

# THE FRUIT OF THE SPIRIT

*Devotional*



## PATIENCE

Monday, 7 – Sunday, 13 July 2025

### July 2025

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
27	30	1	2	3	4	5	6
28	7	8	9	10	11	12	13
29	14	15	16	17	18	19	20
30	21	22	23	24	25	26	27
31	28	29	30	31			

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Rooted in Scripture and the comfort of the Holy Spirit, St Wale encourages Believers to confront self-deception (*James 1:22*), walk in their sainthood, and live their faith beyond the pews.

He connects Sunday service inspiration to daily life, making discipleship a matter of everyday commitment rather than theory.

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*Salvation is free, but discipleship costs everything—let's count the cost together.*

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## Want to be Fruitful? Mind The Gap

I heard it in my heart one quiet morning:

**“How much of what you know are you doing?”**

It was one of those moments where conviction whispers deeper than any sermon could shout. A gentle yet piercing question — not condemning but confronting. And as I sat with it, my heart was led to the passage in James. James 1:22-25.

*“Be doers of the word, and not hearers only. Otherwise, you are deceiving yourselves...”* verse 22 (BSB)

The stark image of a man staring into a mirror only to forget his own reflection moments later. That man, Scripture says, is not ignorant — he is self-deceived.

The word *deceived* here is sobering. It implies a false peace, a mistaken confidence. Not the absence of knowledge, but the absence of obedience.

I realised: my biggest spiritual blind spots may not be the things I don't know, but the things I know too well and do too little.

Take prayer, for instance.

I say I believe in prayer. That God hears. That He responds. That prayer is not just a duty, but a lifeline

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My biggest spiritual blind spots may not be the things I don't know, but the things I know too well and do too little.

”

— a holy privilege.

But how often do I pray?

Do I talk about prayer more than I practice it?

Do I give prayer a place of theory but not rhythm in my day?

Do I sometimes use “I know that already” as a substitute for “I do that consistently”?

This is the heart of self-deception — the gap between conviction and conduct, between hearing and doing, between knowing and becoming.

James isn't calling for perfection; he's calling for **alignment**. That what we profess would match what we practice. That the mirror of the Word would reflect not just what we ought to be, but what we are daily becoming.

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And here's the hope: James says the *doer* — the one who *continues* in obedience — “will be blessed in what he does.”

Likewise, Joshua is told that meditation on God's Word, followed by careful obedience, leads to *prosperity and success* — not just in the spiritual sense, but in every aspect of life.

“*Meditate on it day and night, so that you may be careful to do everything written in it...*” — Joshua 1:8 (BSB)

### So, what do we do?

- **Pause** and ask: *Where am I most tempted to settle for knowledge without obedience?*
- **Identify** one area where there's a gap between what you know and what you do.
- **Pray**: not just for more knowledge, but a heart to obey what you already know.
- **Practise** — Obedience starts with “Yes LORD.”

Let's not just be hearers of the Word. Let's be **becomers** — not just informed but transformed.

Because truth becomes power **only when it's lived**.

## Agápē-Shaped Patience, the Pace of Agape

But the fruit of the Spirit is love [agápē]...patience —Galatians 5:22

Patience isn't just about waiting. It's about **how** you wait, **who** you're becoming while you wait, and **what love looks like over time**.



When Paul says the fruit of the Spirit is *love... patience*, he isn't listing unrelated virtues. He's describing how love behaves over time. Spirit-grown patience is *agapē stretched across seasons*. It's love that doesn't rush, doesn't withdraw, and doesn't give up when things are slow, messy, or hard.

The Greek word *makrothumia* means "long tempered," a concept often rendered as "long-suffering" in various translations. It is the quality of a soul that holds space without exploding. Not just tolerance, but intentional, enduring restraint. This kind of patience isn't personality—it's *formation* and *transformation*. It's what the Spirit produces in people who are being shaped to love like God. And here's a truth we often forget in our instant-everything world:

### Some things just take time.

No matter how much we want to fast-forward through frustration or hurry transformation, growth is seasonal. *God made it that way*. A baby doesn't arrive in a day. It takes nine months for the miracle of life to take shape in the womb—cell by cell, quietly, perfectly timed. You can't rush that kind of work. If you do, you damage the outcome. The same is true for the work God is doing in you—and in others.

God is never in a hurry, He is never late, He is never early, but He is always on time. And His patience with you is not weakness; it's love deep enough to walk at the speed of healing. When you recognise that divine rhythm, you begin to move with it. You stop pushing, stop panicking—and start trusting.

