

PATIENCE: UNDERSTANDING AND CULTIVATING THIS VIRTUE

Understanding Patience

Patience, an often understated virtue, is a state of **endurance under difficult circumstances**. It's the ability to **tolerate delay without getting frustrated or upset**. It's the level of **endurance one can take before negativity**. It is waiting calmly, the ability to remain calm, even when faced with the difficult or the bothersome. **Patience is a testament to a person's will**. It is a virtue that helps us to **prioritize peace** and **understanding** over frustration and haste.

Patience is more than an attribute; it's a way of living that can enhance and elevate the quality of life. **It's about being aware of the situations**, being able to control the emotions, and **understanding the process of growth**. It's about accepting others as they are, and **forgiving over and over again**. Patience is all about the ability to keep **a positive attitude while waiting**.

Keeping Patience Close

Keeping patience close to our hearts and minds is a crucial step in leading a peaceful and fulfilling life. But how can one cultivate this virtue? The first step is understanding that everything has its own time. **The realization that things take time to come to fruition can help in maintaining a patient mindset**.

Practicing mindfulness and meditation can also foster patience, as these practices help in calming the mind and reducing impulsivity. It helps us to stay in the present moment and reduces our tendency to rush into the future. Additionally, one can start by taking small steps like waiting patiently in a queue, listening attentively to others, and not interrupting.

In moments of impatience, it can be helpful to take deep breaths and remind oneself of the importance of patience. Remembering that impatience often leads to stress, anxiety, and poor decision making can also motivate one to be more patient. Patience is not passive; it's an **active state of control**, a choice that we make over and over again. And like any other skill, patience can be cultivated and improved over time.

Patience is a virtue that holds immense power. It can transform relationships, improve mental health, and increase productivity. By understanding what patience truly is and **taking steps to keep it close**, we can lead happier, more peaceful lives. Remember, patience is not about waiting; it's about the ability to keep a good attitude while waiting. So, let's cultivate patience and witness how it transforms our lives.

I can do all things through Christ who strengthens me.

Phillipians 4:13

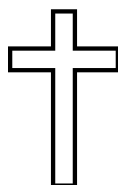
Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you."

1 Thessalonians 5::16-17

Prayer in truth - what do you pray for? His will. Waiting in his will. This is his will for you in Christ Jesus- **give thanks** because of the fruit it produces, because it is acceptable in his sight, because he gave you strength to do this, not that.

It takes a lot of patience to defy evil and endurance to keep at it. Evil lurks where good is because it isn't allowed it outright.

A believer is filled with the Holy Spirit for there is no way to believe and be a true disciple without it. The Father can choose whom he wishes and the son receives everything the Father gave him from the beginning,



Patience is born from suffering and suffering has an end in constant joy. The heart that has been wounded for purpose sake, isn't puffed up in the healing, but more precious still with loves adjacent attributes.

We are given an intimate opportunity to live life having patience for what lasts. The first section of this post focuses on a day to day,easy practice that can lead to depth in prayer, seamless meditation and a way to meet God in rest.

Agree to trust. Agree to rest in what is the day knowing patience not only produces self control and gentleness, it makes for peace.