

I'm German and I have PMS – workshop notes

Patience is the **fruit** of yielding my time, expectations, possessions, and future to God to mold and use in His own time and as He sees fit. It is the **fruit** of trusting in and resting in His sovereign goodness toward me.

Impatience is the **fruit** of my grasping ownership of my time, possessions, expectations, and future, and my manipulation of those things. Impatience is the **fruit** of trying to remain in control and not trusting God, His purposes, or His plans. It is the **fruit** of my self-centeredness and rebellion against God.

Scripture to study in your quiet time:

- Proverbs 15:1
- Ephesians 4:1-3
- 1 Corinthians 13:4-5
- James 5:7-8
- 2 Peter 3:15
- 1 Timothy 1:15-16
- James 1:19-22
- Galatians 5:22-24.
- 2 Corinthians 3:3-9
- James 4:6
- Philippians 2:5-7
- 2 Corinthians 10:5
- Philippians 4:8
- Galatians 6:7

Putting Impatience to Death

1. Repent
2. Confess and apologize for past hurts
3. Re-evaluate your expectations
4. Embrace divine interruptions
5. Seize opportunities to train
6. Apologize in the instance
7. Practice walking in joy, gentleness, and kindness
8. Take your thoughts captive

View your child through the lens of the gospel, through eyes of faith.

Words that Build

- Positive words
- Patient words
- Content words
- Appreciative words
- Sweet-tempered words
- Teaching words
- Gentle words
- Merciful words
- Respectful words
- Deferential words
- Thoughtful words
- Agreeable words
- Polite words
- Selfless words
- Meek words
- Self-examining words
- Kind words
- Loving words
- Defenseless words
- Humble words
- Pleasant words
- Quiet words
- Correcting words
- Compassionate words
- Accepting words
- Forgiving words
- Affectionate words
- Building-up words
- Encouraging words
- Grace words
- Confirming words
- Exemplary words
- Edifying words

Words that tear down

- Negative words
- Angry words
- Complaining words
- Critical words
- Pushy words
- Nagging words
- Aggressive words
- Demanding words
- Disrespectful words
- Insensitive words
- Interrupting words
- Debating words
- Embarrassing words
- Petty words
- Holier-than-thou words
- Judgmental words
- Sarcastic words
- Irritated words
- Defensive words
- Arrogant words
- Interrogating words
- Loud words
- Accusing words
- Suspicious words
- Rejecting words
- Condemning words
- Resentful words
- Destructive words
- Discouraging words
- Ultimatum words
- Contradicting words
- Controlling words
- Demeaning words