



Journal

Chapter 26: Patience

Personal Study

Last week you examined the virtue of hope. Perhaps you were empowered to better handle the hardships of life. This week before your group meeting, read *Believe, Chapter 26: Patience*. Then, open your heart and mind to the lessons God wants to teach you through this session.

Read

Read Believe, Chapter 26: Patience and answer the following questions.

1. Describe the common patterns found in these verses.

2. As you read this chapter, what questions came to your attention?

3. What did you read that stunned you?

Encouraged you? _____

Motivated you? _____

4. What situations or attitudes test your patience most? Why?

5. Which characters from the stories you just read do you relate to or admire most? Why?

6. What events have forced you to learn patience? How did you develop through these experiences?

Evaluate

Based on your reading from Believe, Chapter 26: Patience, evaluate your level of confidence in the statements below, using a scale of 1 – 6 (1 = no confidence, 6 = complete certainty).

_____ I do not get angry with God when I have to endure suffering.

_____ I am known to maintain honesty and integrity when under pressure.

_____ I always put matters into God's hands when I am under pressure.

_____ I keep my composure even when people or circumstances irritate me.

Take Action

Memorizing Scripture is a valuable discipline for all believers to exercise. Spend a few minutes each day committing this week's Key Verse to memory.

Key Verse: “Whoever is patient has great understanding, but one who is quick-tempered displays folly.” (Proverbs 14:29)

Recite this week’s Key Idea out loud. As you do, ask yourself, “Does my life reflect this statement?”

Key Idea: I am slow to anger and endure patiently under the unavoidable pressure of life.

Answer the following questions to help you apply this week’s Key Idea to your own life.

1. How would this virtue express itself in your life?

2. What visible attributes can be found in someone who is slow to anger?

3. What is impeding your ability to respond patiently to life’s unexpected pressures?

How can you overcome this obstacle?
