

2025 VISION



But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, Meekness, temperance: against such there is no law.

Galatians 5:22-23



7/23/25 - Grow Wednesday

Fruit That Is Never Out Of Season - Longsuffering

Galatians 5:22-23, *"²²But the fruit (again remember this is singular - fruit, not fruits) of the Spirit is love, (and the eight expressions of love are what follows...) joy, peace, longsuffering, gentleness, goodness, faith, ²³Meekness, temperance: against such there is no law."*

This word longsuffering or patience means **long wrath** and **slow anger**. The literal meaning of the Greek word is the state of remaining tranquil while awaiting an outcome, patience, steadfastness, endurance. It is the state of being able to bear up under provocation, forbearance, patience toward others.

A lot of times we hear that anger is wrong or it's a sin, but that is not the case. Uncontrolled anger is wrong. The Bible tells us to not let the sun go down on our anger or wrath. What we're going to talk about tonight is the root of impatience, which is anger. Remember patience or longsuffering is being slow to anger.

Seven keys to managing your anger:

1. Resolve to manage it.

Proverbs 16:32, *"He that is slow to anger is better than the mighty; and he that ruleth his spirit than he that taketh a city."*

The first thing I want you to know about anger is that it can be managed. In fact, anger for the right cause can be a tremendous attribute. Don't you get angry at injustice and sin? Aren't there times when anger literally motivates you or compels you to do something about injustice?

2. Realize the cost.

We must realize there is a cost to uncontrolled anger. **Anger is one letter away from danger.**

Proverbs 29:22, *"An angry man stirreth up strife, and a furious man aboundeth in transgression."*

You will never get to the top if you keep blowing your top. When you lose your temper, you lose.

The Bible is very specific about the damage done by uncontrolled anger. It destroys relationships. Listen to these verses:

- Proverbs 15:18, *"A wrathful man stirreth up strife..."* Hot tempers cause arguments.
- Proverbs 14:29, *"...he that is hasty of spirit exalteth folly."* That means anger causes mistakes.
- Proverbs 14:17, *"He that is soon angry dealeth foolishly..."* People with hot tempers do foolish things.
- Proverbs 11:29, *"He that troubleth his own house shall inherit the wind: and the fool shall be servant to the wise of heart."* That means those who are angry will have nothing worthwhile left in their life.

Resentment is nothing more than stuffed anger. In fact, there are two things that society has a problem with: depression and resentment. Both of them have the root causes of anger.

3. Reflect before reacting.

Proverbs 29:11, *"A fool uttereth all his mind: but a wise man keepeth it in till afterwards."* That means the one who gives his anger free reign is a fool.

Anger is the result of: Hurt, Frustration, and Fear

Thomas Jefferson, in his book, Rules For Living, said, "When you're angry, count to 10 before you speak. And when you're very angry, count to 100." It's good advise to reflect before we react. Reflect on why we are angry in the first place.

4. Release your anger appropriately.

Now, there are right way and wrong ways to do this.

Ephesians 4:26, *"Be ye angry, and sin not: let not the sun go down upon your wrath:"*

Psychology says that on the inside we are all a bucket full of anger. They say the way to get rid of it is to just spill it. They call it "emotional venting" or "emotional vomiting." They say once you empty the bucket of anger you'll be okay. Now, I want you to know that's what psychology says, but that's not what the Bible says. That isn't the way it works because you and I are not just a bucket full of anger. You and I are a factory. There is a world of difference between a bucket and a factory. When anger is released inappropriately, it just increases the volume of anger we have on the inside. God's Word and human experience will tell you that if you become aggressive, it usually leads to more aggression. And if you become abusive, it usually leads to more abuse. And if you become angry, it just leads to more anger until it becomes a pattern within your life.

So how do you respond to anger? There are four possible options — two of them don't work:

- 1. Don't deny it.**
- 2. Don't suppress it.**

The #1 cause of depression is suppressed anger.

3. Do confess it.

4. Do express it.

5. Repattern your mind.

Romans 12:2, *“And be not conformed to this world: **but be ye transformed by the renewing of your mind**, that ye may prove what is that good, and acceptable, and perfect, will of God.”*

The way you **think** determines how you **feel**.

The way you **feel** determines how you **act**.

Your beliefs control your behavior.

6. Relate to people that are patient.

Proverbs 22:24-25, *“²⁴Make no friendship with an angry man; and with a furious man thou shalt not go: ²⁵Lest thou learn his ways, and get a snare to thy soul.”*

7. Rely on the Lord’s help.

Romans 15:5, *“Now the God of patience and consolation grant you to be **likeminded one toward another according to Christ Jesus.**”*

Patience or longsuffering is waiting without worrying.

We can look at church history and see men that significantly affected the world. Cotton Mather prayed for 20 years, 2-3 hours a day, for revival to come to America. The year that he died what is known as the Great Awakening began.

William Wilberforce was a man who for 50 years fought against slavery in the British Parliament. John Wesley wrote to Wilberforce the last letter he ever wrote and begged him to continue to fight and rid the British empire of this cancer. For 50 years he fought and it wasn’t until he was on his deathbed that the British Parliament outlawed slavery.

Hudson Taylor was a missionary to China for many years. While he was there he saw very few converts. But now as a result of his efforts millions of Chinese are coming to the Lord.

Here's what I am saying. The best things in life will take a long time. And we'll never get what we need from God by praying, "Oh God give me patience and give it to me right now." We've all prayed those kinds of prayers before.

It's interesting that the Bible uses the word wait in its different forms 154 times. Psalm 27:14, *"Wait on the LORD: be of good courage, and he shall strengthen thine heart: wait, I say, on the LORD."* Psalm 37:34, *"Wait on the LORD, and keep his way, and he shall exalt thee to inherit the land:"* Isaiah 40:31, *"But they that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint."*