Patience & Self-Control

Patience and self-control are both about holding back.
The Spirit grows them. You still have to use your legs.

PATIENCE

Waited, or forced it

WAITED

Trusted his timing, kept working

Joseph · Abraham · Simeon

FORCED IT

Could not wait seven days

Saul · Abraham and Hagar · the golden calf

Proverbs 16:32 · James 1:19 · Genesis 50:20

SELF-CONTROL

Ran, or grabbed it

RAN

Left his coat and got out

Joseph · Daniel · Boaz

GRABBED IT

One bowl, one future

Esau · Samson

Proverbs 25:28 · Genesis 4:7 · 2 Timothy 2:22

IN PRACTICE

WHERE HOLDING BACK COMES FROM

Slow down: *"quick to hear, slow to speak, slow to anger"* (James 1:19)

Write it, don't send it: *"a wise man quietly holds it back."* (Prov 29:11)

Decide before the plate: *"Daniel resolved that he would not defile himself"* (Dan 1:8)

Covenant with your eyes: *"I have made a covenant with my eyes"* (Job 31:1)

Run: *"So flee youthful passions and pursue righteousness"* (2 Tim 2:22)

Make no provision: *"make no provision for the flesh, to gratify its desires."* (Rom 13:14)

Let God do the working: *"it is God who works in you, both to will and to work"* (Phil 2:13)

WHERE IT DOESN'T

A short fuse ≠ strength: *"Whoever is slow to anger is better than the mighty"* (Prov 16:32)

Hurry ≠ progress: *"the people saw that Moses delayed … 'Up, make us gods'"* (Ex 32:1)

Forcing it ≠ faith: *"So I forced myself, and offered the burnt offering."* (Saul, 1 Sam 13:12)

Venting ≠ honesty: *"A fool gives full vent to his spirit"* (Prov 29:11)

One meal ≠ a future: *"Esau, who sold his birthright for a single meal."* (Heb 12:16)

One more ≠ enough: *"When shall I awake? I must have another drink."* (Prov 23:35)

Willpower ≠ fruit: *"the fruit of the Spirit is … patience … self-control"* (Gal 5:22–23)

Slow down. Say no. Stay close.

"Whoever is slow to anger is better than the mighty, and he who rules his spirit than he who takes a city."

Proverbs 16:32 (ESV)

Scripture quotations are from the ESV® Bible, © 2001 by Crossway. Used by permission.