



Life Group Study Guide

A new normal. These past several weeks have forced us to adapt to new ways of doing things. Work. School. Even the way we do mundane tasks like getting groceries. And, in the weeks or months ahead, as stores and parks and schools reopen and social distancing is reduced and eventually eliminated, there will undoubtedly be yet another new normal to the way we live, relate, learn, play, and live.

But, what if it wasn't just a new normal, but a better normal? What if we take the lessons learned this spring and use them as a catalyst to living differently? By changing habits and adopting new ways of thinking, what if we could not just alter our routines but use them to strengthen our relationships, minds, bodies, finances, and everything in between?

Join The Water's Edge, beginning April 19th, as WE take a look at not just a new normal, but A New Better Normal.

Weomaha.com/Normal

Week 2: A Little Patience

Watch:

April 26, 2020 Sermon

Available on-demand on Facebook.com/WEOMaha,
YouTube.Com/WE Omaha and WEOMaha.com/normal

Read:

But if we look forward to something we don't yet have, we must wait patiently and confidently. -Romans 8:25

Love is patient and kind. Love is not jealous or boastful or proud or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged. -1 Corinthians 13:4-5

But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things! –Galatians 5:22-23

Then the Lord took Abraham outside and said to him, "Look up into the sky and count the stars if you can. That's how many descendants you will have!" –Genesis 15:5

The Lord kept his word and did for Sarah exactly what he had promised. She became pregnant, and she gave birth to a son for Abraham in his old age. This happened at just the time God had said it would. And Abraham named their son Isaac. –Genesis 21:1-3

Ask:

1. Let's start with something fun. How many songs can you name that have the word "patience" in it?
2. What has been your reaction to the changes you have encountered due to the pandemic? How can you make a positive change as we move toward a new better normal after the pandemic?
3. What comes to mind when you hear the word patience?
4. Craig mention that **Patience is the capacity to accept or tolerate delay, trouble, or suffering without getting tense or anxious or frustrated or angry.** Would you describe yourself as a patient or impatient person? Explain.
5. In 1 Corinthians 13:4-5, Paul first describes love as patient. It comes before any other virtue. When you think about your relationships, how does patience come into play? What is the best example of patience in regard to someone expressing love to you that you can remember?
6. Patience is a gift from God. It can only be accepted. Does this statement change the way you look at patience? Why or why not?
7. How has culture affected the way you practice patience?
8. Jesus did not talk about patience. He didn't have to because He lived it out. As we move toward our post-pandemic world, what will you do to live more patiently?
9. Patience is needed in three areas of life – Self. Others. God. Rate your patience in these three areas from 1 (highest amount of patience) to 3 (needs the most work).
10. Patience with yourself is growth. Do you find yourself enjoying the journey or lamenting that you are not at your destination? Why do you think you act this way? How will you practice patience better with yourself?

11. Patience with others is grace. How often do you choose to understand rather than get mad? Is it easier to allow yourself to get mad or understand? Why?
12. Patience with God is faith. Faith means we are willing to give up control and wait on God. Abraham waited for a son. The son was named Isaac which means...laughter. In his sermon, Craig said, **“the reason they laughed in the end was that it suddenly dawned on them that the wildest dreams they’d ever had hadn't been half wild enough.”** How can you practice being patient with God better? How can being still and waiting for God to act lead to laughter in your life?
13. As we end our session today, how can we pray specifically in regard to patience for you?