

BELIEVE SERIES Lesson 25

PATIENCE

VIDEO TEACHING NOTES

Key Question: How does God provide the help I need to deal with _____?

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

Key Idea: I am slow to anger and endure patiently under the unavoidable _____ of life. "Consider it pure joy, by brothers and sisters, whenever you face trial of many kinds, because you know that the testing of your faith produces _____. Let perseverance finish its work so that you may be mature and complete, lacking in anything." (James 1:2-4)

(Key Application) Trust God's timing, his ways, and his _____.

(Key Application) Don't let unimportant stuff _____ you so much.

(Key Application) Offer the patience today that you would like to _____ tomorrow.

GROUP DISCUSSION

As a group, discuss your thoughts and feelings about the following declarations. Which statements are easy to declare with certainty? Which are more challenging and why?

- 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.

Choose 2-3 questions that will lead to best discussion about the Key Idea

1. What current situations test your patience most? Why?
2. What external forces negatively impact your ability to remain patient?
3. How has your relationship with God impacted your ability to be slow to anger in stressful situations?
4. Describe a challenging time in your life that helped you develop perseverance. How did you grow spiritually during that period?

Read 1 Samuel 26:1-25 and choose 1-2 questions to discuss.

1. How did the years David spent waiting to become king prepare him for the responsibility of the throne?
2. In what ways have periods of waiting developed your character?
3. In what ways have you experienced the foolishness of quick-temperedness?

OTHER PASSAGES

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|--|------------------------|-----------------|---------------------------|
| Psalm 86:15 | Numbers 14:1-23, 30-33 | 2 Peter 3:1-18 | 1 Samuel 24:1-22; 26:1-25 |
| Proverbs 14:29; 15:18; 16:32; 19:11; 25:15 | | Acts 15:36 | 2 Timothy 4:11 |
| James 1:19-20 | Job 1:1-2:13; 42:7-17 | Hebrews 12:1-12 | |

CLOSING PRAYER

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PERSONAL QUESTIONS FOR NEXT WEEK

Read Believe, Chapter 27: Kindness/Goodness and/or read the following passages

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|--------------------------|------------------------|-------------------|----------------|
| Psalm 107:1-43 | Joshua 2:1-24; 6:12-25 | 1 Samuel 20:13-16 | 2 Sam. 9:1-13 |
| Luke 6:27-45; 14:1, 7-14 | Philemon 1-25 | 2 Timothy 1:15-18 | 1 Peter 3:8-17 |
| Romans 15:1-2 | 1 Corinthians 10:23-24 | Galatians 6:9-10 | Eph. 4:31-5:2 |
| 1 Thess. 5:15 | Titus 2:7; 3:1-8, 14 | | |

Then, answer the following questions:

1. Write your own Psalm. Start with the same opening words of Psalm 107: "Give thanks to the LORD, for he is good; his love endures forever. Let the redeemed of the LORD tell their story." Then record an act of kindness and goodness that God has done for you.
2. How do you reconcile Rahab's decision to lie about the spies' whereabouts with her act of kindness?
3. Jesus teaches us to do exactly what David did for Mephibosheth. Why does it matter that we invite people into our lives who cannot reciprocate? Can you think of a way to include someone in your activities who is usually left out?
4. As you read Philemon 1-25, note how Paul models kindness in his appeal to Philemon. Would you have honored Paul's request? Why or why not?
5. Write down a list of every principle you discover from the teachings of Jesus, Peter and Paul on how to not only do the kind thing but the right thing in our relationships. Which principle speaks to you most? Why?

Key Verse: "Make sure that nobody pays back wrong for wrong, but always strive to do what is good for each other and for everyone else." (1 Thessalonians 5:15)

Key Idea: I choose to be kind and good in my relationships with others.

Personal Application

1. How would this virtue express itself in your life?
2. What visible attributes can be found in someone who exudes kindness and goodness?
3. What is impeding your ability to embrace this virtue? How can you overcome this obstacle?
4. What action step can you take this week to increase your expressions of kindness and goodness in daily life?