



Christ Church  
Wheelock

St Michaels  
Crewe Green



St Matthews  
Haslington



# Unpacking the Fruits of the Spirit

## #3 Patience, Kindness, Goodness

Friday 3<sup>rd</sup> July 2020

Join us as Vicar Jane  
Lloyd explores the  
Fruits of the Holy Spirit



### What the Bible says about patience, kindness, goodness

**"He examines the good and the wicked" (Ps 11.5)**  
**"Good people suffer many troubles" (Ps 34.19)**  
**"but patience brings peace" (Prov 15.18)**  
**"prayer of a good person has a powerful" (Jas 5.16)**  
**"So don't be too good or too wise" (Ecc 7.16)**  
**"rich harvest of every kind of goodness" (Eph 5.9)**  
**"So let's not become tired of doing good" (Gal 6.9)**  
**"Kind words bring life, but cruel words" (Prov 15.4)**  
**"all the good things I have come from you" (Ps 16.2)**  
**"will teach you what is good and right" (1 Sam 12.23)**  
**"knowledge of what is good and what is bad" (Gen 2.9)**  
**"It is not good for the man to live alone" (Gen 2.18)**  
**"Everything that God has created is good" (1 Tim 4.4)**  
**"equipped to do every kind of good deed" (2 Tim 3.17)**  
**"his goodness endures for all generations" (Ps 103.17)**  
**"but kindness shown to the poor is an act" (Prov 14.31)**  
**"A good reputation is better than expensive" (Ecc 7.1)**  
**"a faint outline of the good things to come" (Heb 10.1)**  
**"guide you and satisfy you with good things" (Is 58.11)**  
**"sheep and separate the good from the bad" (Ezek 33.22)**  
**"you God has given you all the good things" (Josh 23.14)**  
**"It is kindness that I want, not...sacrifices" (Mt 9.13)**  
**"A good person is no better off than a sinner" (Ecc 9.2)**  
**"He does not refuse any good things to those" (Ps 84.11)**  
**"for doing good, if this should be God's will" (1 Pet 3.17)**  
**"God, who began his good work in you" (Eph 5.9)**  
**"your goodness and love will be with me" (Ps 23.6)**  
**"produce love, joy, peace and patience" (Gal 5.22)**  
**"The Lord is pleased when good people pray" (Prov 15.8)**  
**"God works for good with those who love" (Rom 8.28)**  
**"Love is patient and kind" (1 Cor 13.4)**  
**"and if a good person starts sinning, his life" (Ezek 33.12)**  
**"It is difficult for good people to be saved" (1 Pet 4.18)**  
**"If you pray good with evil, you will never" (Prov 17.13)**  
**"do your best to add goodness to your faith" (2 Pet 1.5)**  
**"Praise the Lord, because he is good" (2 Christmas 6.11)**  
**"As a father is kind to his children" (Ps 103.13)**  
**"A good wife is her husband's pride and joy" (Prov 12.4)**  
**"Instead, he is patient with you" (2 Pet 3.9)**  
**"Find out for yourself how good the Lord is" (Ps 34.8)**  
**"not good enough even to carry his sandals" (Mt 3.11)**  
**"is good to the ungrateful and the wicked" (Lk 6.35)**  
**"Good people die, and no one understands" (Is 57.1)**  
**"whoever is good must go on doing good" (Rev 22.11)**  
**"to shine on bad and good people alike" (Mt 5.45)**  
**"Wisdom does more good than weapons" (Ecc 9.18)**  
**"whoever shows kindness to others" (Rom 12.8)**  
**"eat and enjoy the good things" (Deut 12.7)**  
**"Trust in the Lord and do good" (Ps 37.3)**  
**"Remember, O Lord, your kindness" (Ps 26.6)**  
**"Faith that is firm is also patient" (Is 28.16)**  
**"a choice between good and evil" (Deut 30.15)**  
**"not because you are good and do" (Deut 9.5)**  
**"in the past he was patient" (Rom 3.25)**  
**"Good people will receive blessings" (Prov 10.6)**  
**"Every good gift...comes from heaven" (Jas 1.17)**  
**"must be an example of good behaviour" (Tit 2.7)**  
**"I am the good shepherd" (Jn 10.14)**  
**"give good things to those who ask him" (Mt 7.11)**  
**"and can distinguish good from evil" (2 Sam 14.17)**  
**"Let us do evil so that good may come?" (Rom 3.8)**  
**"Can anything good come from Nazareth" (Jn 1.46)**  
**"I don't do the good I want to do" (Rom 7.19)**  
**"good person...rewarded for doing good" (Ezek 18.20)**  
**"I will not remember the good he did" (Ezek 32.20)**  
**"I wait patiently for God to save me" (Ps 62.1)**  
**"She spent all her time doing good" (Acts 9.36)**  
**"The reward for doing good is life" (Prov 10.16)**  
**"He fills my life with good things" (Ps 103.5)**  
**"When God send us something good" (Job 2.10)**  
**"Instead, conquer evil with good" (Rom 12.21)**  
**"A healthy tree bears good fruit" (Mt 7.17)**  
**"My punishment was good for me" (Ps 119.71)**  
**"Be patient with me, he begged," (Mt 18.26)**  
**"Good and evil alike take place" (Lam 3.38)**  
**"But some seeds fell in good soil" (Mt 13.8)**  
**"by patiently enduring troubles," (2 Cor 6.4)**  
**"experience that God's work is good" (Heb 6.5)**  
**"we wait for it with patience" (Rom 8.25)**  
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**"we wait for it with patience" (Rom 8.25)**

