

CONNECT GROUP DISCUSSION GUIDE

Week #4 - When I Lose My Patience



GETTING STARTED

Spend some time checking in with each other. Any highs and lows since the last time you met?

Go around the group and have each person share ONE of the following:

- A classic “dad-ism” you remember hearing growing up (e.g., “Who took my keys?”)
- A funny or frustrating moment when you (or someone you know) clearly lost patience.

THIS WEEK’S THEME

Hans described the Greek word *makrothumia* (μακροθυμία) as patience, meaning “long-suffering” or “long-tempered.” How is this different from simply “waiting patiently” or the Greek, *hupomone* (ὑπομονή)?

Read 1 Thessalonians 5:14–15. Which of Paul’s instructions is hardest for you: warning, encouraging, helping, or being patient? Why?

Where, when, or with whom do you tend to have a short fuse? Can you recall a recent moment when you lost patience? What triggered it, and what would *makrothumia* have looked like in that moment?

Why do you think Paul includes “patience” as a fruit of the Spirit (Galatians 5:22–23)? What does it say about God’s character—and ours?

Read 1 Timothy 1:12–16. How does Paul describe God’s patience toward him personally? What do you find encouraging or surprising in this passage?

How does recognizing God’s patience toward you change the way you might treat others?

Think of a situation or relationship this week where you anticipate needing patience. What would it look like to respond with *makrothumia* instead of frustration?

DIGGING DEEPER

1 Thessalonians 5:14-15

1 Thessalonians reminds us that, from the very beginning, following Jesus has produced a truly countercultural and holy way of life, which sometimes generates suspicion and conflict. The response of Jesus' followers to such hostility should always be love, meeting opposition with grace and generosity. This way of life is motivated by hope in the coming Kingdom of Jesus, which has already begun with his resurrection from death. Holiness, love, and future hope—that's what 1 Thessalonians is all about.

Read more here: <https://bibleproject.com/guides/book-of-1-thessalonians/>

1 Timothy 1:12-16

At several places in his letters, the Apostle Paul offers information about his life, especially his life during the time when he was a persecutor of the church (see also Galatians 1:13-17, Philippians 3:3-14, and 1 Corinthians 15:9-10). In 1 Timothy 1:12-16, Paul rehearses his former actions of perpetrating violence against believers, and he gives thanks to "Christ Jesus our Lord" for his mercy and patience with Paul. Paul identifies here with sinners; indeed, he calls himself the foremost of sinners and concludes that the "before" and "after" contrasts in his life offer evidence of what great things Jesus can accomplish.

Read more here: <https://enterthebible.org/passage/1-timothy-112-16-pauls-autobiography>

PRAY

Ask how you can pray for each other this week. What prayer requests do you have?

Gracious God, Thank you for the gifts of the spirit. Teach us to live in a way the world needs. Amen.

TAKING IT HOME

Pick one person or setting this week where you normally lose patience—and practice intentionally responding with a long fuse. Journal how it goes.