

## PATIENCE

### FRUIT OF THE SPIRIT (4 OF 12)

Latin translation is LONGANIMITAS. Greek translations are MAKROTHUMIA and HUPOMONE. The first, pronounced (mak-roth-oo-mee-ah) comes from makros (long) and thumos (temper). The word denotes lenience, forbearance, fortitude, patience, endurance and longsuffering. Also included in makrothumia is the ability to endure persecution and ill-treatment. It describes a person who has the power to exercise revenge but, instead, exercises restraint (Strong's #3115).

The latter, hupomone, (hoop-om-on-ay) is translated "endurance": Constancy, perseverance, continuance, bearing up, steadfastness, holding out, patience and endurance. The word combines hupo (under) and mone (to remain). It describes the capacity to continue to bear up under difficult circumstances, not with a passive complacency, but with a hopeful fortitude that actively resists weariness and defeat (Strong's #5281).

### NEW AMERICAN BIBLE REFERENCES

[1 Corinthians 13:4-7](#) exhorts: "Love is patient, love is kind. It is not jealous, [love] is not pompous, it is not inflated, it is not rude, it does not seek its own interests, it is not quick-tempered, it does not brood over injury, it does not rejoice over wrongdoing but rejoices with the truth. It bears all things, believes all things, hopes all things, endures all things."

[Hebrews 10:36](#) tells us what will be required for the path through the Narrow Gate: "You need endurance to do the will of God and receive what he has promised."

[Colossians 1:11](#) encourages us that we are "strengthened with every power, in accord with his glorious might, for all endurance and patience, with joy."

[Ephesians 4:2](#) urges you & I to live in a manner worthy of the call we have all received "with all humility and gentleness, with patience, bearing with one another through love."

Exuding patience requires us to deny our natural human responses in difficult times, as [Matthew 16:24-26](#) instructs: "Then Jesus said to his disciples, "Whoever wishes to come after me must deny himself, take up his cross, and follow me. For whoever wishes to save his life will lose it, but whoever loses his life for my sake will find it. What profit would there be for one to gain the whole world and forfeit his life? Or what can one give in exchange for his life?"

See page 2 for Catechism of the Catholic Church references.

## **PATIENCE - FRUIT OF THE HOLY SPIRIT (4 OF 12)**

### **CATECHISM OF THE CATHOLIC CHURCH (CCC) REFERENCES**

There are 15 references to PATIENCE in the CCC. Click [HERE](#) to review them (available on line only).

Those listed below are taken from the Index:

bearing wrongs patiently as a work of spiritual mercy, [2447](#); "Charity is patient," [1825](#); in the family, [2219](#); as a fruit of the Spirit, [736](#), [1832](#); God's, [2822](#); prayer and patience of faith, [2613](#).