### Famous quotes

**"Patience is bitter, but its fruit is sweet."**  
Aristotle

Patience is not passive, on the contrary, it is concentrated strength.  
Bruce Lee

how do we change the world?  
"one random act of kindness at a time"

WHERE THERE IS KINDNESS THERE IS GOODNESS. WHERE THERE IS GOODNESS THERE IS MAGIC.

"KINDNESS IS THE LANGUAGE WHICH THE DEAF CAN HEAR AND THE BLIND CAN SEE"

MARK TWAIN

GOODNESS IS THE ONLY INVESTMENT THAT NEVER FAILS.

HENRY DAVID THOREAU

**"In spite of everything, I still believe that people are really good at heart."**  
Anne Frank

### Vicar Jane reflects on

My story of patience is probably quite a familiar one. After many decades (!) of being the family "washer-up-er" we decided to invest in a dishwasher, using some of the vouchers I was given when we left Peover. In preparation for the potentially life changing purchase, we read many on-line reviews, measured the space in the kitchen and finally placed the order. I looked forward to the great day by counting-down the number of meals left I was going to wash-up after. As we unpacked the beautiful shiny machine, we realized that it was faulty. I 'phoned the retailer, who was still operating with minimal staff as a result of Covid and waited for ages and ages. When I finally spoke to someone it seemed that I had come through into the wrong department. Finally, I spoke to the right person and, as requested I sent photos by email. Then I realized, 2 weeks later, that nothing had happened. So, it was another 'phone call, waiting for ages and ages, to discover the product was now out of stock. And so more waiting ...before finally, we have a fabulous dishwasher.

To allow myself to get angry with the people on the 'phone would have been incredibly easy. And expressing my frustration and disappointment was very tempting. I did, however, remind myself that "patience was a virtue" and remained polite and calm. And looking back, I'm very pleased I did; both for my sake as a disciple of Jesus and for the sake of the people on the end of the 'phone, who were actually, simply trying to help. So, be encouraged, even in this fast moving and imperfect world, patience is possible and probably much welcomed by everyone.

## Where have you experienced ... Glenys reflects on Peace during 'lockdown'

Holidays, walking by the sea, waterfalls, the solace of sitting quietly in a church building, gym classes, the occasional aromatherapy massage - just a few examples of things that, for me, generally promote a sense of peace & well-being & none of which would be accessible any time soon.

