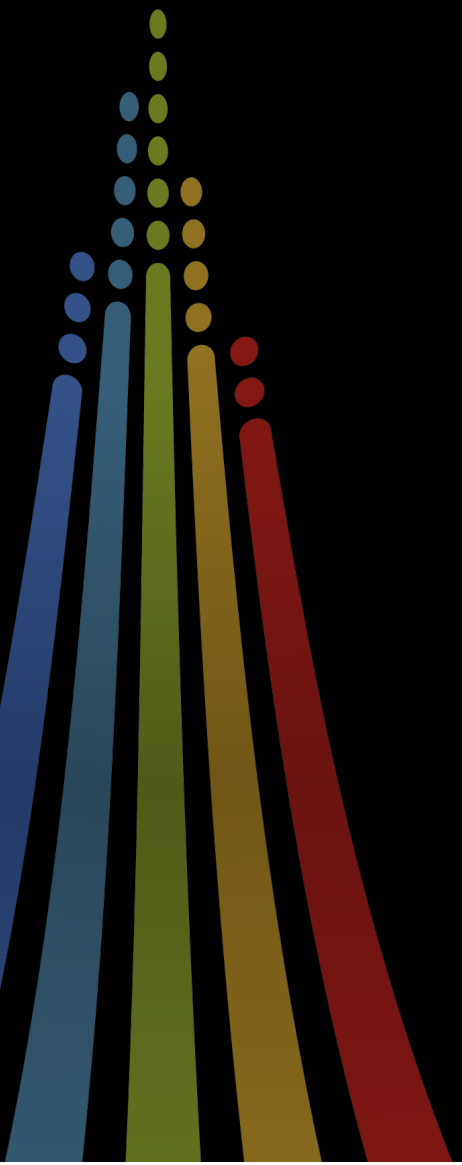
Keep Tahoe Spiritual

Gal.5:16 walk by the spirit



Galatins 5:22-25 the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness (*loyalty*), 23 gentleness and self-control... 25 Since we live by the Spirit, let us keep in step with the Spirit.

Paul is teaching that the natural result of following God's spirit is a love for God and others. It produces things like: joy, peace, and patience...

1. What is patience?
2. What makes it difficult?
3. How do I grow in it?

1. What is patience?

Patient Person?

1. What is patience?

Patient Person?

Rex, Bethany, Dan & Tammy:

Their spouse

1. What is patience?

Definitions?

<u>Rex:</u> people who have few buttons to push

1. What is patience?

Definitions?

<u>Tim:</u> prioritizing others agendas ahead of your own

1. What is patience?

Definitions?

<u>Dan:</u> an essential parenting skill

1. What is patience?

Definitions?

Corbett/Hillary: *Impatience*

is demanding my way on my timeline *(root: pride?)*

1. What is patience?

Definitions?

<u>Author Jay Kim:</u> patience is the strength and stamina to endure opposition & inconvenience.

1. What is patience?

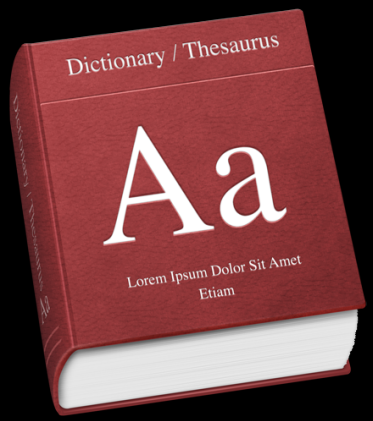
Patience is not…

1. What is patience?

patience | ˈpāSH(ə)ns

noun

1 the capacity to accept or tolerate delay, trouble, or suffering without getting angry or upset



1. What is patience?

GREEK: makrothymeō

makros *thymōs*

Long Distance / Slow

Heat / Boiling Up

1. What is patience?

Definitions?

<u>Dr. Bob Utley:</u>

Longsuffering in the face of provocation. This is a characteristic of God.

