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Patient Endurance

LEVEL UP

_____ _____ _____

2 Peter 1:5 In view of all this, make every effort to respond to God's promises. Supplement your faith with a generous provision of moral excellence, and moral excellence with knowledge, **6** and knowledge with self-control, and self-control with patient endurance, and patient endurance with godliness, **7** and godliness with brotherly affection, and brotherly affection with love for everyone. *(NLT)*

2 Peter 1:8 The more you grow like this, the more productive and useful you will be in your knowledge of our Lord Jesus Christ. **9** But those who fail to develop in this way are shortsighted or blind, forgetting that they have been cleansed from their old sins. *(NLT)*

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The _____.

What Is Self-Control?
Why Do I Need Self-Control?
How Do I Level Self-Control Up?

Question #1

What Is Patient Endurance?

DICTIONARY DEFINITION:
Patience: an ability or willingness to suppress restlessness or annoyance when confronted with delay; quiet, steady perseverance; even-tempered care; diligence

BIBLE DEFINITION:

Endurance: Ὑπομονή; (Greek- hupomoné [hoop-om-on-ay']); a remaining behind, a patient enduring

- Properly, remaining under, endurance; steadfastness, especially as God enables the believer to "remain (endure) under" the challenges He allots in life.
- In the N. T. the characteristic of someone who is unswerved from their deliberate purpose and loyalty to faith and piety by even the greatest trials and sufferings

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Galatians 5:22 But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, **23** gentleness, and self-control. There is no law against these things! *(NLT)*

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Hebrews 12:1 Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us. **2** We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith. Because of the joy awaiting him, he endured the cross, disregarding its shame. Now he is seated in the place of honor beside God's throne. **3** Think of all the hostility he endured from sinful people; then you won't become weary and give up. **4** After all, you have not yet given your lives in your struggle against sin. *(NLT)*

Psalm 37:7 Be still in the presence of the Lord, and wait patiently for him to act. Don't worry about evil people who prosper or fret about their wicked schemes. **8** Stop being angry! Turn from your rage! Do not lose your temper—it only leads to harm. *(NLT)*

Galatians 5:19 When you follow the desires of your sinful nature, the results are very clear: sexual immorality, impurity, lustful pleasures, **20** idolatry, sorcery, hostility, quarreling, jealousy, outbursts of anger, selfish ambition, dissension, division, **21** envy, drunkenness, wild parties, and other sins like these. Let me tell you again, as I have before, that anyone living that sort of life will not inherit the Kingdom of God. *(NLT)*

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Colossians 1:9 So we have not stopped praying for you since we first heard about you. We ask God to give you complete knowledge of his will and to give you spiritual wisdom and understanding. **10** Then the way you live will always honor and please the Lord, and your lives will produce every kind of good fruit. All the while, you will grow as you learn to know God better and better. **11** We also pray that you will be strengthened with all his glorious power so you will have all the endurance and patience you need. May you be filled with joy, **12** always thanking the Father. He has enabled you to share in the inheritance that belongs to his people, who live in the light. *(NLT)*

James 5:7 Dear brothers and sisters, be patient as you wait for the Lord's return. Consider the farmers who patiently wait for the rains in the fall and in the spring. They eagerly look for the valuable harvest to ripen. **8** You, too, must be patient. Take courage, for the coming of the Lord is near. **9** Don't grumble about each other, brothers and sisters, or you will be judged. For look—the Judge is standing at the door! **10** For examples of patience in suffering, dear brothers and sisters, look at the prophets who spoke in the name of the Lord. **11** We give great honor to those who endure under suffering. For instance, you know about Job, a man of great endurance. You can see how the Lord was kind to him at the end, for the Lord is full of tenderness and mercy. *(NLT)*

Lamentations 3:25 The Lord is good to those who depend on him, to those who search for him. **26** So it is good to wait quietly for salvation from the Lord. **27** And it is good for people to submit at an early age to the yoke of his discipline: *(NLT)*

Question #2

Why Do I Need Patient Endurance?

Spiritual _____

Romans 5:3 We can rejoice, too, when we run into problems and trials, for we know that they help us develop endurance. **4** And endurance develops strength of character, and character strengthens our confident hope of salvation. **5** And this hope will not lead to disappointment. For we know how dearly God loves us, because he has given us the Holy Spirit to fill our hearts with his love. *(NLT)*

1 Peter 1:6 So be truly glad. There is wonderful joy ahead, even though you must endure many trials for a little while. **7** These trials will show that your faith is genuine. It is being tested as fire tests and purifies gold—though your faith is far more precious than mere gold. So when your faith remains strong through many trials, it will bring you much praise and glory and honor on the day when Jesus Christ is revealed to the whole world. *(NLT)*

James 1:12 God blesses those who patiently endure testing and temptation. Afterward they will receive the crown of life that God has promised to those who love him. **13** And remember, when you are being tempted, do not say, "God is tempting me." God is never tempted to do wrong, and he never tempts anyone else. **14** Temptation comes from our own desires, which entice us and drag us away. **15** These desires give birth to sinful actions. And when sin is allowed to grow, it gives birth to death. *(NLT)*