This is the heartbeat of **agapē-shaped patience**: Not willpower. Not resignation. But *Spirit-empowered love that can afford to wait*—because it's grounded in God.

Over the next seven days, you'll explore how this kind of patience looks, sounds, feels and the dangers of impatience. You'll see how it tames anger, carries people and outlasts discouragement. But you'll also witness the cost of impatience, like Saul, who lost what mattered most because he refused to wait. You'll find that patience is already developing as you learn to let go.

Slow down, make room, and learn patience through agape as modelled by Jesus. Let's start.



## The Patience of God

2 Peter 3:9

The Lord is not slow in keeping His promise as some understand slowness, but is patient with you, not wanting anyone to perish but everyone to come to repentance. (BSB)

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Before we talk about your patience, we need to talk about **God's**.

According to Peter, God isn't slow—He's **patient**. That's a major shift in perspective. What feels like delay to us is often deliberate mercy from Him. What seems like inaction is actually a display of divine *agapē*—love that waits, holds back, and opens space for transformation.

Think about how many times God could have rightfully given up on you. But He didn't. He waited. He called again. He extended grace when you didn't deserve it, and He stayed steady when you were stuck. That's not just patience—that's **agapē-shaped patience**: it refuses to rush judgment, creates time for repentance, and sees your worth beyond your timeline.

This kind of patience isn't abstract—it's personal. God's patience is why you're here. It's why you're still becoming. It's how He brings people to Himself—not through pressure, but through persistent love.

And here's the hard part: we're called to reflect that.

You can't offer *agapē*-shaped patience to others until you recognise how deeply God has offered it to you. When you realize He has been long-suffering with your flaws, fears, and failures, you start to extend that same grace—toward your family, your friends, your leaders, even your enemies. And yes, even toward yourself.

Patience isn't pretending everything is fine. It's holding space for what's not—and staying there, with love.

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i) Where have I mistaken God's patience for slowness or silence? ii) How has God been patient with me? iii) What would it look like to reflect that patience today?

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Father of mercy, You've never rushed me, never quit on me, never let frustration cancel Your love. Today I choose to remember that.

I will not call Your timing slow—I'll call it *kind* and I'll call it merciful. Let Your patient love reframe how I wait, how I love, and how I respond. I am open for this kind of patience to be formed in me. I will not rush love.



## Patience with People

Ephesians 4:1-2

<sup>1</sup> As a prisoner in the Lord, then, I urge you to walk in a manner worthy of the calling you have received: <sup>2</sup> with all humility and gentleness, with patience, bearing with one another in love, (BSB)



Sometimes patience is just about traffic or time.

But often, patience is about *people*.

Paul tells us to live in a way that reflects our calling, and what is this calling we have received from The Lord? It is to be humble, to be gentle, to be **patient**, specifically in the form of bearing with one another in love. This is the gritty, relational side of patience. It's not passive or poetic—it's practical. It looks like holding space when others are immature, inconsistent, or exhausting. It means staying present when people need more time to grow than you expected. It's not just enduring them; it's **carrying them** with *agapē*. The Greek word translated "bearing with" implies *holding up, enduring alongside, even suffering with* someone for the sake of agape. That's heavy—but it's holy. This kind of patience doesn't just wait for people to improve; it **walks with them while they're still becoming**.

You may be tempted to say, "I'm just not a patient person." But patience isn't a personality trait—it's *Spirit-grown fruit*. God doesn't ask you to manufacture this on your own. He invites you to stay close to Him, let His love fill you, and watch as patience begins to overflow from that love.

And don't forget—this is exactly how Christ treats you. He doesn't distance Himself when you struggle. He draws nearer. He bears with you in love, through every delay, detour, and repeated mistake. And now He says:

**"Go and do likewise."**



a) Who in my life is hard to carry right now? b) Am I showing up with agapē-shaped patience or irritation and distance? c) How can I reflect God's patience toward me in how I treat others?



Father, You have carried me in love—through my weakness, resistance, and failure. Today, I will do the same for those You've placed in my life. I will not walk away when growth is slow. I will not demand what You have chosen to give freely. I choose to bear with others as You bear with me—faithfully, gently, and with joy.



## The Throne That Impatience Toppled

1 Samuel 10:8; 13:8-14



Some moments test more than your strength—they test your **patience**.

Saul had clear instructions from the prophet Samuel: *wait seven days*. Samuel would come to offer sacrifices before Saul moved into battle. It was a test—not of military strategy, but of *spiritual obedience*.

**And Saul almost made it.** He waited seven days—but when pressure mounted, when people started scattering, and when Samuel didn't arrive on *his* timetable, Saul gave in. He stepped outside his role and took matters into his own hands.

