

# REACH OUT AND TOUCH PRISON MINISTRY

## BIBLE STUDY - SERIES 2 - LESSON #3

Name: \_\_\_\_\_ I.D.# \_\_\_\_\_ Date \_\_\_\_\_

### LESSONS FROM JOB: PATIENCE

**DEFINITION:** **Patience** is the state of endurance under difficult circumstances, which can mean persevering in the face of delay without acting in annoyance or anger in a negative way; or exhibiting forbearance when under strain, especially when faced with long-term difficulties.

1) How does God describe Job? (**Job 1:1-8**) \_\_\_\_\_

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2) Based on the conversation between God and Satan, it appears that Satan had to get permission from God before he could do anything to Job. Name a few tragedies and difficult circumstances that Job patiently endured. (**Job 1:9-19**)

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

3) What was Job's reaction after he received the last report that demonstrated he was a man of patience? (**Job 1:20-22**) \_\_\_\_\_

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4) Patience is developed as we learn to wait on the Lord. What was Job's testimony about his waiting on the Lord? (**Job 14:14**) \_\_\_\_\_

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5) What was the end result of Job waiting patiently on the Lord? (**Job 42:10, 12**)

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6) **James 5:7-11** teaches us the benefit of patience and mentions the patience of Job.

Explain in your own words. \_\_\_\_\_

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7) Patience is also produced in us by the Holy Spirit, therefore we should seek to be filled with the Holy Spirit. List the Fruit of the Spirit (**Galatians 5:20,21**)

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(Note: Some Bible versions refer to patience as “longsuffering” “forbearance” and “endurance”)

8) Patience is especially needed in difficult, trying times when prayers seem to go unanswered. **Read Psalm 40:1** and explain what it says. \_\_\_\_\_

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9) Another example of exercising patience in waiting on God is **Daniel 10:1-13**.

A) How many days did Daniel fast and pray? \_\_\_\_\_

B) When was his prayers heard (**vs 13**) \_\_\_\_\_

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C) What lesson can you learn from this? \_\_\_\_\_

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\_\_\_\_\_

10) **Read Romans 5:3-5**. Name three things that tribulations (trials) produce in us:

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

11) Jesus Christ is a perfect example of a Man of Patience. Read **Isaiah 53:7**;

**Matthew 27:14** and **Acts 8:32**. How did he demonstrate patience? \_\_\_\_\_

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Are there any questions or struggles that you have that you would like to share with us to pray for you? Whatever is shared with us will be kept in strict confidence.

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**COMPLETE ALL QUESTIONS AND RETURN IN THE ENVELOPE ATTACHED OR MAIL TO:**  
**REACH OUT AND TOUCH PRISON MINISTRY, P.O. BOX 120249, ST. ALBANS, NY 11412**

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## BIBLE STUDY - SERIES 2 - LESSON #3

### LESSONS FROM JOB: PATIENCE

"Patience" is the ability to tolerate waiting, delay, or frustration without becoming agitated or upset. It's the ability to be able to control your emotions or impulses and proceed calmly when faced with difficulties. It comes from the Latin word *pati* which means to suffer, to endure, to bear.

As such it is an essential Christian virtue to which there are many scriptures that encourages us to have patience. We need to "wait patiently" for God, to endure uncomplainingly the various forms of sufferings, wrongs and evils that we meet with, and to bear patiently injustices which we cannot remedy and situations of which we have no control.

Patience is often hard to gain and to maintain, but, in Romans 15:5, God is called "the God of patience" God is able to grant that grace to those who look to Him and depend on Him for it. It is in reliance on God and acceptance of His will, with trust in His goodness, wisdom and faithfulness, that we are enabled to endure and to hope patiently

### **The Benefits of Developing Patience**

1. **Reduces stress levels and makes you a happier, healthier person.** When you learn and practice patience you don't get as angry, stressed or overwhelmed. You are more in control of your emotions and in a better position to deal with difficult situations with ease and poise. This promotes longevity and makes you a happier, healthier person.
2. **Results in better decision-making.** When you're patient you take the time to assess the situation, see the big picture, and weigh any pros and cons. The chances of making a big mistake lessen because you avoid making it in haste. Taking the time to problem solve requires patience and deliberation.
3. **Helps develop understanding, empathy and compassion.** You are automatically more understanding and compassionate with others when you yourself are patient. Patient people take the time to process what they go through and are able to determine what it takes to overcome obstacles so they are more understanding of others. This results in better, more fulfilling relationships with spouses, friends, children and bosses.
4. **Helps you understand and appreciate the process of growth.** As mentioned earlier anything worthwhile takes time and effort to achieve. As the old saying goes "Rome wasn't built in a day." Planning, growth, evaluation and measurement all take time, and taking time takes patience.

## Tips on How to Develop Patience

- **Take a day where you make patience your goal for the entire day.** Make a concerted effort to take your time and think about everything you do, be mindful and live in the moment. At the end of the day, observe all the ways in which you've made smarter decisions, got along better with others and actually understood what took place. Learn to do it on a daily basis. Developing patience is much like physical exercise because it requires persistence and effort.
- **Slow down.** If you have the tendency to rush around and try to hurry things up, want things done immediately and can't wait for things to take their natural course, STOP. Take several deep breaths before you act or make a move. For example, if you're in a long lineup at the grocery store or in heavy traffic, make the decision to pause and not get worked up. Do some isometrics, listen to the radio, or just enjoy the view. Getting impatient won't make things move along any faster, so why get worked up for nothing?
- **Practice thinking before you speak.** At times we blurt out the first thought that comes into our heads without considering the consequences. If we're patient, pause and go over what we want to say, we can avoid hurting or offending others.

**Galatians 6:9** Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. (NIV)

**Colossians 3:12-13** Since God chose you to be the holy people he loves, you must clothe yourselves with tenderhearted mercy, kindness, humility, gentleness, and patience. Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others. (NLT)

**Ephesians 4:1-3** I therefore, a prisoner for the Lord, urge you to walk in a manner worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love, eager to maintain the unity of the Spirit in the bond of peace.

**Hebrews 6:12** We do not want you to become lazy, but to imitate those who through faith and patience inherit what has been promised. (NIV)

**1 Thessalonians 5:14** And we urge you, brothers, warn those who are idle, encourage the timid, help the weak, be patient with everyone. (NIV)

**James 1:19-20** My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, for man's anger does not bring about the righteous life that God desires. (NIV)

**James 5:7-8** Be patient, then, brothers, until the Lord's coming. See how the farmer waits for the land to yield its valuable crop and how patient he is for the autumn and spring rains. You too, be patient and stand firm, because the Lord's coming is near. (NIV)

### **Revelation 14:12**

This means that God's holy people must endure persecution patiently, obeying his commands and maintaining their faith in Jesus. (NLT)