**The fruit of the Spirit - Patience Galatians 5:22-23 Ephesians 4:2**

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

The fruit of the Spirit is the result of the working of the Holy Spirit in a Christian's life. The fruit of the Spirit indicates the actions or deeds of a Christian affected by the Holy Spirit.

**The fourth fruit of the Spirit mentioned is patience.**

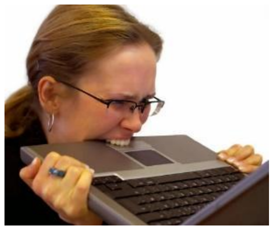
Ephesians 4:2 "Be completely humble and gentle; be patient, bearing with one another in love."

**Introduction**

What is fast food? Fasts foods are foods prepared quickly like at Wimpy, Steers etc. Show a picture of a Wimpy burger.

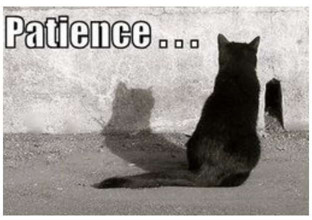
Why is there such a thing as fast food and instant coffee? It's there because people are impatient and do not want to wait.

Man is, by nature, impatient. We do not want to wait. We want everything right away. We do not want to wait long for our food. We become impatient if the waiter takes too long with our Wimpy burger. We then say the service is poor and we will not eat there again. We become tense and rude when we cannot get something right away.



Why does the woman bite her laptop? (The laptop may be slow, and she is too impatient to wait.) She is frustrated because she has to wait.

**What is patience?**




Patience is the ability to wait calmly without complaining.

Patience enables us to obtain other fruits of the Spirit in a demanding world, such as love, joy, and peace.

Love and patience go hand in hand. If you love a person, you will also be patient with the person. If you love your fellow man, you will also be patient with your fellow man.

It is very difficult to wait patiently. Fortunately, we do not have to wait alone.

The Holy Spirit works within us and helps us to wait patiently.

**For what are we waiting?**

Show a picture of people waiting to get on a train. For what are the people waiting? (The train track in the foreground is an indication)

We wait for other people. We wait in lines to go to the movie. We wait our turn in the doctor's consulting room. We wait in the supermarket to pay for our groceries. We wait in traffic at a traffic light so the light can turn green. In our modern society, we spend a large part of our time waiting.

Most importantly, we must patiently wait for our Heavenly Father. We must wait patiently on the Lord when we have asked something of the Lord in prayer. We are waiting for Jesus to return to earth. We are waiting to be with Jesus. It is very important to remember that God's time is perfect. God's time is always the right time. If we do not get something right away, God wants to protect us or that the time is not right.

We must also always remember that the Lord is patiently waiting for us.

2 Peter 3:9 New International Version 9 The Lord is not slow in keeping his promise, as some understand slowness. Instead he is patient with you, not wanting anyone to perish, but everyone to come to repentance.

REMEMBER

Waiting patiently is very difficult. Fortunately, we do not have to wait alone. The Holy Spirit works within us and helps us to wait patiently.

**Die vrug van die gees: Geduld GALASIËRS 5:22** EFESIËRS 4:2

GALASIËRS 5:22 Maar die vrug wat die Gees voortbring, is: liefde, vreugde, vrede, geduld, vriendelikheid, goedheid, getrouheid,

Die vrug van die gees is die resultaat van die werking van die Heilige Gees in 'n Christen se lewe. Die vrug van die gees dui op aksies of dade van 'n Christen wat deur die Heilige Gees bewerkstellig word.

**Die vierde vrug van die gees wat genoem word is geduld.**

EFESIËRS 4:2 NLV Met totale beskeidenheid en sagmoedigheid, ja, met geduld moet julle mekaar in liefde verdra.

**Inleiding**

Wat is kitskos? Voedsel wat vinnig voorberei word soos by Wimpy, Steers ens. Wys 'n prent van 'n wimpy burger.

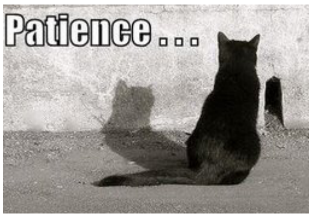
Waarom is daar so iets soos kitskos en kitskoffie. Dit is daar omdat mense ongeduldig is en nie wil wag nie.

Die mens is van nature ongeduldig. Ons wil nie wag nie ons wil alles dadelik hê. Ons wil nie lank vir ons kos wag nie. As die kelner te lank vat met ons Wimpy burger raak ons ongeduldig. Ons sê dan die diens is swak en ons gaan nie weer

daar eet nie. Ons raak gespanne en ongeskik as ons nie iets dadelik kan kry nie.

