

**Praying the Fruit of the Spirit
Week #4: Patience (Galatians 5:22)**

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1. Our culture is suffering from hurry-sickness, which produces stress & destroys relationships. (Gal 5:22)

2. The antidote to hurry-sickness is patience.

- Patience is one of God's attributes (2 Peter 3:9)
- Patience is the first ingredient in Love (1 Cor 13:4)

3. Patience is learning to trust God's timing.

- Life is made of moments, so treasure each one.
- The Bible's solution: learn to enjoy waiting.
(Psm 40:1; 27:14; 37:7a; Isa 40:31)
- Jesus never hurried. (John 2:4)

4. Patience is God's job (fruit); prayer is ours. (Rom 15:5)

- How to grow in love? Pray for Christ to live in you!

Lord, I have a bad case of hurry-sickness. I'm often impatient and restless—even with those in my own family. After all, if I don't have time for them, what's time for?

So I ask you to grow the patience of Jesus in me. As Jesus was patient and unhurried (1 Tim 1:16), and as God himself is patient with me (2 Pet 3:9), allow me to be patient with myself and others. Amen.