
PATIENCE

Practice Guide

PRACTICE 1 - SABBATH

“Christian patience is a non-anxious inner presence that waits with God as he works out His redemptive purposes in His redemptive time.”

Practicing a Sabbath is an opportunity to train ourselves to wait with God on His plans and His timing. It is an chance as a follower of Jesus to cease from our work and delight in God. It is one 24-hour period where we put down all of our various labors and practice trusting God and being patient for His working.

We would encourage you this week to take a day and practice a sabbath. We have a sermon, a step-by-step guide, and more resources for various life seasons available at: www.citizenscharlotte.com/sabbath.

PRACTICE 2 - WAITING

“For God alone my soul waits in silence; from Him comes my salvation. He alone is my rock and my salvation, my fortress; I shall not be greatly shaken.”
- *Psalm 62:1-2*

The Biblical practice of waiting is one we find often in the Scriptures, particularly in the Psalms. Waiting on the Lord means learning to give our concerns over to Him, trusting in His work and His timing.

This week, we want to take intentional time (30-45 minutes) to spend waiting on the Lord, with Psalm 62 as our guide.

Here are the steps:

1. In silence and prayer, make a list of your current unanswered prayer requests. (Think things like: salvations, healing, relationships, suffering, and the like)
2. Read slowly through Psalm 62 one time.
3. Work back through Psalm 62 again, this time using the Psalmists phrases of waiting on the Lord to lift your unanswered requests to God. Hand over your concerns to the Lord, and ask the Holy Spirit to help you trust in His work and His timing.
4. Extra step - share your prayers and concerns with a trusted friend, allow them to do the same, and pray for patience for each other.



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