Waarom byt die vrou haar rekenaar? (Die rekenaar is moontlik stadig en sy is te ongeduldig om te wag.) Sy is gefrustreerd omdat sy moet wag.

**Wat is geduld?**




Geduld is die vermoë om kalm te wag sonder om te kla.

Geduld stel ons in staat om in 'n veeleisende wêreld ander vrugte van die gees soos liefde vreugde en vrede te bekom.

Liefde en geduld loop hand aan hand. As jy lief is vir 'n persoon sal jou ook geduldig wees met die persoon. As jy lief is vir jou medemens sal jy ook geduldig wees met jou medemens.

Om met geduld te wag is baie moeilik. Gelukkig hoef ons nie alleen te wag nie.

Die Heilige Gees werk binne ons en help ons om geduldig te wag.

**Waarvoor wag ons?**

Wys ‘n prent van mense wat wag om op ‘n trein te klim. Waarvoor wag die mense? (Die treinspoor op die voorgrond is ‘’n aanduiding)

Ons wag eerstens vir ander mense. Ons wag in rye om te gaan fliek. Ons wag in die dokter se spreekkamer ons beurt af. Ons wag in die supermark om ons kruideniersware te betaal. Ons wag in die verkeer by 'n verkeerslig sodat die lig groen kan word. In ons moderne samelewing is ons 'n groot gedeelte van ons tyd besig om te wag.

Die belangrikste is dit ons geduldig moet wag op ons Hemelse Vader. Ons moet geduldig op die Here wag as ons in gebed iets van die Here gevra het. Ons wag dat Jesus weer sal terugkeer na die aarde. Ons wag om by Jesus te kan wees. Dit is baie belangrik om te onthou dat God se tyd volmaak is. God se tyd is altyd die regte tyd. Indien ons iets nie dadelik kry nie is dit omdat God ons wil beskerm of dat die tyd nie reg is nie.

Ons moet ook altyd onthou dat die Here baie geduldig op ons wag.

2 PETRUS 3:9 NLV

Die Here stel nie die vervulling van sy beloofde terugkeer uit soos party mense dink nie. Nee, Hy wag geduldig ter wille van julle. Hy wil nie hê dat sommige verlore gaan nie, en daarom gee Hy meer tyd dat almal tot inkeer kan kom.

**Onthou**

Om met geduld te wag is baie moeilik. Gelukkig hoef ons nie alleen te wag nie. Die Heilige Gees werk binne ons en help ons om geduldig te wag.

NESCAFÉ
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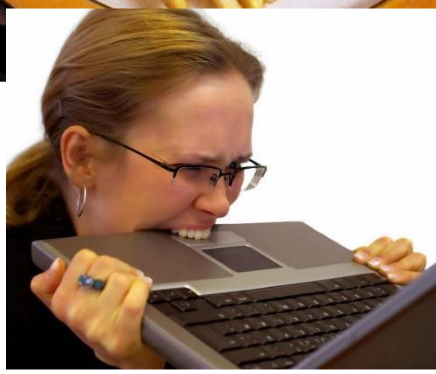

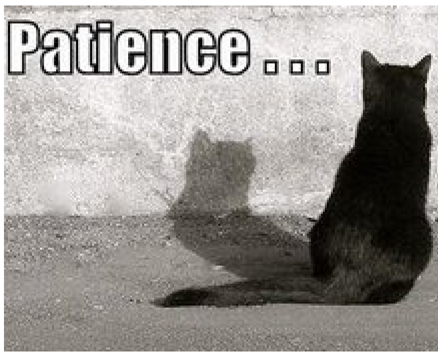
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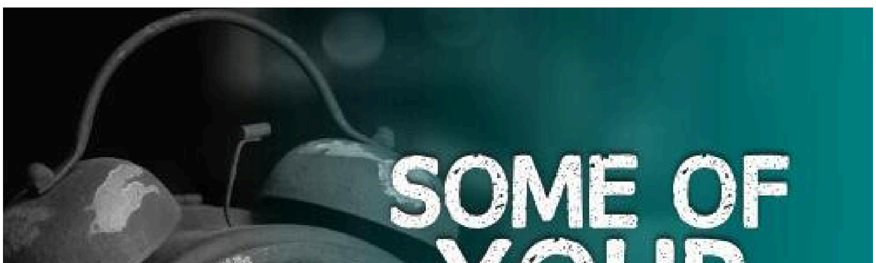
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