

# Lent 2021

## Cultivating the Fruits of the Spirit

### Discussion Questions

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Developed by the Pastors and the Adult Deepening Team



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## Week Five: Patience

(Week of March 21)



**UNITED PARISH IN BROOKLINE**

American Baptist • United Church of Christ • United Methodist

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**Purpose of this Lenten study**

To expand our individual understanding of the gifts - or fruits - of the Spirit

To explore how we can cultivate and embody these gifts to feel more in alignment with and authentic with God

To appreciate that each of us has particular gifts to contribute to the fruitfulness of our community aspirations and efforts

Based on Galatians 5:22-23:

The fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.

**Purpose of this session**

To introduce and examine patience as a Christian virtue

**Week Five: Patience****Opening Prayer**

Dear God,

Giver of all the fruits of the Holy Spirit, be with us as we explore the virtue of patience in this fifth week of Lent. We thank you for guiding all of us in the United Parish community who are joining us in this Lenten journey. May we explore the virtue of patience with honesty and sincerity, and may we learn to be patient with ourselves and others.

*Amen.*

**Scripture****HEBREW SCRIPTURES**

Psalm 37:7-9 New Revised Standard Version (NRSV)

<sup>7</sup> Be still before the Lord, and wait patiently for God;  
do not fret over those who prosper in their way,  
over those who carry out evil devices.

<sup>8</sup> Refrain from anger, and forsake wrath.  
Do not fret—it leads only to evil.

<sup>9</sup> For the wicked shall be cut off,  
but those who wait for the Lord shall inherit the land.

### **Ecclesiastes 7:8-9 NRSV**

<sup>8</sup> Better is the end of a thing than its beginning;  
the patient in spirit are better than the proud in spirit.  
<sup>9</sup> Do not be quick to anger,  
for anger lodges in the bosom of fools.

### **GOSPEL**

#### **Matthew 9:28-31 NRSV**

<sup>28</sup> When he entered the house, the blind men came to him; and Jesus said to them, "Do you believe that I am able to do this?" They said to him, "Yes, Lord." <sup>29</sup> Then he touched their eyes and said, "According to your faith let it be done to you." <sup>30</sup> And their eyes were opened. Then Jesus sternly ordered them, "See that no one knows of this." <sup>31</sup> But they went away and spread the news about him throughout that district.

#### **Matthew 12:15-16 NRSV**

<sup>15</sup> When Jesus became aware of this, he departed. Many crowds followed him, and he cured all of them, <sup>16</sup> and he ordered them not to make him known.

#### **Luke 8:51-56 NRSV**

<sup>51</sup> When he came to the house, he did not allow anyone to enter with him, except Peter, John, and James, and the child's father and mother. <sup>52</sup> They were all weeping and wailing for her; but he said, "Do not weep; for she is not dead but sleeping." <sup>53</sup> And they laughed at him, knowing that she was dead. <sup>54</sup> But he took her by the hand and called out, "Child, get up!" <sup>55</sup> Her spirit returned, and she got up at once. Then he directed them to give her something to eat. <sup>56</sup> Her parents were astounded; but he ordered them to tell no one what had happened.

### **Discussion Questions**

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?

### **Closing Prayer**

Dear God,  
Thank you for your great love and care, your goodness and mercy, and your true generosity toward all Creation, in this Lenten journey and always. Thank you for giving us this opportunity to explore patience together, as one of the fruits of the Holy Spirit and our own spirits. In this week ahead, may we be truly generous, grateful, humble, and patient. May we support each other as we grow these fruits in our communal Spirit.

In your many names we pray,

*Amen.*