

Patience
by Bianca

I. Introduction:

- A. Quote: “There is an important concept here: patience is not passive resignation, nor is it failing to act because of our fears. Patience means active waiting and enduring. It means staying with something and doing all that we can—working, hoping, and exercising faith; bearing hardship with fortitude, even when the desires of our hearts are delayed. Patience is not simply enduring; it is enduring well.” – President Dieter F. Uchtdorf, Second Counselor in the First Presidency
- B. For a woman like me, patience is called for in every aspect of my life. But none is more elusive than having patience with myself and with others.

II. Examples:

- A. Tell the story of Joseph and how he had patience in his relationships with his brothers, with the prison guards and with his family again. And how he endured well.
 - 1. Joseph was loved by his father but not by his brothers, this had to be hard on his self esteem. After he was sold into Egypt I wonder if he kept thinking as I have done so many times...what if I had been nicer, served them more, what could I have done differently in the relationship to have reached a different outcome. Or maybe he was patient with himself realizing that some things are beyond his control.
 - 2. Once he was in Egypt he was well favored, I'm sure this didn't just happen. He had to actively endure his bondage. He had to be working hard doing his best, despite the despair he must have been feeling.
 - 3. And then he is put into prison. He doesn't seem to spend any time regretting the choice that put him there. Instead he sees the needs of not only his fellow prisoners but the guards as well and shares his talents and expertise with them in such a way as to not only make his burden lighter by developing those relationships but ultimately freeing himself from prison.
 - 4. When his brothers come, needing food, he shows mercy and forgiveness.
- B. I learn from this story that patience with others and myself takes an active resolution to endure and endure well. So today I'll speak about having patience with self, patience in parenting and patience with those we work with.
- A. In the October 2010, Conference President Uchtdorf said, “It may seem odd to think of having a relationship with ourselves, but we do. Some people can't get along with themselves. They criticize and belittle themselves all day long until they begin to hate themselves. May I suggest that you reduce the rush and take a little extra time to get to know yourself better. Walk in nature, watch a sunrise, enjoy God's creations, ponder the truths of the restored gospel, and find out what they mean for you personally. Learn to see yourself as

Heavenly Father sees you—as His precious daughter or son with divine potential.”

1. Reducing the rush may mean not expecting so much of yourself. I went to the doctor a couple of years after a car accident I had been in. I told him that I wasn't able to do as much as I use to. That I was just too tired. He asked me what I use to be able to do. I listed all the things I did including the extra things I did that I thought made my families life more pleasant. Less impressed and more Confused than I thought he would be, the doctor looked inquisitively at my daughter and son who I had dragged to the office with me, “Does she remember to dress you and take you to school in the morning? And to feed you regularly ...they said yes. Then he asked my eldest what changes she had noticed, and she promptly replied, “Our house is much more peaceful.” The light seemed to go on in his head and he said. “I know what is wrong, you were running faster than you needed to and now you are running at a normal pace.” And he sent me home without a shot or a prescription. Medically, I was forced to slow down and I will be eternally grateful for that. I got to know and love myself and I realized that I was enough all along. That I didn't have to work so hard to be loved by my Heavenly Father or my family. And that being perfect might be unobtainable in this life. I also learned that the more patient I was with myself, the more patient I became with everyone else.
- B. Especially my children. When I gave up on having the perfect home, perfect meals, saying the perfect things and having the most perfect children, our lives became so much better. I could then focus on the things they are already good at, praise them and appreciate them and our relationship blossomed. We began having more fun together. Once our relationship had developed we enjoyed doing all kinds of things together, including living the gospel. Scouts and YW's and even scripture reading went from being drudgery to a really good time because we were spending time with people we liked and whose company we enjoyed.
- C. Realizing that I'm not perfect and having patience with myself has improved my relationships with others as well. Because I can accept that I can offend without intention. That I don't always say the right thing and that sometimes in my clumsy desire to help I accidentally step on the toes of others, I try real hard to extend the patience I so desire from them, to those who may need it from me. I try to see past the unkind words into their otherwise warm heart, past the stepping on toes to their sincere desire to help. President Ukdorf said in this last General conference, “We build this relationship one person at a time—by being sensitive to the needs of others, serving them, and giving of our time and talents. I was deeply impressed by one sister who was burdened with the challenges of age and illness but decided that although she couldn't do much, she could listen. And so each week she watched for people who looked troubled or discouraged, and she spent time with them, listening. What a blessing she was in the lives of so many people.”

III. And so we learn that in order to have patience with ourselves and others we should:

- A. Start with one person at a time exercising patience as you go.
- B. Slow down, spend some time in nature and learn to love the person we are and the talents we have.
- C. Share your talents and expertise generously
- D. Be actively engaged in a good cause at all times. Like when Joseph was in Prison.

- E. Be sensitive to the feelings and needs of others and take the time to serve them and share your talents with them.
- F. Show Mercy and forgiveness continually

IV. I have a testimony of the power of patience in the development of good solid relationships and how that kind of active endurance can save people from severe hardship and pain. I'm grateful for the patience Heavenly Father has given me and the way it has changed my life and my relationships.