In their place would be fear, despair & sadness as the suffering & devastating effects of Covid 19 unfolded; anger at the selfish behaviour of supermarket 'shelf-strippers' & those who were blatantly ignoring the advice to 'stay at home & save lives'; anxiety that my husband's chemotherapy treatment would be on hold, guilt & frustration that my hospital & school voluntary work would have to stop as would any 'hands - on' activity with our two little grandsons..... not exactly conducive to a peaceful 'Lockdown'!

Yet, on looking back, I realise that once I'd accepted the situation & decided to focus on positives rather than negatives & be thankful, I would indeed find peace & plenty of it. Suddenly I had that wonderful gift of "time"!

Time to enjoy the fulfillment & peace that comes with accomplishing long overdue tasks & to assuage the guilt feelings by finding more ways to help others - I couldn't, for example, 'shop' for people but I could send more to the Co-op Food Bank & NHS staff 'treats' collection & give more financial support to charities. I could be a 'phone buddy' & 'Whatsapp' has proved to be invaluable in checking on the welfare of various groups of friends. As a bit of a technophobe I decided to embrace such things as Facetime, Facebook & Zoom (the latter nothing like as scary as I'd imagined). Modern technology (& those specially gifted in using it) & the hard work of our vicar Jane & many others have enabled Christian fellowship through corporate online worship, reflection & Bible Study all of which have been so comforting & encouraging. Importantly though there has been the chance to relax & just 'be' rather than constantly 'be doing'.

Time to cherish the fact that, unlike many, we have the sanctuary of a garden in which to enjoy the beautiful weather & the sights & sounds of nature (although the loud 'honking' of the Village Peahen is perhaps not her most endearing feature!) The permissible daily walk led to a rediscovery of our beautiful local countryside & a stroll around the village has been even more pleasurable than usual. The uplifting cheery smiles & greetings whilst doing the 'socially distanced side-stepping routine' & so many pictures of rainbows in windows have been a joy to behold - sure signs of the goodness & kindness in mankind & God's promise of hope.

Time to indulge in calming pastimes especially music - through playing the piano & listening to the professionals. I still 'well up' at the memory of Andrea Bocelli's beautiful rendition of 'Amazing Grace' outside Milan Cathedral. I find the combination of beautiful music & words of both traditional hymns and contemporary Christian worship songs really help me to connect with God & experience peace. 'Dear Lord & Father of mankind', 'When Peace like a river (It is well with my soul)', 'To be in your presence', 'Be still for the presence of the Lord', 'Peace like a river' are just a small number of many but top of my list at the moment are 2 songs by Lara Martin:-

'God is here' <https://youtu.be/G37Te12NpNA>

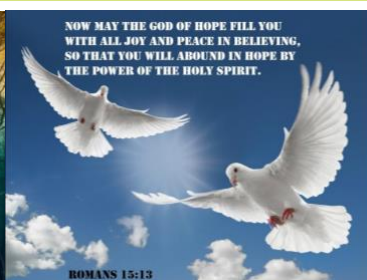
'Peace' <https://youtu.be/LZya8ewmtN4>

The past few months have prompted me to spend more time in quiet prayer & Bible reading. One of the verses I came across was Romans 5:1 *'Therefore, since we have been made right in God's sight by faith, we have peace with God because of what Jesus Christ our Lord has done for us'* - a reminder that inner 'peace' doesn't depend on external circumstances but comes from 'being right with God'.

Furthermore, Philippians 4:verses 6 & 7 say this : *'Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.'*

So many messages suddenly 'jumping out' at me recently have included the commands 'Do not worry..' or 'Do not be afraid - clearly God's trying to tell me something!' Maybe it's along the lines of 'I've got this - just trust me!

As a wise Christian gentleman once said to me 'Let go & let God' - a sure way to find peace!



Let us know where have you experienced the fruits of the holy spirit, we'd love to share your stories... you can contact Vicar Jane or send an email to [contact.christchurchwheelock@gmail.com](mailto:contact.christchurchwheelock@gmail.com)