



# CONNECT GROUP NOTES

## Sunday 10.12.2023

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“Patience”

### **Preacher**

Ps. Andrew MacCallum

### **Scripture**

“Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. 13 Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. 14 And over all these virtues put on love, which binds them all together in perfect unity.

15 Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful.”

Colossians 3:12-15

### **Thought**

Patience. We know the bible says it’s important, but what exactly is it? We often view patience as a fuse; when we run out, we explode. But patience is less of a fuse and more of something you can clothe yourself in. Like a raincoat, it covers you in the midst of that which surrounds you. We may still find ourselves in difficult weather, but we choose to clothe ourselves in patience.

Patience is also like a well of water, it’s something that we can pour into and pull from. Life’s challenges cause us to draw from this well, while we often try to fill it with all sorts of things. Sometimes we feel that the well is running low, or maybe even empty.



Challenges will come, there will always be things outside of our control. Our response is to ensure we're clothing ourselves with patience, and filling that well with that which renews our soul.

Our culture is frantic. It presses us to keep moving at an unsustainable pace. We must learn to push against this, to practise the art of slowing down, of eradicating busyness wherever we can. We can clothe ourselves in patience in the big things and the little things. Those little offences in traffic, those moments communicating with others, those times when we feel impatient with those closest to us.

A frantic culture comes at the expense of those we love the most. This is why Paul is inviting us to clothe ourselves in patience. Patience means that those who matter most get the best of us. We have fresh water in the well when the day is done, we can step into a new year without being dry.

Ultimately, Christ is the well that never runs dry. He is the prince of peace. He is patient, long-suffering, and slow to anger. To truly clothe ourselves in patience, we must look to the one who perfects it. It takes time, but we can, piece by piece, disrupt the frantic and displace it with patience.

Walking step by step with Christ, not running ahead, but learning from the author of life, of the one who came to give us life and life in abundance. And so we journey in sync with Jesus, weathering the storms of life as they come, allowing the rain to fall and moving slowly but surely towards an ultimate future of eternal peace and joy from a supply that never ends.

### **Discussion Points**

1. Why do I think my culture values busyness so much?
2. How does this frantic culture affect me?
3. What does it look like to slow down and clothe myself in patience?



## **Personal application + Prayer**

Dear Jesus,

I make the choice now to disengage from the frantic pace of life and focus on You. Teach me what it is to truly trust You in my life, to trust Your timing and to slow down. May you grant me the patience that comes from placing my life wholly in your hands, and clothing myself in the character that you so freely pour out into my life. I thank You for Your grace and Your goodness.

Amen.

## **Things to try this week:**

1. Practise eating slowly
2. Intentionally pick the longest line at the shops
3. Intentionally choose the slow lane in traffic

## **Further Reading:**

[The Relentless Elimination of Hurry](#) - John Mark Comer