



## Patience

Growth Plan Guide  
Centennial Covenant Church

### What is patience?

“The capacity to accept or tolerate delay, trouble or suffering without getting angry or upset.”

Webster’s Dictionary

“Whatever is deep inside of our hearts will come out in some way. Patience is a powerful commitment to see the world through God’s eyes and to respond accordingly. It is trusting in God’s power to act.”

---Pastor Karl Helvig, Sermon on Patience May 2, 2021

### Scripture References

Proverbs 15:18

Colossians 1:9-12

### Related Character Qualities

A person who is: Content, Peaceful, Trusting, Gentle, Long-Suffering, Persevering

### Cognitive Learning Resources

*Note: Not all resources necessarily represent the views of Centennial Covenant Church nor are all resources listed always from a faith based tradition. The goal is to find the gems in the resource even if not all that is engaged is agreed upon by the reader.*

- [Sermon on Patience](#) by Pastor Karl Helvig at CCC.
- [Three Mile An Hour God](#) by Kosuke Koyama
- [Crazy Busy: A Mercifully Short Book On A Really Big Problem](#) by DeYoung
- [Margin: Restoring Emotional, Physical, Financial and Time Reserves to Overloaded Lives](#) by Richard Swenson
- Chapter 12 in [The Glorious Pursuit: Patience – Realistic Expectations](#) by Gary Thomas
- [Slow Church: Cultivating Community in the Patient Way of Jesus](#) by Christopher Smith
- [The Practice of the Presence of God](#) by Brother Lawrence
- [The Ruthless Elimination of Hurry: How to Stay Emotionally Healthy and Spiritually Alive in the Chaos of the Modern World](#) by John Mark Comer. Or this [video](#) on the same topic by him.
- If impatience comes out as anger, consider the book [Unmasking Male Depression: Recognizing The Root Cause to Many Problem Behaviors Such As Anger, Resentment, Abusiveness, Silence, Addictions and Sexual Compulsiveness](#) by Archibald Hart

- Learn patience and kindness towards self by reading [The Gifts of Imperfections: Let Go of Who You Think You Are Supposed to Be and Embrace Who You Are](#) by Brene Brown
- Read selections from the book of Proverbs in order to increase in wisdom (which leads to patience).
- If you have identified that a functional view of God or self has limited your ability to be patient, it is you read a related chapter or two from systematic theology book. Consider [Theology for the Community of God](#) by Stanley Grenz. For example: perhaps reading about the goodness of God (in chapter 3) as you wait for a real need might help increase patience. Often we struggle truly knowing that He is good.

### **Practices That May Nurture Patience/Long-Suffering**

Note: Please review [The Spiritual Disciplines Handbook](#) by Adele Calhoun to see if anything inspires you.

- Engage in the discipline of slowing as described by Adele Calhoun in [The Spiritual Disciplines Handbook](#) (drive in the right lane, choose the longer line, walk/drive the long way around).
- Learn a new skill: one that will require your patience to learn.
- Play a game with a small child several times a week. Or choose another activity that doesn't feel very "productive."
- Practice patience with others by holding your tongue in situations where this is hard for you to do. Use reflective listening skills instead.
- Practice patience with self by identifying "shaming self-talk" and replacing it with a truth about who you are in Christ. Use the discipline of breath prayer.
- Once a week/month choose a task/chore that requires a lot of preparation. Do it unhurried. If you choose to cook a meal, deliberately avoid doing this for a holiday. Instead choose a normal ordinary day. If cooking isn't a good idea, perhaps another domestic activity is better (cleaning, home repair). The goal is to choose something that WILL require your patience towards self and others.
- Keep a gratitude jar on your table. Instead of complaining (which we do when we are impatient), choose to write down what you are grateful for (both in people and in situations).
- Nurture peace with self and others in the midst of anxious situations. Do this by stopping to pray with others (even in the midst of a busy situation). Present your requests to God as it suggests in Philippians 4:6
- Consider the practice "less is more." For example: read 3 chapters out of book 4 times instead of reading 12 chapters. Make a meal with 4 ingredients instead of 12.
- Identify your unrealistic expectations as they WILL cause you to be impatient when they are not met. Consider using the Prayer of Examen as a way to look back on your day to identify them.
- Practice of handwriting scripture as a way to linger with scripture. For example handwrite one chapter a week out of the Psalms.