

**“Have PATIENCE.
All things are
DIFFICULT
before they
BECOME easy.”**

Saadi

This week in chapel we're thinking about the apostle Paul's list of 'fruits of the spirit' – characteristics that Christians are to grow in... and characteristics that we can all learn from and think about.

The fourth one is 'patience'. Here we are reminded a truism of life, that usually the only reason someone is particularly skilled at something is because they have had the patience to persevere and keep practising.

Prayer

Lord, help us to have patience to persevere even when we find things difficult.

Amen

**“Patience
is bitter,
but its
fruit is
sweet.”**

Aristotle

This week in chapel we’re thinking about the apostle Paul’s list of ‘fruits of the spirit’ – characteristics that Christians are to grow in... and characteristics that we can all learn from and think about.

The fourth one is ‘patience’. Being patient is worth the ‘bitterness’ – the struggle, because usually what results is worth the wait – it is like a sweet fruit.

Prayer

Lord, help us to have patience, and not to get frustrated by the lack of quick results. Amen

*Patience with others is
LOVE.*

*Patience with self is
HOPE.*

*Patience with God is
FAITH. ~ Adel Bestavros*

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This week in chapel we're thinking about the apostle Paul's list of 'fruits of the spirit' – characteristics that Christians are to grow in... and characteristics that we can all learn from and think about.

The fourth one is 'patience'. Patience can be exhibited with all sorts of different people and in all sorts of different ways. We can be patient with our friends, patient with our selves, and patient with God, in the sense that we trust and wait for his good purposes to come to fruition on this earth, or even in heaven.

Prayer

Lord, help us to be patient; to love other people, to have hope and to trust you. Amen