**It cost him everything.** God had called Saul to rule under divine authority—not apart from it. But Saul's impatience wasn't just bad timing—it was *unbelief*. It revealed a heart that trusted human effort more than God's word. And in that moment, the future shifted. The kingdom would now go to someone else—a man after God's own heart.

**Impatience always has a cost.** It might cost you peace. It might cost you credibility. It might cost you an opportunity God was preparing—if only you had waited.

Like Saul, we often face crossroads where waiting feels unbearable. Delay feels dangerous. We feel like God should have *already* moved, *already* shown up. So, we step in, speak out, or act prematurely—thinking we're protecting something, when in fact we're undermining what God wanted to give us.

**Waiting doesn't mean doing nothing—it means doing the right thing until God moves.**

When we wait, we say, "God, I trust Your timing more than my fear. I trust Your word over my instinct." That's the patience that flows from love and surrender—not anxiety.

Saul's story is a warning—but also an invitation: to be the kind of person God can trust with a kingdom, because we're willing to trust Him with the clock.



i) Where am I tempted to move ahead of God right now? ii) Have I mistaken delay for God's absence? iii) What might God be protecting or preparing in the waiting?



Father God, I won't sacrifice obedience for control. Even when the pressure mounts, I will wait in faith. Teach me to hold steady when the timeline stretches. I trust that what You're doing in me is more important than what I can make happen on my own. Make me the kind of person You can entrust with more—because I trust You enough to wait.



Ladies join us for fellowship,  
coffee & croissants



TAP here  
to SIGN UP

Saturday 12th July 10 ~ 12pm

Get connected  
and join the IIC  
**WhatsApp**  
community.



Regular announcements,  
take part in polls and get  
event reminders.

TAP  
Here to  
Join

**Men's Breakfast**

Saturday 19<sup>th</sup> July

10am

The Mermaid, IP1 2EN



TAP here to SIGN UP



## Patience in the Process

James 5:7-8

<sup>7</sup> Be patient, then, brothers, until the Lord's coming. See how the farmer awaits the precious fruit of the soil—how patient he is for the fall and spring rains. <sup>8</sup> You, too, be patient and strengthen your hearts, because the Lord's coming is near. (BSB)



Some transformations can't be rushed.

James invites us to **think like farmers**—those who work, wait, and trust the process they can't control. A farmer doesn't dig up the seed just because it hasn't sprouted yet. He waits—not passively, but *actively*, expectantly—because he knows that *good things grow slowly*.

The same is true for what God is doing in you.

Agapē-shaped patience shows up when your timeline breaks down—when healing takes longer than you hoped, when growth feels invisible, or when the breakthrough hasn't come. Instead of panic or discouragement, the Spirit grows something deeper: **rooted patience**. James says, *strengthen your heart*. Stay grounded. Refuse to run.

This kind of patience isn't about just “*putting up with the wait*.” It's trusting that **God is at work underground**, even when you can't see it. It's believing that what He starts, He finishes (Phil. 1:6). The Spirit doesn't grow fruit on demand—but He *always* grows it. God doesn't see delay (or waiting) as denial.

What part of your life feels stalled right now?

What promise still feels far away?

Patience doesn't mean the delay isn't hard. It means you believe the wait is still worth it. You learn to wait like a farmer—eyes open, hands steady, heart set. That's what Jesus did. He trusted the Father's timing, walked through the slow pain of the cross, and waited even through death. And now, He waits for us to grow into the fullness of His love—and invites us to be patient too.



(1) What process in my life is testing my patience right now? (2) Am I trying to rush something God is growing? (3) What would it look like to “establish my heart” this week?



Father, You are never late. Never rushed. Never unaware. So today, I choose to match Your pace. Even when I don't see results, I will stay rooted. Even when the wait is long, I will trust You are working.

You are growing in me a patience that rests, works, and watches in faith.



## Patience with Yourself

Philippians 1:6

<sup>6</sup> being confident of this, that He who began a good work in you will carry it on to completion until the day of Christ Jesus. (BSB)



Patience is hard—but sometimes the hardest person to be patient with is **yourself**.

You know your mistakes. You see your inconsistencies. You feel like you *should be further along by now*. But today, God invites you to see yourself the way He sees you: as **someone under construction**, not under condemnation. Philippians 1:6 doesn't say *you'll finish the work*. It says *He* will. The God who began a good work in you—the One who saw your worth before you even believed—is *still working*. And He's not disappointed in your pace. He's not surprised by your struggle. He's patient.

