



L I F E I N T H E  
SPIRIT

## Sermon Discussion Questions

Patience // James 5:7-11

- Pastor Joey said that growing in patience is a long, hard uphill road we're called to walk. In what ways has practicing patience felt like this (in a particular season, or in a certain relationship)?
- How would you define patience? How have you taught what patience is to your children or others? Would you explain it differently after listening to the sermon discussion?
- What opportunities do you have in your life to practice patience? Have you tried to eliminate the practice by filling opportunities with distraction?
- Who gets your time? Who are you willing to give attention and time to? Who might God be calling you to give more attention and time to? Who is worthy?
- How has God been patient with you? How does contemplating God's patience towards you help you grow in patience?
- An article from Psychology Today defines *hurry sickness* as "a behavior pattern characterized by continual rushing and anxiousness; an overwhelming and continual sense of urgency."
  - Do you desire to rearrange your own circumstances?
  - Do you allow time in your day to experience boredom or allow for spare time?
  - Some clues that you may have hurry sickness:

- Moving from one check-out line to another because it looks shorter/faster.
- Counting the cars in front of you and either getting in the lane that has the least or is going the fastest.
- Multi-tasking to the point of forgetting one of the tasks.
- Accidentally putting your clothes on inside-out or backwards.

