

## Character Trait for December is Patience

Philippians 1:9-10, "And this is my prayer: that your love may abound more and more in knowledge and depth of insight, so that you may be able to discern what is best and may be pure and blameless for the day of Christ"

**CHARACTER:** the qualities built into an individual's life that determine their responses, regardless of circumstances.

**Patience:** Taking the necessary time to work through difficult situations.

**Weekly Verse:** Luke 8:15 "But the ones that fell on the good ground are those who, having heard the word with a noble and good heart, keep it and bear fruit with patience."

**Bible Story:** Abraham and Sarah demonstrated patience as they waited for the fulfillment of God's promise about a son in Genesis 17:1-6.

**Quote:** "You can either practice patience or complaining. Which do you want to be better at?"

### Application:

#### Benefits of Developing Patience

**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.

**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.

**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.

**Helps you understand and appreciate the process of growth.** 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.

### Discussion Questions:

What are the ways that the Christmas story demonstrates God's patience?