

Reflection on Patience
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Patience is more than just enduring a challenging person or a painful situation until it passes. One of the seven Gifts of the Holy Spirit, growth in the virtue of patience is probably one of the hardest dimensions of life that we engage in on a daily basis. Just think of the number of times you have taken a deep breath or held back in a moment of frustration...

Growth as a patient person has everything to do with recognizing that God is ultimately the one in charge of our lives. Moreover, the patient person sees that God is working within each of us, slowly molding us into the image and likeness of Jesus.

Recall Jesus' patience with his apostles who never seemed to "get it" and the Jewish leaders and people who rejected Jesus' message. Sound familiar? Yet Jesus never fails in his limitless patience for each of us as we strive to become better people.

How often do we miss out on life when our patience vanishes? Have you ever hurt someone you love because of lack of patience? Patience is contagious – how might you model this virtue for those you encounter? What are some concrete ways you can behave so others will learn from your example how to grow in patience?

"Abba, Father. You are the potter. We are the clay, the work of your hands..."