

# *Time in God's Word*

A Heart that is Patient  
Week 4: Heart Track  
Bible Study

## *1. Gazing on God*

What do you learn about the Lord from the following verses? How might your life be different if God wasn't patient?

Then he passed in front of Moses and called out, "I am the LORD God. I am merciful and very patient with my people. I show great love, and I can be trusted. Exodus 34:6 (CEV)

'The LORD is very patient and absolutely loyal, forgiving wrongs and disloyalty. Yet he doesn't forgo all punishment, disciplining the grandchildren and great-grandchildren for their ancestors' wrongs.' Numbers 14:18 (CEB)

But you, O Lord, are a compassionate and merciful God. You are patient and demonstrate great loyal love and faithfulness. Psalm 86:15 (NET)

Or do you have contempt for the riches of God's generosity, tolerance, and patience? Don't you realize that God's kindness is supposed to lead you to change your heart and life? Romans 2:4 (CEB)

The Lord isn't slow to keep his promise, as some think of slowness, but he is patient toward you, not wanting anyone to perish but all to change their hearts and lives. 2 Peter 3:9 (NIV)

## 2. What is Patience?

Read the following definition, underlining anything that stands out to you:

### Longsuffering:

long-suf-er-ing ('erekh 'appayim; makrothumia): The words 'erekh 'appayim, translated longsuffering, mean literally, "long of nose" (or "breathing"), and, as anger was indicated by rapid, violent breathing through the nostrils, "long of anger," or "slow to wrath."

The word in the New Testament rendered "longsuffering," makrothumia (once makrothumeo, "to be longsuffering"), which is the rendering of 'erekh 'appayim in the Septuagint, is literally, "**long of mind or soul**" (regarded as the seat of the emotions), **opposed to shortness of mind or soul, irascibility, impatience, intolerance.**

SOURCE: International Standard Bible Encyclopedia  
<https://www.biblestudytools.com/encyclopedias/isbe/longsuffering.html>

What comes to mind as you consider this?

Based on this, how would you define patience?

## 3. What do the following verses reveal about patience?

Psalm 37:7 Be still before the Lord and wait patiently for him; do not fret when people succeed in their ways, when they carry out their wicked schemes. (NIV)

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

Proverbs 16:32 Better a patient person than a warrior, one with self-control than one who takes a city. (NIV)

Romans 8:25 But if we hope for what we do not yet have, we wait for it patiently. (NIV)

Romans 12:12 Be joyful in hope, patient in affliction, faithful in prayer. (NIV)

1 Corinthians 13:4 Love is patient, love is kind. It does not envy, it does not boast, it is not proud. (NIV)

Galatians 5:22-23 But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law. (ESV)

Ephesians 4:2 Be completely humble and gentle; be patient, bearing with one another in love. (NIV)

Colossians 1:9-12 For this reason, since the day we heard about you, we have not stopped praying for you. We continually ask God to fill you with the knowledge of his will through all the wisdom and understanding that the Spirit gives, so that you may live a life worthy of the Lord and please him in every way: bearing fruit in every good work, growing in the knowledge of God, being strengthened with all power according to his glorious might so that you may have great endurance and patience, and giving joyful thanks to the Father, who has qualified you to share in the inheritance of his holy people in the kingdom of light. (NIV)

Colossians 3:12 Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. (NIV)

James 5:7-8 Be patient, then, brothers and sisters, until the Lord's coming. See how the farmer waits for the land to yield its valuable crop, patiently waiting for the autumn and spring rains. You too, be patient and stand firm, because the Lord's coming is near. (NIV)

6. Consider the different facets of patience:

Consider the different facets of patience:*	How does this relate to discipleship?
<ul style="list-style-type: none"> <li>• “slow to anger”</li> </ul>	
<ul style="list-style-type: none"> <li>• “slow to avenge wrongs” (turning the other cheek)</li> </ul>	
<ul style="list-style-type: none"> <li>• “endurance,” the capacity to keep going or put up with pain and hardship for a long time;</li> </ul>	
<ul style="list-style-type: none"> <li>• “constancy,” loyalty as a partner and a friend;</li> </ul>	
<ul style="list-style-type: none"> <li>• “steadfastness,” adhering firmly and faithfully to a principle or cause;</li> </ul>	
<ul style="list-style-type: none"> <li>• “perseverance,” trying hard and continuously in spite of obstacles and difficulties;</li> </ul>	
<ul style="list-style-type: none"> <li>• “forbearance,” refraining from action, even when it’s your legal right;</li> </ul>	
<ul style="list-style-type: none"> <li>• “longsuffering,” <b>forgiving</b>, resigned, tolerant, accommodating, selfless.</li> </ul>	
	<p>*SOURCE: International Standard Bible Encyclopedia  <a href="https://www.biblestudytools.com/encyclopedias/isbe/longsuffering.html">https://www.biblestudytools.com/encyclopedias/isbe/longsuffering.html</a></p>

5. *Why is Patience Important when disciplining Women?*

7. *Growing In Patience*

How does this connect with your life?

What do you sense the Lord is inviting you to do in response?

What can it look like for you to listen to Him and practically do this?