



A Pastor for Every Person!
ROCK GROUPS
(Evangelistic Care Groups)
ROCK GROUP DIRECTIVE

Developing Patience

ICE BREAKER... Whose patience have you admired?
How have you learned to be more patient?

Galatians 3 tells us that...

Patience is like fruit that grows and **develops**
in us when we yield to the Holy Spirit.

Every day, we all have choices to ALLOW the Holy Spirit to develop patience in us. Our patience is tested and given the opportunity to grow through the **"FOUR I's"** we all experience:
INTERRUPTIONS, INCONVENIENCES, IRRITATIONS AND INACTIVITY

Interruptions - You sit down to dinner and someone knocks at your front door; you're trying to relax and the phone rings; you're working on a deadline and your boss asks you to attend a meeting.

Inconveniences - Airline flights are canceled or delayed; car trouble makes you late for an important appointment. How will you react?

Irritations - Those little things through people, such as annoying habits, or situations, such as computer problems, beyond our control that test our patience. Irritation brings out either the ***best*** or the ***beast*** in us.

Inactivity - We're forced to wait... in lines, in offices, in traffic or for our spouse to get ready. Americans would rather do almost anything but wait!

Research has proven that people who are ***habitually impatient*** are the ones most prone to stress and even heart attacks.

Proverbs 19:2 ***"Impatience will get you into trouble"***.

Can you think of times when impatience got you into trouble?

What could you have done differently?

THE “FOUR D’S”

Practical Advice from Scripture for Learning Patience

DISCOVER a new perspective. Find a new way of looking at the situation. Patience always begins by changing the way you think. There is always more than one way to look at something. Change your thinking and your patience can grow!

“A man's ***wisdom gives him patience.***” Proverbs 19:1

DEVELOP a sense of humor. Learn to laugh at yourself and your circumstances. People with a good sense of humor usually live longer than those who take things too seriously. Learn to relax!

“A ***relaxed attitude lengthens*** a man's life.” Proverbs 14:30

DEEPEN your love. When you're filled with love, almost nothing can provoke you. But, if you are filled with anger, almost anything will irritate you. Love will redirect your focus from yourself to the needs of others, resulting in patient love for people!

“***Love is patient.***” I Corinthians 13:4

DEPEND on God. When your patience is exhausted, ask God for more!

“***God can strengthen you... with*** ample power to meet whatever comes, with fortitude, ***patience,*** and joy” Colossians 1:11

Let's ***pray in groups of three or four*** for God to help us develop patience.

- ✓ Did you share the vision and mission of COTR and the Rock Groups?
- ✓ Prayer, Ministry time, and Fellowship
- ✓ Prayer for COTR Leadership
- ✓ “Empty Chair” Prayer - encourage group to **invite someone new next time**
- ✓ Did everyone complete the sign-in form?

🖱 Remember to complete the **online report** and **attendance** for the meeting soon