

5. Jesus' Love Is Patient & Kind

Becoming a Woman of Love Who Is Patient and Kind

The Holy Spirit Produces Jesus Fruit in Us—the Full Fruit of LOVE

John 13:34-35, 1 Corinthians 13 = Jesus' LOVE in us (*agape* love)

Agape love is "A love that is based on the deliberate choice of the one who loves rather than the worthiness of the one who is loved." (Cynthia Heald, Becoming a Woman of Love, page 5)

Galatians 5:22-23 = aspects of that LOVE in us

- Joy is love singing
- Peace is love resting
- Patience is love enduring
- Kindness is love's touch
- Goodness is love's character
- Faithfulness is love's habit
- Gentleness is love's self-forgetfulness
- Self-control is love holding the reins

Jesus LOVE Fruit Is Patient

Defining biblical patience: long-suffering; to be patient in bearing the offenses and injuries of others. Slow in avenging or punishing. Slow to anger. Not to lose heart.

Access patience provided for you by doing this:

- List 3 people in your life right now who need you to love them patiently.
- Next to each name, write one thing about him/her that demands your patience.
- Ask the Lord this week, not for patience because He's already given it to you, but for opportunities to use His patience in those three areas for those three people.
- Depend on Him to be patient through you when the opportunities arise.!

Jesus LOVE Fruit Is Kind

Defining biblical kindness: to be gracious and useful; to keep on doing whatever is appropriate or suitable to meet someone's need...and does no harm. Kindness and compassion go hand in hand.

"Compassion is understanding the troubles of others, coupled with an urgent desire to help. Man naturally is not compassionate. It is an attribute (s)he must learn by living and by his own experiences. It is cultivating an ability to put [ourselves] in the other's shoes, remembering that all the facts and circumstances influencing the other [person] cannot be known to [us]...Compassion is a heart's response to a person's need combined with a helping hand that offers mercy and grace." (Carol Kent, Becoming a Woman of Influence, p. 109, 111)

Remember these about showing kindness:

- Kindness says, "I am on your side. I care about you."
- Kindness allows us to develop relationships with that person.
- Kindness is modeled.

What main challenge do you face to being continually kind to the people around you? Jot down 2 ways that you can be kind to someone in your sphere of influence specifically this week.

Looking at Jesus' Example (Mark 5:21-43)

We can love this way because He is in us giving us the ability to do so.