

“Patience is an exercise in self-control.” Anonymous

“Love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. To these I commit my day. If I succeed, I will give thanks. If I fail, I will seek his grace. And then, when this day is done, I will place my head on my pillow and rest.” Max Lucado

1 Thessalonians 5:14 *Be patient with everyone.*

Isaiah 60:22 (NLT) *At the right time, I the Lord, will make it happen.*

The front page of today’s Denver Post had this headline: Public Battles Virus Fatigue. I would add this: Public Battles Zoom Fatigue. Public Battles Shelter in Place Fatigue. Public Battles Uncertainty Fatigue. You can add your own fatigue to the list. What I have learned in the six weeks of being on restriction is that patience and control issues are kissing cousins. I find that it’s almost always true that the reason I become impatient is because I’m not in control. I’m not the lead dog in the team; I’m not the ring master. “If I was in charge, if I could do things my way, life would run smoother, be more efficient, and stuff would get done more quickly.”

And, especially now, when we have to wait for the “All’s well.” When we have to wait in line – and we have to do it with six foot distancing, wearing masks, and being alert not to cross someone’s boundaries. A couple weeks ago a woman yelled at me (yes, in a very loud voice) because she determined I was too close to her. Patience and control.

When you’re late for an appointment and every driver seems to know you’re in a hurry, but they won’t get out of your way – do you lose patience? When you know the right way to do some task, and a person doesn’t meet your standard of excellence, perfection, timeliness, cleanliness, practice, whatever – do you lose patience?

Okay, so maybe this is my personal confession about patience and control, but perhaps you can identify an area in your own life where the need for control overrules the gift of patience.

The next time you become impatient, take a moment to think about the root cause. What/who are you trying to control . . . and can’t? You see, our impatience is a red flag of something else lying under the surface – a deeper heart issue that’s being exposed by our inability to extend grace to what/whoever isn’t meeting our expectations or demands.

Somewhere in our impatience is the notion we have to be served, be in control, be obeyed – be like God. Pride is our biggest stumbling block to growing in patience.

James 4:1 (Message paraphrase) *Where do you think all these appalling wars and quarrels come from? Do you think they just happen? Think again. They come about because you want your own way, and fight for it deep inside yourselves.*

As a follower of Christ, remember who's in control, and thank Him for that. Who better to be in charge than the One who loves you and sent His Son to die for you?

1 Corinthians 13:4-5 *Love is patient and kind. It does not demand its own way.*

Take a deep breath . . . and trust that **God's got this** . . . whatever "this" is.