



The Fruit of The Spirit

Day to day with God



Life Church
Southampton



PATIENCE



The Fruit of The Spirit

Longsuffering or Long-tempered:

The ability to endure for a long time whatever opposition and suffering may come our way, and to show perseverance without wanting retaliation or revenge.

Forbearance:

The ability to put up with the weaknesses and foibles of others (including other believers), without getting quickly irritated or angry enough to want to fight back.

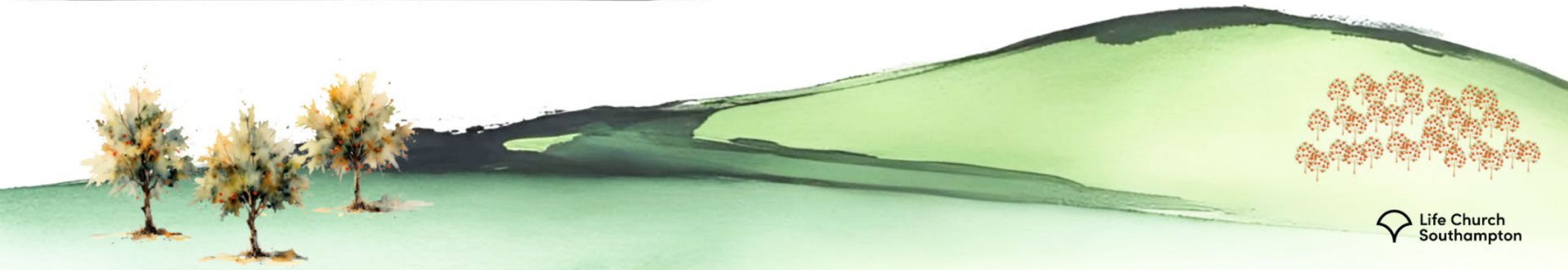


The Fruit of The Spirit



**“The LORD, the LORD, the
compassionate and gracious
God, slow to anger, abounding
in love and faithfulness”**

Exodus 34:6



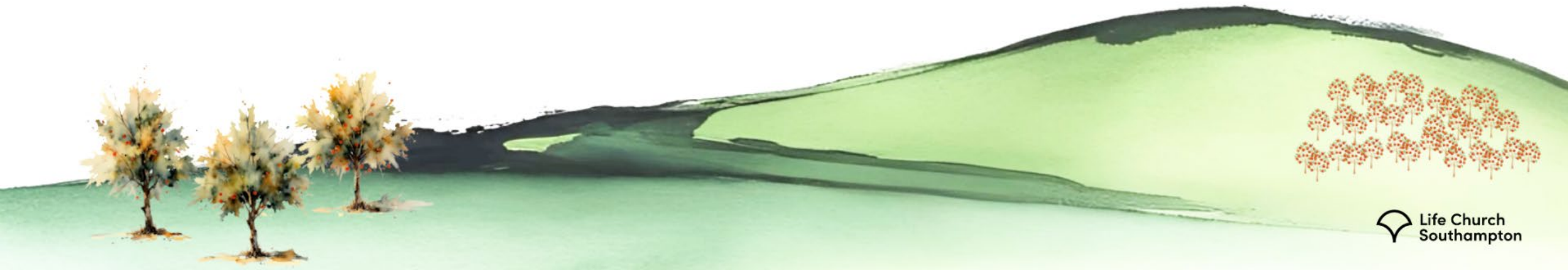
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The LORD is compassionate and gracious, slow to anger, abounding in love. He will not always accuse, nor will he harbour his anger forever; he does not treat us as our sins deserve or repay us according to our iniquities.



Psalm 103:8-10



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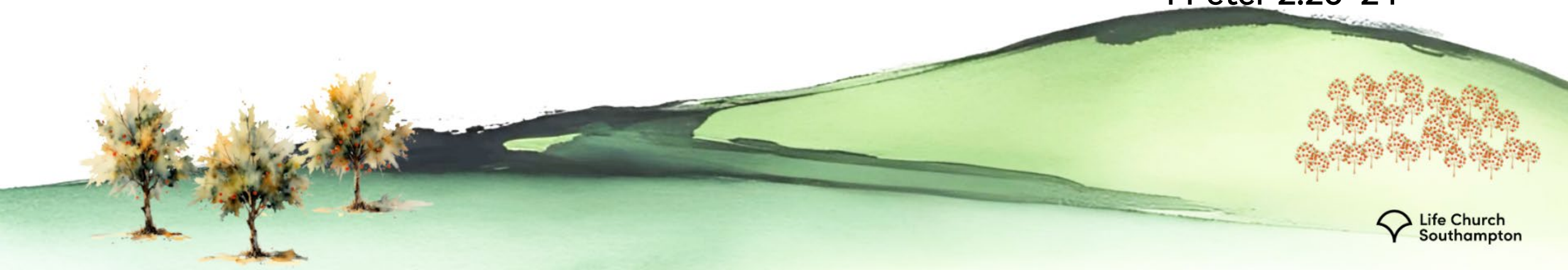
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If you suffer for doing good and you endure it, this is commendable before God. To this you were called, because Christ suffered for you, leaving you an example, that you should follow in his steps. “He committed no sin, and no deceit was found in his mouth.” When they hurled their insults at him, he did not retaliate; when he suffered, he made no threats. Instead, he entrusted himself to him who judges justly. “He himself bore our sins” in his body on the cross.

