

Series: Book of James
Patience in Suffering

Heavenly Father,
Guide us and this flock turn to you when times of suffering and hardships
Guide us and this flock to have patience in your kingdom.
Grant me the strength to endure, the fortitude to persevere, and the unwavering belief that you are with me in my trials.
Help me to accept what I cannot change and trust in your timing
Teach me to be patient with myself, to extend grace to my own limitations, and to find comfort in your compassionate embrace.
Help me to be patient with others, to offer understanding and empathy
Strengthen my character, and deepen my faith.
Grant me the patience to wait for your healing, to trust in your wisdom, and to find hope in your promises.
Guide us to more appreciative in your grace and mercy
In Jesus name, Amen.

At its heart, patience in suffering involves the ability to endure hardship without giving way to despair or resentment. It's about finding the strength to withstand pain, whether physical, emotional, or spiritual. It involves a degree of acceptance of circumstances that are beyond one's control. This doesn't necessarily mean passively resigning oneself to suffering, but rather finding a way to navigate it with a sense of inner peace. Patience in suffering is often linked to hope, whether it's hope for relief, for healing, or for a deeper understanding of life's purpose. Hope can provide the strength needed to persevere through difficult times. Suffering can be a catalyst for spiritual growth, and that patience in suffering can lead to greater wisdom, compassion, and resilience. The Bible emphasizes the importance of patience in trials, with examples like Job and the teachings of Jesus.

"Be joyful in hope, patient in affliction, faithful in prayer," is a well-known verse on this topic."-Romans 12:12

1. Practicing mindfulness can help individuals to stay present in the moment and to observe their suffering without judgment.
2. Treating oneself with kindness and understanding during times of suffering is essential.
3. Self-compassion can help to alleviate the emotional pain associated with hardship.
4. Connecting with others who understand and can offer support is crucial.

"Be patient, then, brothers and sisters, until the Lord's coming. See how the farmer waits for the land to yield its valuable crop, patiently waiting for the autumn and spring rains. You too, be patient and stand firm, because the Lord's coming is near. ... As you know, we count as blessed those who have persevered. You have heard of Job's perseverance and have seen what the Lord finally brought about. The Lord is full of compassion and mercy."-James 5:7-11

It connects present suffering to the future hope of Christ's return, providing a long-term perspective. James uses the analogy of a farmer waiting for the "precious fruit of the earth." Farmers must patiently

wait for the proper seasons and rains before they can reap their harvest. This illustrates that God's timing is often different from our own, and that we must trust in his process. This emphasizes that impatience can lead to interpersonal conflict and negativity. It encourages believers to maintain unity and harmony, even during difficult times. James points to the prophets and Job as examples of those who endured suffering with patience. These examples demonstrate that suffering is not unique to us, and that faithfulness in trials is rewarded. Job especially shows that even when we do not understand why we suffer, God is still compassionate and merciful. Those that remain steadfast through difficult times are considered blessed. Patience is a vital virtue for believers. Suffering is temporary, and God's ultimate justice and restoration are coming. We should maintain hope and avoid negativity during trials. We can gain strength by looking at the examples of those who have gone before us.

1. Recognize God timing
2. Endure hardships with hope
3. Maintain healthy relationships with others
4. Practice staying present in the moment and observing your thoughts and emotions without judgment. This can help you manage feelings of impatience.
5. Regularly engage in prayer, Bible study, and fellowship with other believers. This will strengthen your faith and provide support during challenging times.
6. Do not try to go through hard times alone. Seek out trusted friends, family, or spiritual advisors that can help support you.

I want to tell you a true story that New Jersey was not working for me because I ended up at Trenton Rescue Mission for three weeks. I hated the environment because it was not friendly and there was too much idolatry among staff and homeless people. I felt unsafe at the facility because it was too much violence and fighting that took place in the facility. There was too much altercation at the facility. Females used to sit at the same table in the facility gossiping about homeless men in the facility saying they do not want them around them like they run the place. You have the same homeless women talking and trying to tell staff how to run their program and facility. The same homeless women at the table always disrespect older homeless men at the facility in wheelchairs and crutches. That tells me that they do not respect the elderly. They need to really find themselves spiritually, economically and mentally. It is homeless men in the facility at Trenton Rescue Mission in Trenton, New Jersey that gossip about other people in the facility. That's why I say that homeless men and women at Trenton Rescue Mission in Trenton, New Jersey need to be taming the tongue by watching what they say and what words come out of their mouth. That is ungodliness and leads people down the path of sin, darkness and unrighteousness. Many homeless people and staff at Trenton Rescue Mission in Trenton, New Jersey are unrighteous and sinful with the unsafe environment on a daily basis. I am back in Baltimore long term as a hometown. I am using the knowledge that gained from the Spiritual Recovery Program at Star of Hope Mission in Houston with sticking to my monthly budgets for rent, household expenses and other living expenses.