

MORE



WEEK 4: FORBEARANCE

WEEK 3: ACCOUNTABILITY FOLLOW UP

How well did you put into practice what you heard from God about Peace?

INTRO

Today, we're focusing on the fruit of the Spirit known as Forbearance, AKA patience. It's a virtue that's consistently being tested in our instant gratification world. Biblical forbearance or patience is more than just waiting without complaining; it's about enduring hardship, resisting frustration, and showing grace to others, just as God shows us grace. In the Bible, patience is closely tied to trust. Learning to trust in God's timing, His purposes, and His faithfulness, even when things don't happen the way we expect. Whether it's patience with people, circumstances, or with ourselves, this fruit grows when we stay rooted and abide in God's love.

BIG IDEA

Because God is endlessly patient with us in our sin, we are called to reflect His patience toward others—especially in the moments and relationships that test us the most. Think about those moments when your fuse is short, in traffic, at home, or with a coworker. In those situations, patience often feels impossible. Being Christ-like means responding differently. God doesn't lash out at us in frustration; He is slow to anger and rich in mercy.





In week 1, we briefly discussed the attributes of God. We learned that love is one of those attributes. This week, we will focus on another of these attributes of God: His forbearance or patience. Exodus 34:6 says that **“The Lord, the Lord, a God merciful and gracious, slow to anger, and abounding in steadfast love and faithfulness.”** This verse reveals God as being “slow to anger,” which is another way of saying patient. This description is repeated throughout the Old Testament, showing that patience is not just something God does, but who He is.

1. What do you think our world would look like if God “ran out” of patience?

2. How does understanding God's patience shape the way we are called to show patience to others in our daily lives?

READ

1 Thessalonians 5:12-15

“We ask you, brothers, to respect those who labor among you and are over you in the Lord and admonish you, and to esteem them very highly in love because of their work. Be at peace among yourselves. And we urge you, brothers, admonish the idle, encourage the fainthearted, help the weak, be patient with them all. See that no one repays anyone evil for evil, but always seek to do good to one another and to everyone.”

APPLICATION

In these verses, we can see that as followers of Jesus, we are given specific instructions on how to treat one another. These instructions also include an encouragement to be patient with all. In the midst of both being lifted up and rebuked by those over us, we see that we need peace (last week's study), the boldness to admonish where needed, to encourage those in need, and to have patience with all we come in contact with.

We also heard in Pastor Ryan's message on Sunday that patient people are slow to speak rather than quick to anger; patient people respond rather than react; and that patient people promote a gospel culture rather than a cancel culture.

1. In your conversations with difficult people, are you slow to speak or quick to anger?

2. Have you ever been on the receiving end of a response vs a reaction, and how did that make you feel?



3. What's the difference between holding someone accountable and "canceling" them?

4. What do you stand to gain when you practice patience, and how might that impact your community or family?



TAKEAWAY

As we reflect on God's patience toward us, we see that it's not passive. It's gracious and life-giving. As we stay rooted in His love, the Holy Spirit cultivates in us the same forbearance or patience that results in a choice to respond with mercy rather than react in frustration. When we live out God's patience, we don't just change how we handle conflict; we reflect the heart of Christ and help create a culture where people are restored, not canceled.

LISTENING TO THE LORD

Take some time and seek God for the following questions.

1. God, how can I extend to others the same patience You show to me?

2. God, how can I put that into practice this week?

3. What is one relationship where I can practice more patience?