1 Peter 2:20-24



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“¹³ Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.”



Colossians 3:13



“² Be completely humble and gentle; be patient, bearing with one another in love.”



Ephesians 4:2



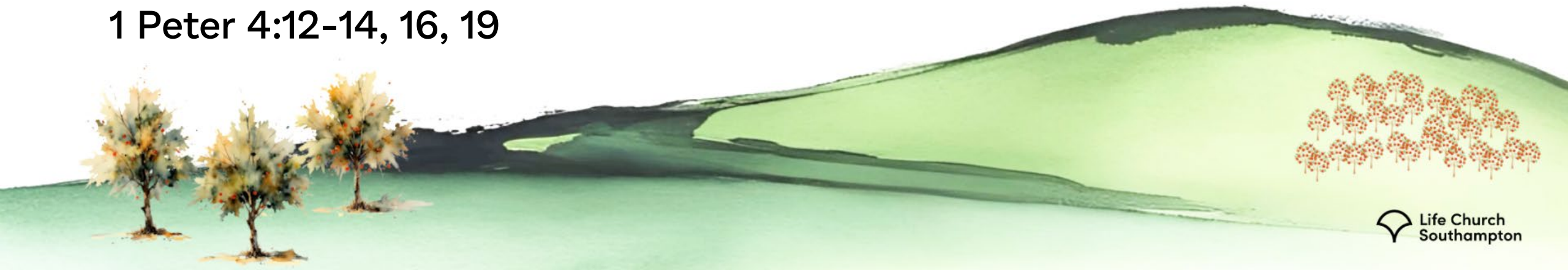
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“Dear friends, do not be surprised at the fiery ordeal that has come on you to test you, as though something strange were happening to you. But rejoice inasmuch as you participate in the sufferings of Christ, so that you may be overjoyed when his glory is revealed. If you are insulted because of the name of Christ, you are blessed, for the Spirit of glory and of God rests on you. . . .

If you suffer as a Christian, do not be ashamed, but praise God that you bear that name. . . .

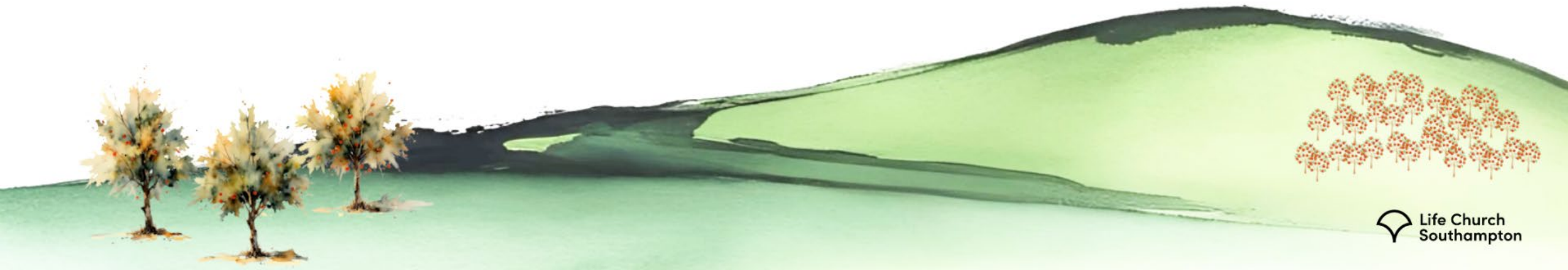
So then, those who suffer according to God’s will should commit themselves to their faithful Creator and continue to do good.”

1 Peter 4:12-14, 16, 19



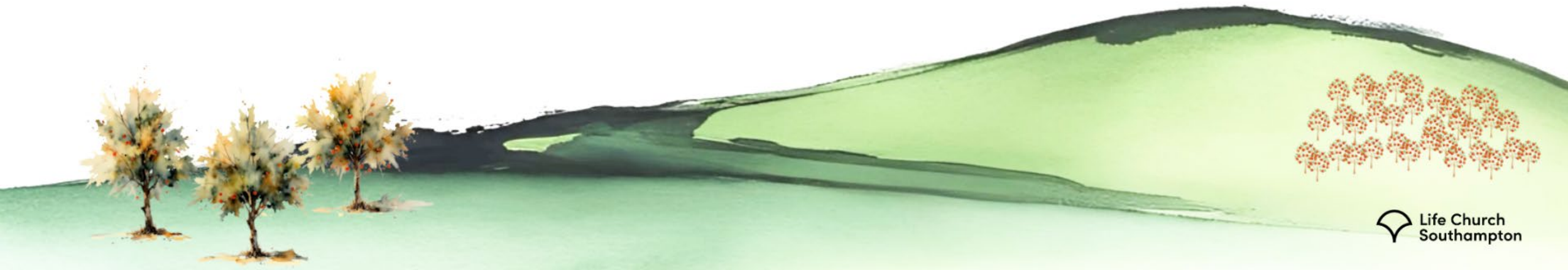
The Fruit of The Spirit

- No Surprise
- No Retaliation
- No Quitting



The Fruit of The Spirit

- Be Part of Life Church
- Delayed Gratification
- Fasting
- Prayer





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