

## QUESTIONS FOR PERSONAL REFLECTION:

1. If I rate how patient I am, in a scale of 1-10 with 10 being the highest, what would it be?
2. What causes my impatience? List the reason/s down and reflect on them
3. How can I grow in my patience! List the ways that the Holy Spirit is inspiring you with, try them and pray.
4. Remember, Relax and trust God for I am so loved by a God who is very patient with me!

### LOJC FEAST IN THE WEST REMINDERS:

NOV 19.....FEASTS, 1:30 PM, HOLY ROSARY ELEM SCHOOL GYM

NOV 26.....YOUTH INSPIRED! SERVANTS' RETREAT.  
MILTON SENIOR CENTER, 9:00 AM – 7:00 PM

DEC 3..... LOJC CHRISTMAS CELEBRATION, 5:00 PM,  
MISSISSAUGA VALLEY CC

DEC 17.....FEAST, 1:30 PM, HOLY ROSARY ELEM SCHOOL GYM

### Prophecies: October 15, 2011

"For the sake of the Lord, submit yourselves to every human authority to the emperor who is the supreme authority and to the governors who have been appointed by Him to punish the evil doers and praise those who do good. For God wants you to silence the ignorant talk of foolish people by the good things you do. Live as free people, do not however use your freedom to cover up any evil but live as God's slaves. Respect everyone... Love other believers... Honor God and respect the emperor. 1 Peter 2:13-17."

"Surrender your lives to me. I will take care of your needs. I will take care of your concerns. I will take care of the desires of your heart."

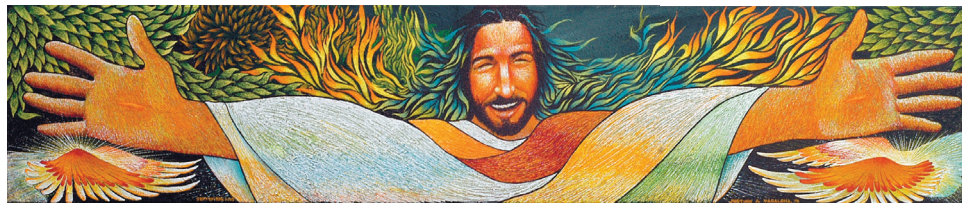
"My children, you are unique of all my beings because you are the only ones I have given free will. But your free will and your freedom has come from me and when I asked that, you let Me be in control of your life. I expect you to honor my request. Because you are free, I will give you the things you need. Because you are my most prized creation I will give you the best. Put your life in my hands. Let me control your destiny, surrender to me and submit everything to me because I know what is best for you."

"My children, I know of your desires to give Me grand offerings; your plans of giving Me and offering Me bigger things and better things and so you wait until that time comes. I ask you now, please don't. I will prepare you for that time and that time will come and you will truly be giving Me bigger things and better things. But let that time start now. Let it start where you are now. From the days of your life, give Me the offerings and allow Me to use them. Remember the widow's mite, her 2 copper coins that she gave, I have the ability to make it go a long way. So know that I have the ability of making your offerings great or small, especially the small I can make it go a long way but do give them to Me. I will be so honored."

# The Feast Bulletin

www.lojcanada.com

November 5, 2011



Series: Real Score

## Talk 1: Patience

Let's pause for a while and meditate on the following questions:

1. Do you easily get angry?
2. When you're caught in traffic, do you lose your cool?
3. Do you always fight or argue with your spouse?
4. Do you always raise your voice to your children?
5. Are your words hurtful?
6. Do you not speak to people you're angry with for days, weeks, or even months?

If your answer is "Yes" to some of these questions, then you have a problem with patience. And you need to continue reading this.

Here's the Lord's one big message for us: **The antidote to impatience is trust. Patience comes from a deep trust in God's Love.**

Impatience means we lack trust in God. Many times, we're impatient because we take matters in our hands. If we want to be patient, learn to take matters into God's hands.

Here are two guys who were impatient...

Luke 9:52-56

*He sent messengers ahead of him, who went into a village in Samaria to get everything ready for him. But the people there would not receive him, because it was clear that he was on his way to Jerusalem. When the disciples James and John saw this, they said, Lord, do you want us to call fire down from heaven to destroy them? Jesus turned and rebuked them. Then Jesus and his disciples went on to another village.*

James and John were angry. So angry, they wanted to massacre an entire town. These two brothers wanted to kill men, women, and children, including cute babies.

