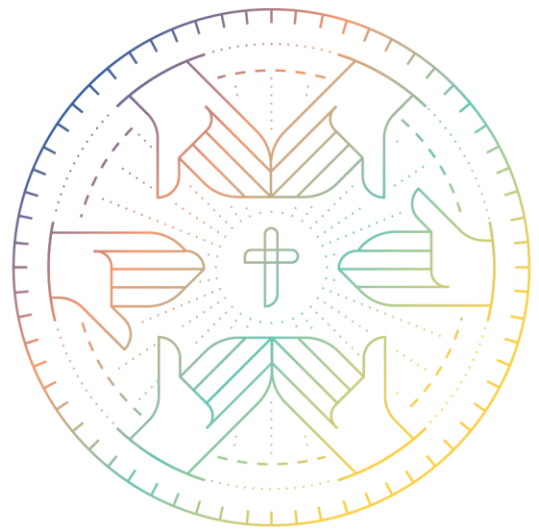


# Group Life.

WE ARE BETTER TOGETHER



## ICEBREAKER (10 MINUTES)

When was the last time you ran out of patience with someone?

## INTRODUCTION (5-10 MINUTES)

Anchor Verse: 1 Corinthians 13:1-4a

Paul continues his instruction to the Corinthian church looking at two foundational aspects patience and kindness. We will look at how patience and kindness play a foundational role in how we live out love.

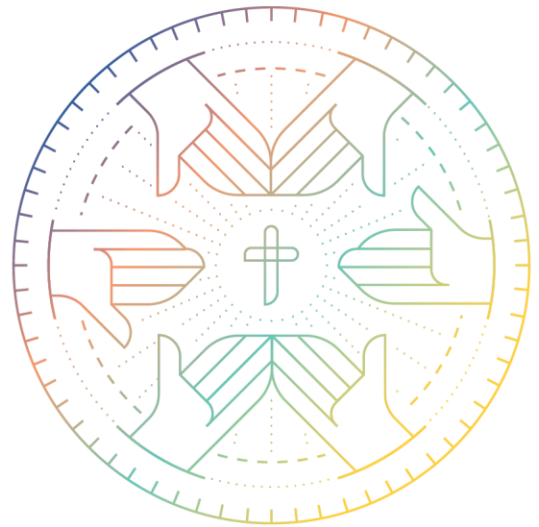
## INTO THE WORD (25 MINUTES)

1. Read 1 Corinthians 13:1-4a, 1 Thessalonians 5:14, and Ephesians 4:1-3. There are five essential components of patience.
  - It starts with an awareness of God's patience.
  - It requires the capacity to be wronged and not retaliate
  - It requires a willingness to wait for change
  - It calms quarrels and promotes unity
  - It watches for the lure of giving up on someoneOf the components listed, which one sticks out to you and why?

2. Read Exodus 34:6-7 and 2 Peter 3:9. What sticks out to you about how God is patient towards us? What ramifications it may have for how we are patient with each other?
3. Read 1 Peter 4:8, Hebrews 10:24-25 and Galatians 6:9. Part of practicing patience is resisting the urge to give up on people in your life. Do you find this an easy or complicated thing to do? What takeaways do we see from the scripture we just looked at?

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## APPLICATION (25 MINUTES)

1. Read Romans 12:12 and Romans 15:5. Where in your life do you need to begin implementing patience in your relationships?
2. Read Proverbs 21:21 and Ephesians 4:32. There are three essential components of kindness. They are:
  - Actively seeking the good for someone
  - Choosing to hope and assume the best
  - Leave the secret sins of others to God

What would change in your life this week if you began practicing these three components?

## PRAYER (10 MINUTES)

*Dear heavenly Father,*

*Help us to be known for our patience and kindness. May we grow in our awareness of the patience that you have shown us. Help us not to seek to be consoled, as to console; to be understood, as to understand; to be loved as to love. May we be active in seeking the good in others. To choose to hope and assume the best in others. We pray all these things in your excellent name. Amen.*