



Relate(able)

8 PRINCIPLES FOR MAKING RELATIONSHIPS WORK

“Learn the Grace of Waiting”

Getting Started

Live gives us a regular dose of patience tests. What is the one area of your life in which your patience is tested the most?

Let's take a moment to look over 4 steps that can help us each become more patient people.

Going Deeper

1) Slow your pace

Hurry Index. After each question give yourself a 3 meaning you usually or always do this, a 2, meaning you sometimes do it, or 1, meaning you seldom or never do it. Then add up your score. See who is the big winner, or loser, however you want to

1. Do you eat fast?
2. Do you drive over the speed limit?
3. Do you try to do more than one thing at a time?
4. Do you become impatient if others do something too slowly?
5. Does it take you several days into your vacation before you can relax?
6. Do you find yourself overcommitted?
7. Do you think about other things during conversation?
8. Do you hate dawdling after a meal?
9. Do you become irritable if kept waiting?
10. Do you gauge the check out lines to see which is the fastest?

Total score _____

Take a moment and read the following verses. Meditate on each of them and find a word or phrase that speaks to you about the pace of your life

[Psalm 127: 2](#) (From the Message)

“It’s useless to rise early and go to bed late and work your worried fingers to the bone. Don’t you know he (God) enjoys giving rest to those he loves?”

[Matthew 6: 31-34](#)

31 So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ 32 For the pagans run after all these things, and your heavenly Father knows that you need them. 33 But seek first his kingdom and his righteousness, and all these things will be given to you as well. 34 Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

2) Look beneath the surface

Often times when we find ourselves being impatient, it comes from another issue in our lives. For example, if I get frustrated with traffic, it may not be an impatience issue, it’s a planning issue because I didn’t give myself enough time for my commute. When you find yourself battling patience issues, what do you think is happening beneath the surface? What’s really causing the problem.

Read and respond to the following quote

“Patience comes when we are in a position of power in our lives. When we feel strengthened. When we are in a good place personally we are much more likely to be patient. To accept delay graciously. To let slide a little mistake from the cashier or a crazy driver or an unreasonable boss. But when we are tired or money stressed or sick it’s harder. Much harder. Those are the moments our patience is really tested.”

3) Try an Outlook shift

Read the following verses and discuss what it means to make an attitude shift in our lives.

[James 5: 7-9](#)

[Philippians 2:4](#)

How have you seen this truth play out in your life?

4) W- Wait for the things that are really worth it

How difficult is waiting for you? What are some spiritual things that you have found yourself waiting for God to do?

Read the following verses then discuss these two questions about waiting
[Psalm 33:18](#), [Isaiah 40:31](#)

Why does God ask us to wait?

What benefit is there to those of us who learn to wait on God

Read and discuss this quote on why God makes us wait.

God has his set times. It is not for us to know them. Indeed, we cannot know them. We must wait for them. If God had told Abraham that he must wait all those years until he pressed the promised child to his bosom, his heart would have failed him. So in gracious love, the length of the weary years was hidden. And only as they were nearly spent and there were only a few more months to wait, God told him, according to the time of life, "Sarah shall have a son." If God told you on the front end how long you would wait to find the fulfillment of your desire or pleasure or dream, you'd lose heart. You'd grow weary in well doing. So would I. But he doesn't. He just says, "Wait. I keep my word. I'm in no hurry. In the process of time I'm developing you to be ready for the promise." F.B. Meyer