In the brothers' minds, it was their right to be angry. To them, this was righteous anger. Why? These Samaritans were making the most horrendous mistake of their lives. They were rejecting Jesus, the Son of the Living God! That's why they said: Lord, destroy them!

Here's an important point: An angry person always thinks it's his right that he should get angry. In his mind, it's perfectly justifiable.

But what did Jesus do? He rebuked them. Perhaps Jesus told them: "Once upon a time you too were hard-headed. But My Father did not bring lightning down from heaven in order to kill you. He was patient with you. You should do the same."

### Where Does Impatience Come From?

The truth is circumstances don't cause our impatience. Traffic doesn't cause us to lose our cool. Our unruly child doesn't cause our impatience. Why? Because **patience is not an external problem. It's an internal problem. We ourselves cause our impatience! Impatience comes from our desire to control things that we have no control over.**

Don't get me wrong. The desire to control, by itself, isn't bad. God gave us the power to control a few things. For example, parents need to be in control of their home. And managers need to control their companies.

We just need to know the difference between what we can control and what we can't...

### What Do You Control?

There are two Areas in our life: The Area of Control and the Area of Concern. We need to know the difference.

**Our Area of Control is very small compared to our Area of Concern. At the end of the day, we can only control one thing: Ourselves!**

Many times, we can't control the stimuli around us. **But we control our response to that stimuli.** Stephen Covey says that between stimuli and response, there's a gap. That gap is our power. Here's one example.

### What's Our Response To People's Faults?

Question: Are you surrounded by people who have faults?

**If you are, then you need to listen to this verse from the Bible: *Make allowance for each other's faults...* (Colossians 3:13)**

We can't control people's faults. But we can control our response to those faults. How? Expect imperfection. Do this one thing and we'll remove many of our frustrations. Our relationships will then be more peaceful and more enjoyable.

**Let us learn to live with the imperfection of people.**

If we want to become a patient person, we need to do 3 very important things. If we have problems with our temper, and we feel our anger brewing within us, we want to Stop, Look, and Listen.

### Step 1: Stop

Are you about to explode? Count one to ten. Count one to ten thousand if necessary. The important thing is to stop what your anger wants you to do at that precise moment. We know stopping isn't easy. It is like stopping a landslide when the rocks are already falling.

In psychology, they call this a "pattern interrupt". Do something so unexpected, it'll short-circuit your brain pattern. Like taking a walk; going out and exercising. Slapping yourself. Laughing!

Close your eyes, inhale, and breathe in God's Love. Visualize you're in a lovely beach or forest or mountaintop.

Most of all, pray.

This is what it means by "Stop". Don't obey your anger. Don't send that angry email. Don't send that angry text. Don't shout that angry word.

Because if we do, **we'll regret saying those angry words!**

Just stop. The Bible says, *Everyone should be quick to listen, slow to speak and slow to become angry, for man's anger does not bring about the righteous life that God desires.* (James 1:19-20)

Here's the second step...

### Step 2: Look

Look for God in the difficult situation. Specifically, look for God's Love. Look for Him loving you at that moment of testing. Look for His Presence in this irritating situation or annoying person.

Finally, the third step...

### Step 3: Listen

Listen to God's instructions. Ask the big question: What's the wise thing to do? Some people think being patient means being passive. Not true. We can be patient and proactive at the same time.

In our Area of Control, we control. But in our Area of Concern, we influence. How? Through patient action.

### Relax And Trust In God's Love More

Impatience comes from lack of trust in God's Love. How come? We become impatient because of a desire to control things we have no control over. But where does this desire to control come from?

Sometimes, it comes from love. A genuine concern for others. But many times, it comes from fear. *I've noticed that many times, subconscious fear is the fuel of our impatience.*

And our greatest fear is the fear of worthlessness. I know that sounds deep. But it's really very simple. Often, the fear of worthlessness causes our impatience.

That is why, I believe that the ultimate solution to impatience is trusting in God's Love. When we know we're totally, completely, and absolutely loved by God, we know there's nothing else to prove.

Relax because impatience drains out of our system. 1 John 4:18 say, **"Because perfect love casts out all fear."**

Let us learn from Bo Sanchez who said these words: **WHENEVER I FEEL IMPATIENT BECAUSE THINGS ARE NOT WORKING MY WAY, I ALWAYS TELL MYSELF "I AM TOO BLESSED TO BE STRESSED BECAUSE GOD LOVES ME!"**