



moms monthly

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patience

To what extent do you struggle with patience in your life?

Where does patience fit in to your role as a mother?

Why might patience be essential to a healthy spirituality?

How can we cultivate patience in our daily lives?



I can hardly wait...

It strikes me that this common saying can be taken two ways. On the one hand, it communicates the anticipation of something wonderful: a party, a vacation, Christmas morning. On the other hand, it identifies the trouble we often have with waiting: it is almost impossible to patiently rest in that space.

Spending all night in the emergency ward this week quickly reminded me of the latter. It is so inconvenient when events don't unfold according to my timing. I never know what to do with myself

when life is on pause. Mostly I complain and wonder why things are taking so long. But even if I know there is a perfectly valid reason for my wait (like the guy on the gurney bleeding profusely from his head) it still seems like a complete waste of time. Maybe you can identify with my impatience.

Despite our objections, waiting is a part of our lives and patience is the key to navigating those inevitable times. A lack of patience breeds worry and catastrophic thinking.

The realization that patience is a fruit of the Spirit is en-

couraging to me. I don't have to conjure up my own ability in this area; rather, the Holy Spirit is at work helping me to grow. And it is not an instant change. (It would be ironic if I became patient overnight.) In a sense, we are all waiting to become more patient as God cultivates His likeness in us.

The secret may be to take things one moment at a time and to accept that impatience boils down to a lack of trust in God's timing and control. If we fully surrender our time lines and agendas to Him, we will see that good things *do* come to those who wait.

Be still before the Lord and wait patiently for him. Psalm 37:7b



Coffee Talk

1. Describe any peaceful moments you may have experienced in the last few weeks.
2. How have your relationships benefitted from a renewed commitment to living peacefully with others?
3. Are your kids finding peace?

Patience is the companion of wisdom.

St. Augustine

Christians and the Myth of Instant Gratification



When we seek an instant gratification approach to our Christian walk, we will inevitably grow frustrated as our efforts to produce spiritual fruit take longer than we expected or desired. Frustration leads to discouragement, and ultimately we may abandon the basic disciplines of the Christian faith. Conditioned to believe every good thing is quick and easy, we may rationalize our poor spiritual disciplines with thoughts like, "Prayer takes too long to see results, studying the Bible is so boring, and fasting just isn't good for my metabolism."

We may live in the age of instant gratification, but there is no such thing as instant sanctification this side of heaven.

For the complete article by Stephen Armstrong visit

http://www.versebyverseministry.org/articles/detail/christian_instant_gratification/



mommy moment: Read Jeanne Zornes article “A Quick Guide to Patience” from the *Christian Women Today* web site (<http://powertochange.com/experience/women/>). Take a few moments to reflect on her advice and how it might help you with your personal “patience-building”.

This Month With Ourselves:

EDUCATE:

The Bible speaks particularly about patience in suffering. James 5:7-8 reminds us that our trials are only temporary in light of the Lord’s return and that patience will help us to keep the right perspective until that time. Why is it so hard for us to wait for God’s timing? How does patience teach us to trust more fully in God and depend on him? Colossians 1:10-12 speaks about the importance of endurance on the Christian journey.

Why might patience be central to our ability to endure and be faithful?

EVALUATE:

1 Thessalonians 5:14 tells us to “be patient with everyone”. How are we doing in this area? Are there people who “try our patience”? How willing are we to extend grace to those that God is not finished with yet? How often do we remind ourselves that we are in need of patience for our imperfections too?

EXPRESS:

God is patient with us but sometimes we

forget this grace in our lives (2 Peter 3:8-9). In your journal, write about some of the things in your life that have required God’s patience. How have you benefitted from His ability to wait for you to learn or to understand? Thank Him for that love.

EXPAND:

For a light-hearted look at a mom’s battle with patience, consider reading this book. It may be a source of practical wisdom and comical insight.



family fun: Visit www.youtube.com and search “Jelly Telly patience” to view real kids talking about patience. Discuss the “robot” analogy and how it might relate to your lives. Consider building a robot out of recyclables as a family activity to remind you of how God “builds and develops” us according to His timing.



This Month With Our Kids:

MAKE A POINT:

If you are prone to outbursts of impatience, help your kids by helping yourself. Model patient behaviour. Be calm when you are waiting in line or at the doctor’s office. Consider whether hurrying is really necessary in certain circumstances. Expect things to take more time that you think they “should” and be flexible.

MAKE A PROMISE:

Choose to see your kids as works-in-progress. Don’t rush the process. Help them to take baby steps and be patient

with their growth. They (like us) still have a lot of room for improvement and the process of learning takes time. Try to recognize when your expectations are unreasonable and ask God to help you bring them up according to his timing and plan.

MAKE A PLAN:

If patience is a concern, consider this devotional resource as a source of encouragement and inspiration. It may help you get the conversation started.



*Be patient, be patient, don't be in such a hurry.
When you get impatient, you'll only start to worry.
Remember, remember that **God is patient too!**
And think of all the times that others have to wait for you.*

But the fruit of the Spirit is love, joy, peace, PATIENCE, kindness, goodness, faithfulness, gentleness and self-control. Galatians 5:22-23

The Serenity Prayer by Reinhold Neibuhr

God, give us grace to accept with serenity the things that cannot be changed, the courage to change the things which should be changed, and the wisdom to distinguish the one from the other.

Living one day at a time,
Enjoying one moment at a time,
Accepting hardship as a pathway to

peace,
Taking this sinful world as it is, not as I would have it, trusting that You will make all things right, if I surrender to Your will,

So that I may be reasonably happy in this life and supremely happy with You forever in the next.

But do not forget this one thing, dear friends: With the Lord a day is like a thousand years, and a thousand years are like a day. **The Lord is not slow in keeping his promise, as some understand slowness.** He is patient with you, not wanting anyone to perish, but everyone to come to repentance.
2 Peter 3:8-9