

Patience

Key Question:

How does God provide the help I need to deal with stress?

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

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

Monday - Saturday

Numbers 14:1-23

As you read this passage, write down all of the examples of God’s patience. Do you think it was hard for Him?

1 Samuel 24:1-22, 26:1-25

A lack of patience can be boiled down to a desire for control. What areas of life do you find it hard to have patience? What steps can you take to be more like David and wait on God’s timing?

Proverbs 14:29, 15:18, 16:32, 19:11 25:15

How does patience defuse a conflict? How do impatience and rashness escalate it?

John 5:1-15, 2 Corinthians 12:7-10

Having patience doesn’t guarantee a happy outcome. Some end well and others are never answered. Can you find the good purpose of both situations in your life? What are they?

