

Every member ministry

全民參與

Fruit of the Spirit

聖靈果子

Love 仁愛

Joy 喜樂

Patience 忍耐

Peace 和平

Kindness

恩慈

Goodness

良善

Faithfulness

信實

Gentleness

溫柔

Self control

節制

- Does the speaker have to be a good example of the fruit?

講員自己必須是聖靈果子的好榜樣嗎？

Patience 忍耐



Range of meanings
字義範圍

Patience 忍耐

Longsuffering 長期苦忍

Forbearance 寬容

Endurance 耐力

Perseverance 堅韌

- Greek 希臘文 MACROTHUMIA
- Macro = large 大, great 重要
- Thumia =?

“Short term” patience – examples 短暫忍耐的例子

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Computer glitch or mobile phone problem, when it’s definitely not your
fault 明明絕對不是你的錯，電腦卻當機或手機出狀況

Considerations 考慮點



HOW URGENT IS THE
TIME FACTOR?

時間因素有多緊急



WHAT DEGREE OF CONTROL
DO YOU HAVE ?

您對此事有多大的控制權?



Examples of Patience 忍耐的例子

OT 舊約?

NT 新約?

JOB 約伯

- ²⁰ At this Job got up and shaved his head. Then he fell to the ground in worship and said 約伯就起來，撕裂外袍，剃了頭，俯伏在地敬拜
- ²¹ “Naked came I from my mother’s womb and naked shall I depart; The Lord gave and the Lord has taken away;
May the name of the Lord be praised”
說：「我赤身出於母胎，也必赤身歸回；賞賜的是耶和華，收取的也是耶和華。耶和華的名是應當稱頌的。」
- ²² In all his, Job did not sin by charging the Lord with wrongdoing 在这一切的事上，約伯並沒有犯罪，也不以上帝為狂妄。

Job 1, 20-22 約伯記1章 20-22 節



The patience of Job 約伯的忍耐

Brothers, as an example of patience in the face of suffering, take the prophets who spoke in the name of the LordYou have heard of Job's perseverance and have seen what the Lord finally brought about. The Lord is full of compassion and mercy.

James 5, 10-11

弟兄們，你們要把那先前奉主名說話的眾先知作能受苦、能忍耐的榜樣... 你們聽見過約伯的忍耐，也看見主給他的結局，知道主是充滿憐憫和慈悲的。

雅各書5章10-11節

New
Testament
examples
新約中的榜樣

Simeon 西面

Anna 亞拿



Simeon 西面

He was waiting for the consolation of Israel. It had been revealed to him that he would not die until he had seen the Lord's Christ.

他素常盼望以色列的安慰者來到，又有聖靈在他身上。他得蒙聖靈的啟示，知道自己未死以前必看見。主所立的基督。

Sovereign Lord, as you have promised, now dismiss your servant in peace, For my eyes have seen your salvation, which you have prepared in the sight of all people, a light for revelation to the Gentiles, and for the glory of your people Israel

主啊，如今可以照你的話，容你的僕人安然去世；因為我的眼睛已經看見你的救恩，就是你在萬民面前所預備的：是啟示外邦人的光，是你民以色列的榮耀。

Simeon's blessing 西面的祝福

Then Simeon blessed them and said to Mary, his mother, "This child is destined to cause the rising and falling of many in Israel and to be a sign that will be spoken against..... And a sword will pierce your own soul too" Luke 2, 34-35

西面給他們祝福，又對孩子的母親馬利亞說：「這孩子被立，是要叫以色列中許多人跌倒，許多人興起；又要成為毀謗的對象，叫許多人心裏的意念顯露出來；你自己的心也要被劍刺透。」路加福音2章：34-35

Anna 亞拿

- She never left the temple, but worshipped night and day, fasting and praying. Coming up to them at that very moment, she gave thanks to God and spoke about the child to all who were looking forward to the redemption of Israel

她不離開聖殿，禁食祈求，晝夜事奉上帝。正當那時，她進前來感謝上帝，對一切盼望耶路撒冷得救贖的人講論這孩子的事。

Was Paul patient?

保羅是否一個忍耐的人？

- Non-stop travelling 無休止的旅程
- Urgently wanting to preach the gospel to all the known world
熱切地渴望把福音傳到地極
- Writing many letters to the early churches 寫了很多書信予早期教會
- Encouraging others to travel and preach when he was in prison
鼓勵他人一同參與宣教旅程，於獄中依然傳講福音
- Being patient does not mean being lazy, “laid back” or lacking ambition
有耐心並不代表懶散、「隨性」或缺乏抱負

Paul writing to Timothy 保羅寫信予提摩太

- You know all about my way of life, my purpose, faith, patience, love, endurance, persecutions, sufferings – what kinds of things happened to me in Antioch, In fact, everyone who wants to live a godly life in Christ Jesus will be persecuted.... 2 Tim 3, 10-12

但你已經追隨了我的教導、行為、志向、信心、寬容、愛心、忍耐，以及我在安提阿、以哥念、路司得所遭遇的迫害和苦難。我忍受了何等的迫害！但從這一切苦難中，主都把我救了出來。其實，凡立志在基督耶穌裏敬虔度日的，也都將受迫害。

提摩太後書3章10-12節

The patience of God 忍耐的 上帝



I knew that you are a gracious and compassionate God, slow to anger and abounding in love, a God who relents from sending calamity – Jonah 4, 2

我知道你是有恩惠，有憐憫的上帝，不輕易發怒，有豐盛的慈愛，並且會改變心意，不降那災難 – 約拿書4章2節



Similar statements in other OT places, e.g. Joel 2, 13: Ps. 86, 15 etc

同樣的經文出現於舊約聖經約珥書2章13節和詩篇86篇15節



Idea of mercy, withholding judgement

慈悲為懷、寬恕包容（不輕易評判）

“Long term”
patience
「持續」的
忍耐

Family - Marriage, children etc
家庭-婚姻, 兒女

Work - Relations with colleagues,
achieving workobjectives
工作 - 與同事的關係, 完成工作
目標

Marriage 婚姻

Finding the right partner
尋找合適的伴侶

Children – problems of infertility/pregnancy
兒女 - 不育問題/生育

Long term illness 長期病患

A handicapped child 身體不健全的孩子

Patience at work 工作的忍耐

Example of Demis Hassabis – Nobel Prizewinner of Chemistry 2024

Demis Hassabis 的例子 – 2024年諾貝爾化學獎得主

(The Thinking Game - YouTube)

網絡遊戲

Turned down £1,000,000 at the age of 17

在 17 歲時拒絕了 1,000,000 英鎊

Refused to go to Silicon Valley, despite tempting offers

儘管有著誘人的邀約，仍拒絕前往矽谷



A different kind of patience 不一樣的忍耐

Have any events or activities in your past
turned out to have unexpected results
in the future?

在你的過去，是否有任何事件或活動
在未來帶來了意想不到的結果？

Questions 分享問題

- In what areas is your patience particularly good (or bad!)?
在哪些方面你的耐性特別好（或是特別差！）？
- Is there anything in your life that has had a significant result many years later?
在你的生命中，是否有任何事情在多年以後產生了重大的影響？