



ABUNDANT RAIN EMPOWERMENT CHURCH

Series: DEAL WITH IT! - Dealing with Impatience

Impatient is not accepting delay, opposition, pain, etc., with calm or patience; anxious. It is the frustration, anger, and resentment you feel when you're not able to control a situation to your liking.

Impatience comes when we are waiting for something in our circumstances to change and that change doesn't come when we expected. We get restless, feeling like we're at a standstill and spinning our wheels uselessly. Many times, the thing that we need to learn out of the situation is patience. It is through the trying moments of impatience that we finally learn patience. ***"Rest in the Lord, and wait patiently for Him;" (Psalm 37:7a NKJV)***

Why try to overcome this difficult emotion? It is because impatience robs us of our happiness. If we can learn how to overcome it then we can experience a better quality of life. Why is patience so difficult to achieve? It's because patience requires us to be calm and cool about a situation. You have to rely on God and trust that He has everything in control.

What are some reasons you might be impatient?

- You want something very badly and find it difficult to wait for it to happen.
- You have high standards that can translate into unrealistic expectations.
- You are highly intelligent or an above average learner leading you to believe you should not have to wait for others to recognize your superiority.
- You are not good at delayed gratification.
- You are going through traffic and running late for work.

JULY 28, 2013 - Pastor Dwayne Fraser

DEALING WITH IMPATIENCE

Strategy:

1. Learn to wait on the Lord. (**Isaiah 40:31; Psalms 27:14; Psalms 40:1-2; Psalms 37:34; Psalms 62:1-2,5-6**)
2. Have faith in God's Promises. (**James 1:2-4; Luke 21:19; Hebrews 6:12**)
3. Allow the Fruit of the Spirit to mature. (**Galatians 5:22; Romans 8:28**)
4. Learn from experiences. (**Romans 5:3-4; 2 Timothy 3:10**)
5. Receive the Word of God in your Heart. (**Luke 8:15**)

Reflections

- What are some experiences that have made you impatient?
- What were you expecting God to do for you?
- How will you respond the next time you are stuck in traffic, waiting for a promotion, or waiting for God to work out a situation?

The natural response to waiting is impatience. This leads to stress, anger, and frustration. Praise God that, as Believers, we can respond differently because we are made new in Christ (2 Corinthians 5:17). The Spirit of God gives us strength to be patient and completely trust God's purpose and timing.
