



# PATIENCE

**The ability to calmly wait or put up with pain or trouble without getting upset or angry.**

*I WILL show Patience by:*

- 1. Not interrupting other people.*
- 2. Not complaining if I don't get my way.*
- 3. Making the most of my spare time.*
- 4. Trying and trying again, until I succeed.*
- 5. Changing the things I can change and praying about the things I can't.*

The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.

There is no law against these kinds of things. - Galatians 5:22-23