



L.E.A.D. TRAINING

The Power of Patience

Lesson Objective:

- To establish what patience is, what it is not, and how we can have more of it

HEBREW WORD OF THE WEEK

h4900. māšāk-Mashawk – מִשָּׂךְ Strong's #H4900

to draw, drag, seize (Qal), to draw (and lift out), drag along, lead along, drag or lead off, draw down, to draw (the bow), to proceed, march to, draw out or give (a sound), to draw out, prolong, continue to trail (seed in sowing), to cheer, draw, attract, gratify.

Incredibly, this word is the first word after the word Messiah in the Strong's concordance!
H4899 - מָשִׁיחַ Mashiach-Messiah

Galatians 5:22-26

22) But the fruit of the Spirit is love, joy, peace, longsuffering (PATIENCE), kindness, goodness, faithfulness, 23) gentleness, self-control. Against such there is no law. 24) And those who are Christ's have crucified the flesh with its passions and desires. 25) If we live in the Spirit, let us also walk in the Spirit. 26) Let us not become conceited, provoking one another, envying one another

QUESTION:

- What is patience in your view?
- What is an example of patience?
- Why is it so important?

ANSWER:

The main Hebrew word for patience is *savlanut* (תּוֹנִלְבּוּס). The root, s-v-l (ל-ב-ס), literally means or “to suffer.” The idea or virtue is to bear or suffer something unpleasant or painful, without increasing the suffering.

QUESTION:

- Have you ever had to endure or “suffer” someone in a situation and you chose not to retaliate or get angry?
- How did you feel at the time?
- How did you feel after the fact when you had succeeded to hold your tongue?

“By your patience possess your souls.” - Luke 21:19

Let’s take a look at some scriptures that can give us some insights on what patience is all about and the importance it carries for the individual believer.



READ: 1 Corinthians 13:4-7

4) Love suffers long and is kind; love does not envy; love does not parade itself, is not puffed up; 5) does not behave rudely, does not seek its own, is not provoked, thinks no evil; 6) does not rejoice in iniquity, but rejoices in the truth; 7) bears all things, believes all things, hopes all things, endures all things.

Ephesians 4:1-4

1) I, therefore, the prisoner of the Lord, beseech you to walk worthy of the calling with which you were called, 2) with all lowliness and gentleness, with longsuffering, bearing with one another in love, 3) endeavoring to keep the unity of the Spirit in the bond of peace. 4) There is one body and one Spirit, just as you were called in one hope of your calling; one Lord, one faith, one baptism; one God and Father of all, who is above all, and through all, and in you all.

Proverbs 16:32-33

32) He who is slow to anger is better than the mighty, 33) And he who rules his spirit than he who takes a city.

Colossians 3:12

Therefore, as the elect of God, holy and beloved, put on tender mercies, kindness, humility, meekness, longsuffering;

Romans 15:5

Now may the God of patience and comfort grant you to be like-minded toward one another, according to Christ Jesus,

1 Timothy 1:12-16

12) And I thank Christ Jesus our Lord who has enabled me, because He counted me faithful, putting me into the ministry, 13) although I was formerly a blasphemer, a persecutor, and an insolent man; but I obtained mercy because I did it ignorantly in unbelief. 14) And the grace of our Lord was exceedingly abundant, with faith and love which are in Christ Jesus. 15) This is a faithful saying and worthy of all acceptance, that Christ Jesus came into the world to save sinners, of whom I am chief. 16) However, for this reason I obtained mercy, that in me first Jesus Christ might show all longsuffering, as a pattern to those who are going to believe on Him for everlasting life.

2 Timothy 4:2

Preach the word! Be ready in season and out of season. Convince, rebuke, exhort, with all longsuffering and teaching.

Proverbs 15:18

A wrathful man stirs up strife, but he who is slow to anger allays contention.

Ecclesiastes 7:8-9

8) The end of a thing is better than its beginning; The patient in spirit is better than the proud in spirit. 9) Do not hasten in your spirit to be angry, for anger rests in the bosom of fools.

Nehemiah 9:28-30

28) ... and many times You delivered them according to Your mercies, 29) And testified against them, that You might bring them back to Your law. yet they acted proudly, and did not heed Your commandments, but sinned against Your judgments, which if a man does, he shall live by them. And they shrugged their shoulders, stiffened their necks, and would not hear. 30) Yet for many years You had patience (mashawak) with them and testified against them by Your Spirit in your prophets. Yet they would not listen; Therefore You gave them into the hand of the peoples of the lands.

**Having Patience Pulls People Out of the
Bottom of Wells and Dungeons**



Genesis 37:28

Then Midianite traders passed by; so the brothers pulled Joseph up and lifted him out of the pit, and sold him to the Ishmaelites for twenty shekels of silver. And they took Joseph to Egypt.

Jeremiah 38:10-13

10) Then the king commanded EbedMelech the Ethiopian, saying, "Take from here thirty men with you, and lift Jeremiah the prophet

out of the dungeon before he dies." 11) So Ebed-Melech took the men with him and went into the house of the king under the treasury, and took from there old clothes and old rags, and let them down by ropes into the dungeon to Jeremiah. 12) Then Ebed-Melech the Ethiopian said to Jeremiah, "Please put these old clothes and rags under your armpits, under the ropes." And Jeremiah did so. 13) So they pulled Jeremiah up with ropes and lifted him out of the dungeon. And Jeremiah remained in the court of the prison.

Having Patience Causes You and Others to March Toward Deliverance

Judges 4:7 and against you I will deploy (march) Sisera, the commander of Jabin's army, with his chariots and his multitude at the River Kishon; and I will deliver him into your hand?"

Having Patience is Like Drawing a Bow Back Against the Wicked

2 Chronicles 18:33

Now a certain man drew a bow at random, and struck the king of Israel between the joints of his armor. So he said to the driver of his chariot, "Turn around and take me out of the battle, for I am wounded."

Having Patience Postpones Judgment and Brings the Word of the LORD

Ezekiel 12:25

For I am the LORD. I speak, and the word which I speak will come to pass; it will no more be postponed; for in your days, O rebellious house, I will say the word and perform it," says the Lord GOD."

Having Patience Draws People Toward You and Toward God

Hosea 11:3-4

3 "I taught Ephraim to walk,
Taking them by their arms;

But they did not know that I healed them.

4) I drew them with gentle cords,
With bands of love,

And I was to them as those who take the yoke from their neck. I
stooped and fed them.

Having Patience is Like Planting Seeds of Life Into the Lives of Others

Amos 9:13

"Behold, the days are coming," says the LORD,
"When the plowman shall overtake the reaper,
And the treader of grapes him who sows seed;
The mountains shall drip with sweet wine, And
all the hills shall flow with it.

How Can We Have More Patience?

1. We can remain *silent* when someone is saying or doing something that is triggering us.
2. Refuse to judge *in the moment* by assuming you're missing information.
3. Accept your present circumstances and give them over to God.
4. Let it or them be broken for the time being. Don't feel the need to *fix* everything.
5. Force yourself to wait in small things (wait a few extra minutes to eat when you're hungry, let someone else go in front of you when you're in a hurry, deny yourself something for short time, etc.)



ACTIVITY:

1. List other things that can help with patience.
2. Take time to repent to God and to others for not having patience, for not helping them out of their own wells, for not planting seeds of life in their life, etc.
3. Commit to praying patience *intentionally* over the next 30 days.

4. If you are a parent of small children, make a reward chart for moments of patience.

Pray together and for one another. If you have blown it in this area, admit this to those you love and ask them to forgive you and keep you accountable.

Blessings and shalom!

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