2 Peter 3:9 The Lord is not slow in keeping his promise... Instead he is ***patient*** with you, not wanting anyone to perish, but everyone to come to repentance.

2. What makes it difficult?

A. One of our primary values is ***speed***.

When the World Wide Web was introduced in 1993, it took about 30 minutes to download a single low quality song. Today, even average Internet connections can download 1000 songs with high end, audio quality in the same amount of time. In 1993 it took several days to download a single low definition movie. Today, we can download hundreds of 4K Quality movies in the same amount of time.

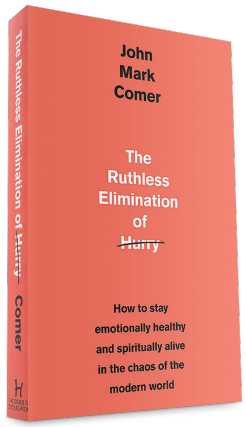
Analog Christian, by Jay Kim pg. 69

The *expediency and convenience* with which our smart phones now allow us to order food, socks, books, furniture, groceries, all delivered within two days, sometimes within minutes, right to our front doors.

Analog Christian, by Jay Kim pg. 69

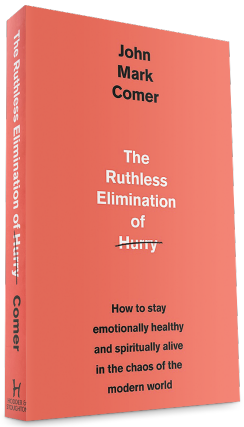
We used to walk everywhere; now we have cars to get from place to place in a hurry. We used to make all our food from scratch; now we have takeout. We used to write letters by hand; now we have email, text and of course, our new best friend, ChatGPT. Yet in spite of our smartphones and programmable coffeepots and dishwashers and laundry machines, most of us feel like we have less time, not more.

The Ruthless Elimination of Hurry, by John Mark Comer - Kindle pg 22-23



Michael Zigarelli from the Charleston Southern University School of Business conducted the "Obstacles to Growth Survey" with over twenty thousand Christians across the globe and ***identified busyness as the major distraction from spiritual life.*** Listen carefully to his hypothesis: It may be the case that

The Ruthless Elimination of Hurry, by John Mark Comer - Kindle pg 22-23



(1) Christians are assimilating to a culture of busyness, hurry and overload, which leads to (2) God becoming more marginalized in Christians' lives, which leads to (3) a deteriorating relationship with God, which leads to (4) Christians becoming even more vulnerable to adopting secular assumptions about how to live, which leads to (5) more conformity to a culture of busyness, hurry and overload.

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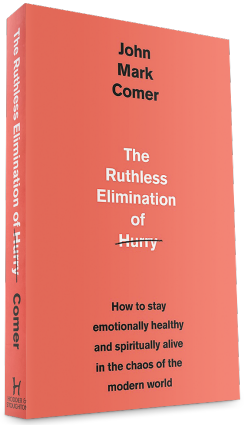

Check if the symptom rings true for you - signs that life is too busy, compromising your patience with God, yourself and others.

☐ **1. Irritability**—You get mad, frustrated, or just annoyed way too easily at people or circumstances that interrupt your plans or schedule.

From John Mark Comer: The Ruthless Elimination of Hurry, Kindle page45-52

Check if the symptom rings true for you - signs that life is too busy, compromising your patience with God, yourself and others.

- **2. Hypersensitivity**—All it takes is a minor comment to hurt your feelings, a grumpy email to set you off, or a little turn of events to throw you into an emotional funk

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- ☐ **3. Restlessness**—When you actually do try to slow down and rest, you can't relax. You go to bed early but toss and turn with anxiety.

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☐ **4. Workaholism** (or just nonstop activity)—You just don't know when to stop. *Or worse, you can't stop.* Another hour, another day, another week. Your drug of choice is **accomplishment**.

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- **5. Emotional numbness**—You just don't have the capacity to feel another's pain. Or your own pain for that matter. Empathy is a rare feeling for you.

