

The Kindness Challenge

No More Perfect Date Night

Mark Savage: Don't ever pray for patience because you'll get all kinds of opportunities to practice it.

Jill Savage: That is so true. [chuckle]

MS: I know.

JS: But here's even more truth, we don't really need to pray for patience...

MS: I know.

JS: At all.

MS: Yep.

JS: And the reason why is because patience is what the Bible calls a fruit of the spirit.

MS: Right.

JS: And a fruit of the spirit means it's the result of what we get if God is leading our life.

MS: Mm-hmm.

JS: If the Holy Spirit is leading our life.

MS: Mm-hmm.

JS: And in Galatians 5, it tells us that the fruit of the spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.

MS: Mmm.

JS: Honestly, if we all had all that fruit going at the same time, we don't even need help with our marriage.

MS: No we don't.

[chuckle]

MS: Or most other things. But uh... But many times we forget...

JS: We do.

MS: That we have that fruit and that it's li... The Holy Spirit is living inside of us for us who believe. And...

JS: Mm-hmm. And but we forget, we forget that, umm, we forget to... Or we get lazy with being intentional about being in his truth...

MS: Mm-hmm.

JS: About talking to him. About going to him first. Umm, like, you know, I don't know, maybe something happens with you and your spouse, and the first thing you wanna do is pick up the phone and call a friend and complain...

MS: Mmm.

JS: Instead of saying, "God, what do I do with this?"

MS: Mmm.

JS: What's going on inside my heart? What do I need to tune into?

MS: Mm-hmm.

JS: What do I need to do?

MS: Mm-hmm. You know, I was thinking too, in 1 Corinthians 13:4, God tells us that love is patient and kind.

JS: Yep.

MS: So that means if I'm being impatient or unkind towards you or towards others...

JS: Mm-hmm.

MS: I'm not loving you.

JS: That's so true.

MS: Uh, and that... That's really a truth that is important for us to get our head around, because patience and kindness is a reflection of our love.

JS: Right, and here's the deal, I mean, it's not saying that all the time, you know, that we can't get frustrated or angry over something.

MS: Mm-hmm.

JS: Like we are two human beings, our... Our thoughts are gonna cla... Clash, our, uh, perspectives are gonna clash, and we're gonna differ or, uh, trust is gonna be broken or whatever it is, and it's not saying that we can't be angry with one another.

MS: Mm-hmm.

JS: Anger is a part of the emotions that God has given to us.

MS: Right.

JS: But what it... What it's saying, what we... What we have to understand is that when we deal... The Bible tells us, "Don't sin in your anger," so when we deal with our anger, what... What we do is we have to look at it... On the inside, we have to say, we have to sort through it ourselves, and then we address the... The frustration, the anger, the hurt...

MS: Mm-hmm.

JS: With the fruit of the spirit of patience and kindness.

MS: And that would be a game-changer.

JS: Yeah. It really would.

MS: So what you're saying is that if I'm angry and I wanna slam cabinets or doors or say things that, uh, I shouldn't say that that's not okay. That's not patience.

JS: No.

MS: That's not kindness.

JS: And it... Well, and it's also, uh, on the edge of sinning in our anger, like...

MS: Mmm. Alright.

JS: So we take our anger to God, we sort through it, we use our God tools to untangle our insides, and then we address, if we need to address anything. At that point, sometimes we don't even need to address anything 'cause it was...

MS: Mm-hmm.

JS: What's going on inside of us. But then we need to, umm, go and, uh, address it with each other...

MS: Mm-hmm.

JS: In patience and kindness.

MS: Yeah.

JS: That's... That's the difference.

MS: You know also, Jill, uh, God gives us some tools...

JS: Yep.

MS: To really help build our patience and kindness...

JS: Mm-hmm.

MS: And those God tools are acceptance...

JS: Mm-hmm.

MS: Are grace, forgiveness...

JS: Mm-hmm.

MS: Generosity.

JS: Mm-hmm. And we talk about those God tools in our No More Perfect Marriages book.

MS: Mm-hmm.

JS: But let's talk about those for a moment as they relate to patience and kindness, 'cause if love is patient and kind, then, umm, we are being loving when we are patient and kind, so... Acceptance...

MS: Right.

JS: Alright. Let's think about that. Well, if we aren't accepting of our spouse doing things differently than we do things...

MS: Mm-hmm.

JS: If we're not accepting of their pace...

MS: Yeah.

JS: Being different than our pace...

MS: Right.

JS: Then we often will be irri... Irritable.

MS: Mm-hmm.

JS: And that's not being patient.

MS: Mm-hmm.

JS: And maybe we'll even throw accusations their way like, "You always take forever to do X."

MS: Right, right.

JS: And that's not being kind.

MS: No, that's not being kind. You know what, the other tool I was thinking of is grace...

JS: Mm-hmm.

MS: That we're allowing our spouse to be human.

JS: Yes.

MS: And to, uh, function and operate in the way that God made them.

JS: Mm-hmm.

MS: And that grace is a huge gift that flows out of patience and kindness.

JS: Yeah. And forgiveness is a piece of that as well.

MS: Mm-hmm.

JS: I mean, again, I... I just said a minute ago that we have to untangle what's going on inside of us, so untangling that is gonna mean we're gonna either use grace or forgiveness.

MS: Right.

JS: Because grace allows us to accept their humanness.

MS: Mm-hmm.

JS: Forgiveness allows us to untangle the hurt.

MS: Mm-hmm.

JS: And so if... If something irritates us, use grace. If something hurt us, use forgiveness.

MS: Right.

JS: And then that way you're not emotionally tangled up on the inside and you are free to be able to, if need be addressed, particularly in the case of hurt...

MS: Mm-hmm.

JS: You may need to go back and say, "This was... You know, this happened. Umm, I need you to understand how it affected my heart."Umm, but if we can do that after using that God tool of forgiveness...

MS: Mm-hmm.

JS: What a difference it makes.

MS: Right.

JS: And one God tool that we didn't talk about in our No More Perfect Marriages book is the God tool of generosity.

MS: Right.

JS: Umm, but we've kind of added it this...

MS: Mm-hmm...

JS: In our teaching, umm, uh, over the last few years. And generosity really, if we have a generous heart...

MS: Right.

JS: It really is the fuel of patience and kindness.

MS: Absolutely, because out of that generous heart, as we display generosity, we're gonna be giving and blessing our spouse just because.

JS: Right.

MS: No expectations, just out of patience and kindness and love.

JS: Mm-hmm. Yeah. So show love this week intentionally by being patient...

MS: Yep.

JS: And kind with your spouse, and don't forget to spend time with God because that patience and that kindness is a fruit of the spirit, and it will come more naturally if you will fill yourself with the things of God...

MS: Mmm.

JS: And let him lead you.