**United Parish in Brookline**

**Week #5: March 21, 2021**

**Fruits of the Spirit: Patience**

**Further Questions for Consideration**

* Do you think of yourself as a patient person?
	+ Toward other people?
	+ Toward yourself?

* In what situations or contexts do you find it hardest to be patient?

* Imagine one of those situations and notice how impatience feels in your body?
	+ What sensations come up?
	+ Where in your body do you feel impatience?

* Where can you implement mindfulness or discernment practices in your life to help you through times of impatience?