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- ☐ **6. Out-of-order priorities**—You feel disconnected from your identity and calling. Your life is reactive, not proactive.

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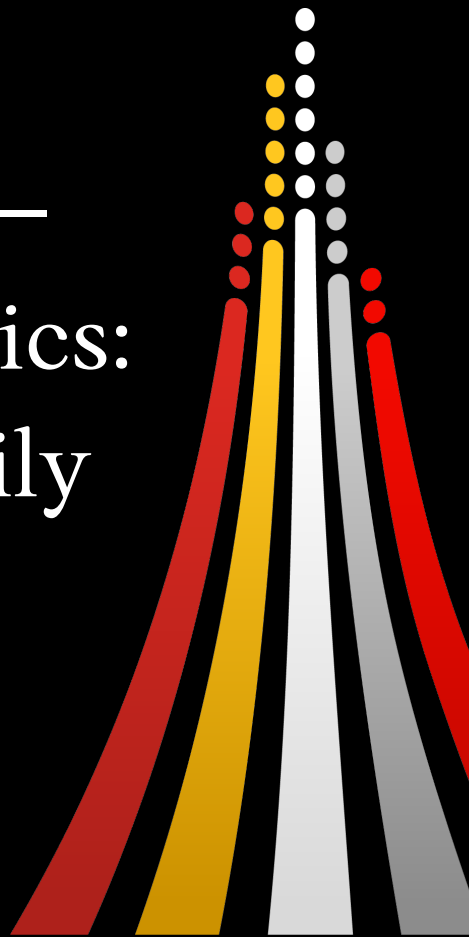
☐ **7. Lack of care for your body**—
You don't have time for the basics: eight hours of sleep a night; daily exercise; healthy, home-cooked food.



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- **8. Escapist behaviors**—When we're too tired to do what's actually life giving for our souls, we each turn to our distraction of choice: overeating, overdrinking, binge-watching Netflix, scrolling social media, surfing the web, looking at porn.

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Check if the symptom rings true for you - signs that life is too busy, compromising your patience with God, yourself and others.

- **9. Slippage of spiritual disciplines**—If you're anything like me, when you get over busy, the things that are truly life-giving for your soul are the first to go—such as a quiet time in the morning, Scripture, prayer, worship on Sunday, a meal with your community.

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2. What makes it difficult?

The ***Cost*** of impatience:

Abraham / Sarah

Geneis 12:1-3 Now the Lord had said to Abram, “Go from your country, your people and your father’s household to the land I will show you. 2 “***I will make you into a great nation***, and I will bless you; I will make your name great, and you will be a blessing. 3 I will bless those who bless you, and whoever curses you I will curse; and all peoples on earth will be blessed through you.”

Genesis 12:1-3

to Abram is 70 years old.

Genesis 15:1-3 the word of the Lord came to Abram in a vision: “Do not be afraid, Abram. I am your shield, your very great reward.” 2 But Abram said, “Sovereign Lord, what can you give me since I remain childless and the one who will inherit my estate is Eliezer of Damascus?” 3 And Abram said, ***“You have given me no children…”***

Genesis 15:1-3

Abram is 85-86 years old. (15 years have past)

Geneis 16:1-2 Now Sarai, Abram's wife, had borne him no children. But she had an Egyptian slave named Hagar; 2 so she said to Abram, "The Lord has kept me from having children. Go, sleep with my slave; perhaps I can build a family through her." *Abram agreed to what Sarai said.*

Genesis 21:

Abram will wait 25 years before the gets what God promised.

Proverbs 16:32 Better to be **slow to anger** than to be a mighty warrior.

Provers 15:18 A hot-tempered person stirs up conflict, but the one who is **patient** calms a quarrel.

Proverbs 19:11 A person's wisdom yields **patience**; it is to one's glory to overlook an offense.

3. How do I grow in it?

Pray: ask God for help!

Practice: commit to practicing being patient with ONE person.