

Cultivating Patience

The attribute I choose is to **be still/patient**. (Total word count: 1533 words)

Here are some scriptures that I will be using throughout my paper to better understand what it truly means to develop patience.

- Galatians 5:22-23
- Galatians 6:9
- James 1:3-4
- James 5:11
- Colossians 3:12-13
- Romans 5:3-4
- Romans 8:25
- Romans 12:12
- Hebrews 6:12
- Mosiah 24:15

Here are the Greek definitions of the word patience that I found in scripture.

- Galatians 5:22-23, "Endurance, perseverance."
- James 1:3-4, "Steadfastness, the characteristic of a man who is not swerved from his deliberate purpose and his loyalty to faith and piety by even the greatest of trials and sufferings."
- Romans 12:12, "Under misfortunes and trials to hold fast to one's faith in Christ, to bear bravely and calmly."
- Hebrews 6:12, "Longsuffering."

Definition

What does it mean to be patient? To be patient means to await proactively the Lord's promised blessings and opportunities. After my rigorous study on the topic, I truly believe that patience is not a virtue that you either have or do not have, rather it is an extensive process. I believe this because Galatians 6:9 beautifully teaches, "And let us not be weary in well doing: for in due season, we shall reap if we faint not." In this passage of scripture, it talks about our proactive approach to doing good, and our perseverance in doing so. Joyce Mayer once said, "Patience is not the ability to wait but to keep a good attitude while waiting." This idea of proactively waiting on the Lord is further explained in the Greek definition of patience in Romans 12:12, which defines patience as, "Under misfortunes and trials to hold fast to one's faith in Christ, to bear bravely and calmly." When a person with patience is under the worst of times, where everything that can go wrong is going wrong, that person develops the Christlike attribute of patience by being an "agent unto themselves" (D&C 58:28) and actively going about their situation with God's help. James 5:11 talks about Job, who is a powerful example of someone patient. The scripture

reads, "Behold, we count them happy which endure. Ye have heard of the patience of Job and have seen the end of the Lord; that the Lord is very pitiful, and of tender mercy." As we strive to be patient in all our dealings and interactions, the Lord will work miracles in our lives. To end, Elder Holland said the following, "Don't you quit. You keep walking. You keep trying. There is help and happiness ahead. Some blessings come soon, some come late, and some don't come until heaven; but for those who embrace the gospel of Jesus Christ, they come. It will be all right in the end. Trust God and believe in good things to come." Many of the Lord's apostles have taught us about patience. Why is that? The reason is that it must deal with our faith in Jesus Christ, and our enduring the trials that our present in our lives. Another great example of this is the apostle, Paul. He was promised he would testify before the kings and rulers in Rome. That journey that the Lord sent Paul on was not the easiest, nor the fastest, but it helped Paul learn patience. He was rejected, arrested, and shipwrecked before he ever made it to King Agrippa. The Lord's plan for each of us is perfect if we patiently and actively wait for His promised blessings to come. "It's not just about the destination, but it's about the journey." (462 words)

Theory

One of the best ways to cultivate the Christlike attribute of patience is to simply be more patient. Let's look at the greatest and most humbling example of our Savior Jesus Christ. Now, suffering isn't a requisite for increasing one's patience, but it is a catalyst in the process of developing patience. I love Mark's account of Jesus Christ's atonement..."And he went forward a little and fell on the ground, and prayed that, if it were possible, the hour might pass from him. And he said, Abba, Father, all things are possible unto thee; take away this cup from me: nevertheless, not what I will, but what thou wilt" (Mark 14:35-36). Our Redeemer was suffering for all our pains, all our afflictions, all our sins, all our trespasses, all of life's injustices, and yet He was patient throughout His suffering. When He asked three of His disciples to come and watch Him in the Garden of Gethsemane, He found them fast asleep. He truly was in the hardest moment of His life, and yet he persevered. "And he cometh the third time, and saith unto them, Sleep on now, and take your rest: it is enough, the hour has come; behold, the Son of man is betrayed into the hands of sinners" (Mark 14:41). This is one of my favorite scriptures because He was so patient with His disciples, understanding that their flesh was weak, but that their spirits were strong. He is who allows us to be patient in the face of affliction and trial. Trials are one of the best ways to measure how our patience is holding up. We can ask ourselves; Do I truly believe this blessing will come as I do this? Will this commandment bring this specific blessing? Patience is a matter of testimony and experience. As we rely on the Lord in hard and in good times, James 1:3-4 says, "That the trying of your faith worketh patience. But let patience have her perfect work, that ye may be perfect and entire." Jesus Christ makes us whole and perfect as we actively wait for Him to rescue and save us. Now, acquiring patience is not easy at all. It goes against everything that is in our world in 2023. We are in a time where we can acquire everything and anything at the touch of a button. But, as we "Not be slothful, but followers of them who through faith and patience inherit the promises" (Hebrews 6:12), God will perfect us so we can return to live with Him again. (427 words)

Application

After some thought and prayer, I will be putting into practice something I did long ago but have since stopped doing. This plan might seem a little strange, but I believe it will help me grow my patience in my current trials in life. I plan on taking cold showers for the length of at least 1 song every morning and journaling for 15 minutes every night. I truly believe that patience starts with my attitude and mindset and being that it is about 32 degrees in the morning, and I'm exhausted at night, I feel like these activities will help me gain a profound perspective that I can do hard things in life, and that in consequence, I can wait patiently in other aspects of my life. My progress will be measured by whether I did it or not. I have 8 questions that I will be answering over the next 8 days of journaling that come from a book that I'm currently reading about introspection and deep thinking. I know that these things aren't the most spiritual, but I'm a believer that all things temporal are also spiritual, for "all things unto me (God) are spiritual" (D&C 29:34). The cold showers will teach me to endure with joy the pain of the cold water in the morning. I have no way of setting the shower to the same degrees every time, but I will turn my shower knob just barely on so that I get the full effect of however cold my water can get to. I have no idea if this will work, but I do believe that with a good attitude, I can be like the scripture in James 5:11, "We count them happy which endure." (290 words)

Reflection

After taking a few days to reflect on my experience as I tried to grow the Christlike attribute of patience, I was able to see various ways in my life that have been fortified because of this experiment. I experience much more patience in my prayers with my Heavenly Father, especially to end my day. I found that I was a lot more open-minded about His timing and plan for me as I am going through this phase of life in college, patiently looking for my eternal companion. I feel very satisfied with this trial because I was able to see little changes in my life that brought me hope. Although I cannot share all the details, I have been dealing with this one trial in my life for several years now, and sometimes it can be easy to be impatient with His timing. After the excruciating cold showers in the morning, and the time of reflection at night, as I journaled, I was able to be accepting and willing to follow some new impressions and thoughts about what I can do now to rely more fully on my Savior to overcome that trial. I gained a newfound appreciation for gratitude, humility, and trust in the Lord and in His plan. I hope to continue journaling and taking cold showers as I feel more concise with my time in the morning, and more reflective on my day at night. The biggest thing I've learned throughout this project is that as you strive to better one Christlike attribute, you inadvertently strengthen other Christlike attributes that surround you. I was able to see little changes in my hope, peace, trust, and perseverance throughout these last eight days. I'm grateful for Jesus Christ's perfect example, for He is "full of patience, mercy, and long-suffering" (Alma 9:26). He "Does visit His people in their afflictions" (Mosiah 24:15), and just like the people in this scripture, I've come to understand that "submitting cheerfully and with patience to all the will of the Lord" (Mosiah 24:16) is the right attitude to have in this life, for His plan is perfect. (354 words)