Agapē-shaped patience with yourself isn't an excuse to stay stuck; it's the grace to keep going without shame. It's choosing to trust the process God has you in—even when you don't feel like progress is happening. And it's remembering that *He's not finished yet*.

Spiritual growth isn't a sprint. Spiritual maturity takes time. And, there are no short cuts! It's more like gardening—quiet, slow, deep. You'll have setbacks. You'll have days when it feels like nothing's changing. But transformation doesn't happen on your schedule—it happens in God's presence.

So breathe.

Don't quit.

Be kind to yourself.

You're not falling behind. You're being formed.

The Spirit is producing patience in you—not just for others, but *for you*.



(a) Where am I being harsh or impatient with myself? (b) Have I confused spiritual growth with perfection? (c) What would change if I gave myself the same grace God gives me?



Father God, You're not finished with me, and I won't pretend I'm finished either.

I release perfectionism and take hold of Your patient grace.

I will not rush Your work in me or shame my own pace.

You are faithful to complete what You started.

Today, I will be patient—with the process and with myself.



## Patience that Points to Jesus

1 Timothy 1:16

<sup>16</sup> But for this very reason I was shown mercy, so that in me, the worst of sinners, Christ Jesus might display His perfect patience as an example to those who would believe in Him for eternal life. (BSB)



Your patience isn't just a virtue—it's a **testimony**. Paul, reflecting on his past as a persecutor of the Church, says something radical: Christ used *him* to **put His patience on display**. Not as a theory. As a living, breathing *example* of what grace can do when it's not rushed.

Agapē-shaped patience does more than just make you a calmer person. It turns your life into a **witness**. In a world addicted to speed, reaction, and results, patience shines like light. It tells a different story—one of love that waits, believes, and never gives up.

Patience says:

"I don't need to force this—I trust God is working."

"I'm not here to fix you—I'm here to walk with you."

"I haven't arrived—but I haven't stopped trusting Jesus either."

When you live this way, people notice. Not because you're flawless, but because your steadiness *stands out*. In an impatient world, patient people are prophetic.

Think about it: Who has shown you agapē-shaped patience in your life? Who waited with you when you weren't easy to love? That kind of love changes people. It opens hearts. It reflects Christ.

And that's what you're being called into—not just to receive patience from God, but to **embody** it for others to see. You don't just carry the name of Jesus—you carry the *tone*, *pace*, and *grace* of Jesus into every conversation, delay, disappointment, and difficult relationship.

You are living proof of His patience. Let your life tell that story.



(1) Where has someone's patience made a difference in my story? (2)

How is my patience (or impatience) shaping others' view of Jesus? (3)

How can I become a living example of His patience today?



Jesus, You've made me a living display of Your mercy and patience. So today, I'll live like it. Make me someone whose calm presence reflects Your steady love. When others are watching, I want them to see *You*.

Grow in me the kind of patience that makes people wonder what kind of Saviour I serve.

PAUSE

OBSERVE

REFLECT

Sunday

13 July 2025

## Kairos Reflection: A Sabbath Space to Pause, Listen, and Obey

*Do what God's teaching says; when you only listen and do nothing, you are fooling yourselves. — James 1:22 (NCV)*

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You've spent six days journeying through patience—not as passive tolerance, but as love that waits well. You've looked at patience with others, with yourself, in pressure, and in process.

Now it's time to pause. No new content today. Just sacred space to reflect on what God has been showing you.

This is your **kairos moment**—a break in time when God interrupts your normal to invite transformation.

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### Reflection Prompts

Use a journal, digital notes, or quiet prayer to walk through these questions slowly and honestly:

#### What ministered to you most?

a) Was there a phrase, a Scripture, or a devotional that felt deeply personal? b) Did any situation come to mind again and again?

#### What do you think God is saying to you?

a) About your pace? b) Your relationships? c) Your own inner pressure? d) What fruit is He calling you to let Him grow?

#### What are you going to do about it?

a) Where is He calling you to **wait**, to **listen**, or to **stay**? b) Who is He asking you to **bear with** or extend grace to? c) How will you align your pace with His this coming week?

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### Obedience Plan

Write down 1–3 small but clear steps of obedience you will take this week.

(Example: Slow down my morning rush with 10 minutes of stillness)

- i. \_\_\_\_\_
- ii. \_\_\_\_\_
- iii. \_\_\_\_\_

(This isn't about pressure—it's about partnership with the Spirit)

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### Prayer of Alignment

Father of patience, thank You for what You've revealed. Help me carry it forward—not just in my memory, but in my habits, my relationships, my pace. I am open to Your Spirit to root what I've learned in action. Not rushed. Not reactive. But responsive. Amen.