

A Conversation Guide About
PATIENCE



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Introduction

Welcome! This workbook is your guide through *Patience*, a video series on the role of patience in society, communities, and individuals. Five thought leaders from different faith traditions and backgrounds share their thoughts on patience: what it means, what it looks like in different contexts, how to practice it, and what benefits it brings. This workbook is meant to help strengthen your understanding of patience through independent reflection and/or small group discussions with youth.

Take a moment to review the conversation starters in this workbook after watching each video. Then meditate on what patience means to you in relation to the topic offered.

Video 1: Patience Working with Faith Traditions

Our panel of experts discuss how their different faith traditions think about the practice of patience. They examine the meaning of patience in their own faith, the nature and relationship between patience and God, and the ways in which their faith informs their attitudes towards patience. After watching this video, please answer the following reflection questions on your own and then with a small group.

Self-Reflection

Read 1 Corinthians 13:4-7 slowly. Let the words linger and instill patience.

4 Love is patient, love is kind. It does not envy, it does not boast, it is not proud. **5** It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. **6** Love does not delight in evil but rejoices with the truth. **7** It always protects, always trusts, always hopes, always perseveres. **(NIV)**

How is patience an expression of love in your daily interactions with yourself, youth, and others?

Read the following Old Testament passages:

Misfortune can become fortune through patience.

- Ibn Gabriol Mibhar Peninm c 1050 #104

Patience yields many good things.

- Apocrypha: Patriarch, Joseph 27

Reflect on a time in your life when patience yielded good things. How did that make you feel?

Read the following quotes from the Qu'ran:

SEEK help in PATIENCE AND prayer, and truly it is hard save for the humble-minded.

- Qu'ran 2:45

Oh ye who believe! SEEK help with patience perseverance and prayer, for God is with those who patiently persevere.

- Qu'ran 2:153

Do you feel close to God when you practice patience? Why or why not?

Finish the following sentence:

I find it difficult to be patient when _____
_____.

Referring back to the sentence above, what is most frustrating for you about that situation?

Group Discussion

What does patience mean to you? Is your definition of patience influenced by your faith tradition?

Do you think of God as patient or impatient (or both)? Why do you think of God in this way?

Do you find it difficult to be patient? If so, what triggers you to be impatient? (As you reflect on this question, think about the underlying reasons for feeling frustrated in those situations).

Video 2: Patience and Each Other

Our panelists consider how patience can lead to better relationships through understanding and dialogue. They challenge the narrative and meaning of impatience in today's Western culture, reflecting on what a culture of patience might create. Finally, they look at the ways in which relationships and community can help us further develop patience. After watching this video, please answer the following reflection questions on your own and then with a small group.

Self-Reflection

What benefits do you think patience can bring to your relationships with others?

Are there groups of people with whom you are more patient? Do you find any similarities between this group and yourself?

Are there groups of people with whom you are less patient? What differences do you see between this group and the group you mentioned above?

Research has proven that *cognitive reappraisal* (or thinking about a situation differently) can help us regulate and control our emotions. How can cognitive reappraisal help you improve your relationships with those you are impatient?

Group Discussion

How does patience impact your personal relationships?

How can you cultivate patience in your daily relationships (e.g. with your parents, friends, mentors, etc.)? A good exercise is to constantly remind yourself why patience is important to you and how it connects to your role as a son/daughter or friend.

The panelists in this video discuss the connection between patience and interracial dialogue. What do you think about their conclusions? Was there anything surprising or challenging to you? What implications do these conclusions have on our daily actions?

Video 3: Patience and Self-Care

In this video, our panelists discuss the connection between patience, self-care, and compassion. They reflect on strategies for developing patience in their everyday lives. They also think about re-framing situations in order to enhance patience and improve communication. After watching this video, please answer the following reflection questions on your own and then with a small group.

Self-Reflection

Reflect on a time when you were patient with yourself. How would you describe that experience?

Are there situations where you instantly become impatient with yourself? What feelings do they evoke for you?

How can being patient with yourself be an act of self-care?

The panelists discuss how having patience with yourself enables you to have compassion for others. How do you see that play out in your own life?

Group Discussion

What are some steps you have taken in the past to be patient with yourself? If you've never tried this, why do you think that is?

Why is having patience and compassion with yourself important?

Is there something or someone who represents patience to you? Why?

To learn more about how to practice patience, check out *WAIT: A Training Guide to Understanding and Developing Patience* on www.thethrivecenter.org.

Video 4: Patience and Work

Our panel of experts reflect on both the study of patience and the holistic benefits it can bring to the workplace, as well as the world. They also discuss the key elements of patience that lead to a more successful and fulfilling life, such as linking ourselves to a sense of purpose greater than yourself. After watching this video, please answer the following reflection questions on your own and then with a small group.

Self-Reflection

What role does or should patience have when working with others?

How can you use patience for better work environment and/or community?

What tools or strategies can you use to remind yourself to be patient with others?

Do you see a difference between your patience at home compared to the workplace?

Group Discussion

How can you connect the practice of patience to your purpose and meaning in life?

Discuss how the fear of suffering, as mentioned by Dr. Sarah Schnitker, can become a burden when practicing patience? What obstacles does it present and how can you overcome them?

If you were to wake up tomorrow with endless amounts of patience, what concrete impact do you imagine that will have on your life? How will it affect your school, career, relationships, and/or community?

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Video 5: Patience and Youth

In this final video, our panelists touch on the values and challenges of teaching young people the value of patience. They focus on the importance of modeling patience while working side-by-side with them. They also reflect on how we can help youth unfold their life narrative or purpose as they navigate through adulthood. After watching this video, please answer the following reflection questions on your own and then with a small group.

Self-Reflection

Flashback to your time as a youth. How has time and experience changed your outlook on patience and the way you practice it?

Do you currently work with or have youth? If so, are you able to be patient when dealing with them? How are you impatient with them?

When feeling impatient with youth, remember to be compassionate. How can modeling kindness and compassion influence youth to practice patience?

What would you say are the values and challenges you face when teaching youth patience?

Group Discussion

Does the topic of patience come up with friends, family members, or mentors?

What role does patience play in your everyday life?

What are some effective ways to build patience at home, school, and/or your community? What makes these effective?

