

Patience: Experiencing Grace the Hard Way

Ready:

"... walk worthy of the calling you have received, with all humility and gentleness, with patience, bearing with one another in love..." - Ephesians 4:2

Set

It's game day. You're playing flag football with "that guy." He runs every play like he's in the NFL, calls for the ball constantly, and celebrates wildly—even when he drops the pass or misses his route. He ignores the play call, doesn't hustle on defense, and yells when things don't go his way. And that's where patience with people begins.

Biblical patience (*makrothumía*) doesn't dismiss frustration. It manages the anger, frustration, and sarcasm you feel when people test your limits. The Greek word comes from *makrós* (long) + *thymós* (passion or anger). It literally means "long-tempered". It's the Spirit-grown ability to control your reactions when dealing with difficult people. It's not a personality trait. It's a fruit of the Spirit that is God-grown (Gal 5:22-23). It enables you to bypass impatience and treat others with grace—even when they don't deserve it.

Patience doesn't dismiss hard conversations—it makes them possible. Confronting with grace and truth is one of the most loving things we can do. It protects relationships from disconnection. It soothes resentment. The Holy Spirit equips us to listen well, speak calmly, and clarify issues without blame. As we surrender to God's Spirit we face these moments with courage. God grows *makrothumía* in us—deep, relational patience that matures with every conversation.

Let's be real—whether it's the ball hog on the court, on the field or in the pool, some people test our limits. Right or wrong, people push our buttons! But what if those people are actually God's training ground for your spiritual growth? What if your Spirit-powered restraint is an opportunity to deepen a relationship in a God-appointed moment. Like everything in sports, you get better at these crossroads with practice.

Take this baby step today. Pause before reacting. Pray before speaking. Practice insightful questions that help you step into someone's shoes. You don't need to be perfect—just present, Spirit-led, and willing to grow.

Go

- Who is someone in your life right now that tests your patience? Could God be using them to grow patience in you?
- How does "people patience" differ from "toughing it out"?

- What is one small step you could take this week to have a calm, honest conversation with someone?

Workout

Romans 2:4

1 Corinthians 13:4

Colossians 1:11

Overtime

“Abba Father. I want to be more patient—but not just in general. I want to love people who test me. Help me pause, pray, listen, and speak with grace. Today, grow patience in me through your Spirit. Amen.”



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