

## Got Fruit?

### Patience

Ready (*Plant the seed*)

Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. –Galatians 6:9

Set (*Get the conversation started*)

Patience is simply “waiting until later for what I want now.” I’m sure you have had to be patient many times before; like when you are starving and your mom won’t give you a snack because she is making dinner, or when you were so excited for a new movie but it was weeks away from coming out in the theaters. Today we are talking about Godly patience. Godly patience requires stillness and trust that He knows what is best for us. God’s timing is perfect. There are many examples of people waiting on God in the Bible. Abraham and Sarah wanted children badly but they had to wait and wait until the Lord told them they would be parents at 99 years old! That is a very long time to wait! When God’s people were led out of Egypt, they traveled the wilderness for 40 years! That is a long time to travel but the Bible says their “clothes did not wear out nor did the sandals on their feet.” Deut 29:5

As an athlete, you will have to be patient when you are waiting for your turn to go back in the game or even waiting for your next season. You can still exhibit Godly patience in these times. Once you have accepted Christ, the gift of the Holy Spirit dwells within you and gives you the fruit of patience. We grow it just like the fruits of love, joy and peace: through practice. Let’s say you have not scored yet this season. The ball just doesn’t seem to go in the net when you shoot or you keep missing the pass to run the ball into the end zone. If you sit still and wait long enough will you finally score? No! What should you do while you are waiting on success? Yes, practice! You have to practice to get better; keep shooting and you will eventually make your shot. Keep running to get faster and practicing your catch and you will finally score that touchdown. If you keep working and have patience knowing that God is working to strengthen you, you will reap your harvest. This is having Godly patience; trusting that He’s in control and works all things for your good.

God’s timing is perfect. Remember that when you are praying, if it doesn’t come right away, that doesn’t mean no, it may just mean not right now. Continue to pray, be patient. Above all else, trust in God’s infinite wisdom for your life.

Grow (*Talk it over*)

- Have you ever been impatient about something? How did it work out for you?
- In what ways can you wait with Godly patience as an athlete?
- How can you practice patience in order to grow your fruit of the Spirit?

Pray

Father God, you have infinite wisdom and know all about our lives already, both what we have done and what we will do someday. We’re sorry that we don’t always have the patience to wait for what we want. We thank you for your grace. Help us to grow in our patience and understanding. Thank you for loving us. In Jesus name, Amen.

Overtime (*Optional lesson to reinforce patience.*)

Have players grab a partner & sit across from them. Play a game of patience using the staring game. The first person in each group to look away, blink, move or make a sound loses. Celebrate the winners by affirming their ability to be so patient.