



World Christian Fellowship

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Galatians

Lesson 54 – Fruit of the Spirit

Long Suffering

Galatians 5:22-23, *But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness,²³ gentleness, self-control. Against such there is no law.*

Definition

Sometimes we can reverse a word and it seems to give more emphasis to its usage, such as longsuffering or one who suffers long with another or with circumstances.

In the Old Testament, the Hebrew for longsuffering is:

EREKH HAPPAYIM

Meaning, "long of nose (or breathing)."

Since anger is often indicated by a rapid and hard breathing through the nostrils, the origination would have been connected to the appearance of the person in anger— but he did not carry out his anger by outward actions of harm or hurt. Thus, the idea of being "long of anger," or more appropriately, "slow to wrath."

In the New Testament, the Greek for longsuffering is:
MAKRO THUMIA

Meaning, "long of mind or soul."

The term is translated "longsuffering" or "patient."

There is another word in the New Testament that is a synonym to **Makrothumia—HUPOMONE**, which literally means, "to remain under."

In most instances this word is translated "patience."

The idea is that a person is not too quick

- to act,
- to punish, or to react to offenses,
- injuries of others; or, he endures long under hardships,
- misfortunes, or troubles without giving up,
- or giving in to wrong reactions.

This person is determined to see a thing through without giving up and admitting defeat.

Hupomone:

Luke 21:19, *By your patience possess your souls.*

Romans 5:3, *And not only that, but we also glory in tribulations, knowing that tribulation produces perseverance;*

Romans 15:4, *For whatever things were written before were written for our learning, that we through the patience and comfort of the Scriptures might have hope.*

Colossians 1:11, *strengthened with all might, according to His glorious power, for all patience and longsuffering with joy;*
(both Gk. words used)

Hebrews 12:1, *Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us,*

James 1:3, *knowing that the testing of your faith produces patience.*

Revelation 2:3, *and you have persevered and have patience, and have laboured for My name's sake and have not become weary.*

1 Peter 2:20, *For what credit is it if, when you are beaten for your faults, you take it patiently? But when you do good and suffer, if you take it patiently, this is commendable before God.*

Romans 12:12, rejoicing in hope, patient in tribulation, continuing steadfastly in prayer;

Makrothumia:

Matthew 18:26, & 29,

²⁶ The servant therefore fell down before him, saying, 'Master, have patience with me, and I will pay you all.'

So his fellow servant fell down at his feet and begged him, saying, 'Have patience with me, and I will pay you all.'

Acts 26:3, especially because you are expert in all customs and questions which have to do with the Jews. Therefore I beg you to hear me patiently.

Ephesians 4:2, with all lowliness and gentleness, with longsuffering, bearing with one another in love,

Colossians 3:12, Therefore, as the elect of God, holy and beloved, put on tender mercies, kindness, humility, meekness, longsuffering;

1 Corinthians 13:4, Love suffers long and is kind; love does not envy; love does not parade itself, is not puffed up;

GOD is our Example.

God is longsuffering with His creatures! His longsuffering shows His goodness, kindness, and forbearance toward those who persist in wickedness and patiently calls him to repentance rather than to perish.

Luke 13:3, *I tell you, no; but unless you repent you will all likewise perish.*

2 Peter 3:9, *The Lord is not slack concerning His promise, as some count slackness, but is longsuffering toward us, not willing that any should perish but that all should come to repentance.*

As God appeared before Moses on mount Sinai, His character is portrayed!

Exodus 34:6-7, *And the Lord passed before him and proclaimed, "The Lord, the Lord God, merciful and gracious, longsuffering, and abounding in goodness and truth,⁷ keeping mercy for thousands, forgiving iniquity and transgression and sin, by no means clearing the guilty, visiting the iniquity of the fathers upon the children and the children's children to the third and the fourth generation."*

God's longsuffering with sinful man is clearly demonstrated in Genesis chapter 6.

The condition of men was so bad that there was no longer any hope for or reasons for their continued existence on earth. God gave them one hundred and twenty years to change their ways or else they will face the punishment.

His patience and long suffering came to an end and the great flood came that destroyed mankind from off the face of the earth with the exception of eight souls!

The following passages help to express the longsuffering of God:

Luke 18:7, *And shall God not avenge His own elect who cry out day and night to Him, though He bears long with them?*

Romans 2:4, *Or do you despise the riches of His goodness, forbearance, and longsuffering, not knowing that the goodness of God leads you to repentance?*

Romans 9:22, *What if God, wanting to show His wrath and to make His power known, endured with much longsuffering the vessels of wrath prepared for destruction.*

Challenge

The need for patience or to be willing to endure or suffer long is because we are not alone in this world. We are surrounded with people, things, events, catastrophes, etc., that challenge

us. If everything was rosy all the time, then there would be no need for this fruit of the Spirit.

Because of these things, we are challenged to handle these undesirable things with the same spirit with which God handles us, which is patience or longsuffering.

Patience or Long Suffering required

1. Everyday life

Hebrews 6:12, *that you do not become sluggish, but imitate those who through faith and patience inherit the promises.*

Hebrews 10:36, *For you have need of endurance, so that after you have done the will of God, you may receive the promise:*

Hebrews 12:1, *Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us,*

2. Circumstances beyond our control

Philippians 4:11, *Not that I speak in regard to need, for I have learned in whatever state I am, to be content:*

3. Troubled times

James 5:10, *My brethren, take the prophets, who spoke in the name of the Lord, as an example of suffering and patience.*

1 Peter 2:20, *For what credit is it if, when you are beaten for your faults, you take it patiently? But when you do good and suffer, if you take it patiently, this is commendable before God.*

2 Corinthians 6:4, *But in all things we commend ourselves as ministers of God: in much patience, in tribulations, in needs, in distresses,*

Romans 12:12, *rejoicing in hope, patient in tribulation, continuing steadfastly in prayer;*

4. Bearing one another

Ephesians 4:2, *with all lowliness and gentleness, with longsuffering, bearing with one another in love,*

Conclusion

The idea behind the concept of patience and longsuffering is the challenge of having the right attitude in showing such.

This attitude is expressed in Colossians.

Colossians 1:11-12, *strengthened with all might, according to His glorious power, for all patience and longsuffering with joy; ¹²giving thanks to the Father who has qualified us to be partakers of the inheritance of the saints in the light.*

It is not enough to endure but endure whatever with joy and thanksgiving!

We should be longsuffering towards all people and things or events, but it is critical that we are such to God's people; for by such we show that we are the children of God.

Colossians 3:12-14, *Therefore, as the elect of God, holy and beloved, put on tender mercies, kindness, humility, meekness, longsuffering; ¹³bearing with one another, and forgiving one another, if anyone has a complaint against another; even as Christ forgave you, so you also must do. ¹⁴But above all these things put on love, which is the bond of perfection.*