

EPISODE: 550

TITLE: **The Journey to True Patience**

**Patience is a fruit of the Spirit, but it is often difficult to find. The roots of impatience lead deeper than you might imagine, and the effects compound each other.**

Here are three things to believe and consider about growing in spiritual patience...

1. **The root of impatience stems from a love of self and being ‘me-focused’.** Regularly reading through the fruit of the Spirit in Galatians 5 will help to remind you of what is true of you, as a Christian, because you have the Holy Spirit dwelling within you; His fruit is your fruit! Remember: God is good... so you don't have to look elsewhere for your satisfaction.
2. **God knows you completely (fears, hopes, experiences) and is always patient with you.** He knows where you strive and stress out and loves you just the same! He is at work all the time and can perfectly handle everything and everyone in your life without your help! But God desires a relationship with you above you achieving “perfect performance”. The pressure is off!
3. **Find 15 minutes TODAY to go through the exercise we outlined to help uncover your impatience and the false beliefs connected to each.** It is also a good idea to share your results with another loved one: a spouse, close friend, or sibling that you trust. Review what you learn, making it a part of your regular devotional time for 30 days as you move from unbelief to belief in these matters.

### **Exercise To Uncover Your Impatience (15 Minutes)**

Grab a pen and a piece of paper or fire up your laptop or notes app.

1. Think about recent times when you acted with impatience—with others, with yourself, or with God. Write these down as soon as they come to mind. Don't analyze yet, just write.
2. Then for each, ask yourself: “Why am I so impatient? What is producing this in my heart?” Write everything that comes to mind.
3. Then go a little further and deeper into your answers by asking again... “Why?” or “What am I not believing to be true about God in this?” or “What am believing that may not be true about this person or myself?”
4. Keep repeating #3 until you get to the thing behind the thing/issue.
5. Now it is time to repent (change your mind about what is true) and accept that God already knew all of this and has fully forgiven you. Now ask the Spirit to remind you of these truths next time you are in the same situation or face the same issues.

Thanks for listening... we'll see you in the next episode!

*~Caesar*