Spiritual _____

Ephesians 6:10 A final word: Be strong in the Lord and in his mighty power. **11** Put on all of God's armor so that you will be able to stand firm against all strategies of the devil. **12** For we are not fighting against flesh-and-blood enemies, but against evil rulers and authorities of the unseen world, against mighty powers in this dark world, and against evil spirits in the heavenly places. **13** Therefore, put on every piece of God's armor so you will be able to resist the enemy in the time of evil. Then after the battle you will still be standing firm. *(NLT)*

1 Peter 5:8 Stay alert! Watch out for your great enemy, the devil. He prowls around like a roaring lion, looking for someone to devour. **9** Stand firm against him, and be strong in your faith. Remember that your family of believers all over the world is going through the same kind of suffering you are. *(NLT)*

Spiritual _____

Romans 2:7 He will give eternal life to those who keep on doing good, seeking after the glory and honor and immortality that God offers. **8** But he will pour out his anger and wrath on those who live for themselves, who refuse to obey the truth and instead live lives of wickedness. *(NLT)*

Physical _____

Hebrews 6:15 Then Abraham waited patiently, and he received what God had promised. *(NLT)*

Physical _____

Matthew 24:4 Jesus told them, "Don't let anyone mislead you, **5** for many will come in my name, claiming, 'I am the Messiah.' They will deceive many. **6** And you will hear of wars and threats of wars, but don't panic. Yes, these things must take place, but the end won't follow immediately. **7** Nation will go to war against nation, and kingdom against kingdom. There will be famines and earthquakes in many parts of the world. **8** But all this is only the first of the birth pains, with more to come. **9** "Then you will be arrested, persecuted, and killed. You will be hated all over the world because you are my followers. **10** And many will turn away from me and betray and hate each other. **11** And many false prophets will appear and will deceive many people. **12** Sin will be rampant everywhere, and the love of many will grow cold. **13** But the one who endures to the end will be saved. **14** And the Good News about the Kingdom will be preached throughout the whole world, so that all nations will hear it; and then the end will come." *(NLT)*

Question #3

How Do I Level Patient Endurance Up?

_____ **And** _____

James 1:2 Dear brothers and sisters, when troubles of any kind come your way, consider it an opportunity for great joy. **3** For you know that when your faith is tested, your endurance has a chance to grow. **4** So let it grow, for when your endurance is fully developed, you will be perfect and complete, needing nothing. *(NLT)*

2 Corinthians 6:3 We live in such a way that no one will stumble because of us, and no one will find fault with our ministry. **4** In everything we do, we show that we are true ministers of God. We patiently endure troubles and hardships and calamities of every kind. **5** We have been beaten, been put in prison, faced angry mobs, worked to exhaustion, endured sleepless nights, and gone without food. **6** We prove ourselves by our purity, our understanding, our patience, our kindness, by the Holy Spirit within us, and by our sincere love. **7** We faithfully preach the truth. God's power is working in us. We use the weapons of righteousness in the right hand for attack and the left hand for defense. **8** We serve God whether people honor us or despise us, whether they slander us or praise us. We are honest, but they call us impostors. **9** We are ignored, even though we are well known. We live close to death, but we are still alive. We have been beaten, but we have not been killed. **10** Our hearts ache, but we always have joy. We are poor, but we give spiritual riches to others. We own nothing, and yet we have everything. *(NLT)*

Romans 12:9 Don't just pretend to love others. Really love them. Hate what is wrong. Hold tightly to what is good. **10** Love each other with genuine affection, and take delight in honoring each other. **11** Never be lazy, but work hard and serve the Lord enthusiastically. **12** Rejoice in our confident hope. Be patient in trouble, and keep on praying. **13** When God's people are in need, be ready to help them. Always be eager to practice hospitality. *(NLT)*

Don't Get _____

Galatians 6:7 Don't be misled—you cannot mock the justice of God. You will always harvest what you plant. **8** Those who live only to satisfy their own sinful nature will harvest decay and death from that sinful nature. But those who live to please the Spirit will harvest everlasting life from the Spirit. **9** So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up. **10** Therefore, whenever we have the opportunity, we should do good to everyone—especially to those in the family of faith. *(NLT)*

_____ **About Jesus**

Hebrews 12:1 Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us. **2** We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith. Because of the joy awaiting him, he endured the cross, disregarding its shame. Now he is seated in the place of honor beside God's throne. **3** Think of all the hostility he endured from sinful people; then you won't become weary and give up. **4** After all, you have not yet given your lives in your struggle against sin. *(NLT)*

Be _____

Colossians 1:11 We also pray that you will be strengthened with all his glorious power so you will have all the endurance and patience you need. May you be filled with joy, **12** always thanking the Father. He has enabled you to share in the inheritance that belongs to his people, who live in the light. *(NLT)*

_____ **God**

Isaiah 40:29 He gives power to the weak and strength to the powerless. **30** Even youths will become weak and tired, and young men will fall in exhaustion. **31** But those who trust in the Lord will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint. *(NLT)*