

**Bite-Sized,
No. 05**

**A Fruit of
the Spirit**

Patience

When we remind ourselves of Jesus' promises to us of all things working together for good to those who love Him, we can have patience despite difficult and trying things that happen in our lives.



Memorize it:

So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up (Galatians 6:9 NLT).

The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control (Galatians 5:22–23 NIV).

Action:

Think of the years of training that a runner needs to have before being able to run a marathon and finish in good time. The runner needs patience that with time, practice, and hard work he'll get faster; his race times will improve as he puts in the hours of necessary training. Think of one thing you need patience for in your life right now, note this in your journal along with the verse from Galatians, and think about the desired end goal. Your hard work, endurance, and perseverance will help you run your personal race with patience and faith so that you can achieve your goal.

Read the full article,
**"Power-Up Devotional
#7: Spirit Fruit:
Patience."**

