



## Welcome to Unity's Interactive Worship Service

**Today's Topic:**  
**The Virtue of Patience**  
Power Point notes available at:  
[www.unityofbakersfield.org](http://www.unityofbakersfield.org)

### The Virtue of Patience

In his letter to the Romans, Paul exalted the virtue of patience. **“While tribulation causes patience, patience brings experience, and this experience gives us hope.”** (Rom 5:3-4)

Paul did have his moments of great spiritual insights, which gives me hope that despite my own trials and tribulations of dealing with the human condition I too can express the virtue of patience.

### The Virtue of Patience

Someone once said, “Patience is not passive waiting. Patience is active acceptance of the process required to attain your goals and dreams.”

Then there is this one: “Patience is not the ability to wait but how you act while you’re waiting.” –Joyce Meyer

And this old adage: “He can never wait for anything, always jumping out of the frying pan and into the fire.”

### The Virtue of Patience

In his book, New Ways of Thinking, Unity minister, Charles Roth offers this insight on patience: “Patience is something you cannot buy. It cannot be inherited. It cannot be given to you in any way. Patience is an attitude of mind that you alone must develop and nourish until it becomes an established, automatic, and effortless response in the face of problems that seem to take endless amounts of time to solve.”

### The Virtue of Patience

According to a 2007 study by Fuller Theological Seminary professor Sarah A. Schnitker and UC Davis psychology professor Robert Emmons, found that patient people tend to experience less depression and negative emotions, perhaps because they can cope better with upsetting or stressful situations. They also rate themselves as more mindful and feel more gratitude, more connection to mankind and to the universe, and a greater sense of abundance.

### The Virtue of Patience



Elisabeth Kubler Ross shared her personal insight on patience:

“Patience is one of our hardest lessons, perhaps the most frustrating one to learn. I’ve never been a patient person. I’ve always been an extremely active and busy person all of my life.

### The Virtue of Patience

Now, because of my illness, I can only get around by wheelchair with someone's help and have been challenged with learning the lesson of patience. Now, I have to do one of the things I hated most in my life – to wait.

People no longer know how to wait, in fact the lesson of patience is not the waiting, it's the meaning behind the waiting. The next time you find yourself getting upset because you're waiting on someone or something to happen, ask: What am I really upset about?

### The Virtue of Patience

Studies were done with children to see if how their sense of patience was being developed. When given the choice of having one cookie now or two in an hour, the children who were able to wait did much better in life.

Patience is clearly an important asset in our lives, yet so many people will stand in front of their microwaves thinking, 'Hurry up!'"

### The Virtue of Patience

In their book, Life Lessons, co-authors Elisabeth Kubler Ross and David Kessler give the reader insights on what all the great spiritual teachers have told us. Here are their observations after studying the effects of those who practice as a virtue.

**1) The key** to patience is knowing that everything is going to be fine, developing the faith that there is a plan.

### The Virtue of Patience

**2) Patience** is like a muscle that must be exercised regularly if we expect it to help us move through life.

**3) The root word** for patient comes from the Latin word *pati* (pa tay) which means to endure. The **noun patient** is used to describe a person undergoing a medical treatment; the **adjective patient** is used to describe someone tolerating an affliction with calmness.

### The Virtue of Patience

**4) Your experiences** in life lead you to believe that they are about your health, work, love life, relationships. They aren't. They are about the love, compassion, humor, and patience you bring to your life and its situations. Remember your situations are the effects of you as cause.

### The Virtue of Patience

**5) The universe** is only concerned with who you show up to be, and it will bring into your life whatever you need so that you can become the person you're suppose to be. The key in this process of being lies in trusting and having patience.

### The Virtue of Patience

I would like to leave you with this story about one mother's application of patience in her life with her son Jr.:

#### Making Brownies with Mom

Remove teddy bear from oven and preheat to 375.  
 Melt 1 cup of margarine in saucepan.  
 Remove teddy bear from oven and tell Jr. "no, no."  
 Add margarine to 2 cups of sugar.

### The Virtue of Patience

Take shortening can away from Jr. and clean cupboards.  
 Measure 1/3 cup cocoa.  
 Take shortening away from Jr. again and bathe cat.  
 Apply antiseptic and bandages to scratches sustained while removing shortening from cat's tail.  
 Assemble 4 eggs; 2 tsp. vanilla, and 1-1/2 cups sifted flour.

### The Virtue of Patience

Take smoldering teddy bear from oven and open all doors and windows for ventilation.  
 Measure 1 tsp salt; 1/2 cup nuts and beat all ingredients well.  
 Let cat out of refrigerator.  
 Pour mixture into well-greased 9x13 inch pan.  
 Bake 25 min.  
 Rescue cat and take razor from Jr. Throw cat outside while there's still time and he's still able to run away.

### The Virtue of Patience

Mix frosting ingredients in saucepan.  
 Answer the door and meekly explain to the nice policeman that you didn't know Jr. had slipped out the door and was heading down the middle of the street. Put Jr. in his room.  
 Add 1/3 cup milk, dash of salt and boil frosting mixture for 2 min.  
 Answer door and apologize to the neighbor for Jr. having stuck a garden hose in man's front door mail slot.

### The Virtue of Patience

Promise to pay for ruined carpet. Tie Jr. to clothesline.  
 Remove burned brownies from oven.

*Patience with others is  
 LOVE.  
 Patience with self is  
 HOPE.  
 Patience with God is  
 FAITH. ~ Adel Bestavros*