

## Fruit of the Spirit—Patience 聖靈所結的果子—忍耐

<sup>22</sup> 聖靈所結的果子，就是仁愛、喜樂、和平、忍耐、恩慈、良善、信實、<sup>23</sup> 溫柔、節制。這樣的事沒有律法禁止。【加 5:22~23】

<sup>22</sup>But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, <sup>23</sup>gentleness, self-control; against such things there is no law. 【Gal 5:22~23】

Illustration 1:

Illustration 2:

**I. God is long suffering.** 神是恆久忍耐。

【林前 1Cor 13:4】

【出 Exod 34:5~6】

**II. Patience has a good purpose.** 忍耐是為了達到一個好的目的。

【羅 Rom 5:1~5】

**A. Suffering produce patience** 患難生忍耐。

Illustration:

Illustration:

**B. Patience produces characters.** 忍耐生老練。

Illustration:

**C. Characters produce hope.** 老練產生盼望。

**D. Hope does not put us to shame.** 盼望不至於羞恥。

**E. God's love pours into our hearts the whole time.** 神的愛整段時間都傾到在我們的身上。

## Conclusion 結論

### Reflections:

1. What is the major difference between your concept of patience and the patience that God intends to build into your life? Would the biblical concept of patience help you in better handling the sufferings of your life? In what ways? 你對於“忍耐”的觀念和神要建立在我們身上的忍耐，有甚麼不同？瞭解聖經對於“忍耐”的定義，是否能幫助你更好的面對與處理生活上的苦難？怎麼樣的幫助？

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