

"Let's keep calm!!!"

Hello patience



## Aim

To increase the use of patience in relationships, overcoming our point of view in order to accept that of others.

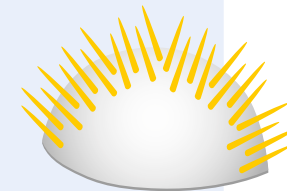
To be aware of the positive and beneficial effects of patience in our relationships.

DISCOVER THE BEAUTY within you

GROUP LEADER GUIDE

## Where we left off...

In the previous meeting, we committed to fighting anger by removing one by one the spines from our spiny armor. Let us try to share how it went.



- Through this exercise, did we learn any little “secret” to being more patient?
- Can we recall a significant experience? What was easiest and what most difficult?



## We live this way

One day, I played ping-pong with a boy. Since I did not like him and he did not know how to play, I wanted to stop playing at once. Then I decided to love him and patiently gave him some tips. I saw that he was happier to play with me and this made me very happy.

M. [Germany]



Recently, my family has grown because a baby sister was born, Ann Marie, who is now two months old. You can just imagine how happy we are at home, and how much more there is to do, especially for my mother who has to do everything for her, and is a bit tired too.

This often requires more patience from me, as for example when Ann Marie cries just when I am studying or when I have to give up what I wanted to do and rock her to sleep. I try to do every action with love, but sometimes I get tired, and to love costs a bit more. I know that the only way to overcome this obstacle inside me is to be always the first to love.

My mother cannot do everything and often, when I come home from school, I have to set the table and wash the dishes so that she can rest a bit. Sometimes it is difficult with my siblings because I think they are not doing all their part. I feel like giving up and ignoring everyone. Then I start again because Chiara once told the Gen 3 a sentence from Saint John of the Cross: "Where you do not find love, put love, and there you will find love."

M. [France]



## PATIENCE

Patience is the opposite of anger. Jesus was born, but after a short while his life was already in danger. King Herod, who ruled Galilee, heard about a king of the Jews who was to be born at that time. So Herod, out of fear that this child in the future would rob him of his kingdom, ordered his soldiers to kill all the little children in the region.

Mary didn't get angry at the wickedness of the king, she didn't curse him, but with the virtue of patience, together with Joseph, she prepared to flee silently into Egypt so that Jesus would be safe.

*Chiara*

Chiara Lubich,  
Gen 3 Congress, 1973, Rocca di Papa,  
"NO TO VICES, YES TO VIRTUES"

The video in Italian-English-Spanish  
and the international version of the  
PowerPoint is available at the website  
<http://assistentigen3.focolare.org>

Jesus says: "Anyone who is angry with his brother will answer for it before the court" (Mt 5:22). This means that not only murder but also even the simple inner attitude of anger, the smallest offensive word to a neighbor, must be eliminated by whoever wants to be his disciple.

Obviously, **Jesus does not refer to immediate reactions** that we express and immediately repent of, but to **certain inner attitudes of anger that are willed and cultivated**, and which later explode in offensive words and actions towards a neighbor.

This word of Jesus certainly urges us to examine ourselves on our behavior, our way of speaking and dealing with our neighbor. However, it seems that Jesus calls our attention particularly to the roots from which our actions come; that is, our heart.

Maybe we are able to avoid openly offending and quarrelling with others, because it would be bad to do so. But what **is really our inner attitude towards them?** Are we

sincerely well disposed, ready to lose our point of view to understand them? Do we make an effort to go beyond all differences that divide us? Are we able to break down the walls inside us, made up of dislike, resentment, rejection, etc.? In short, is our attitude inspired by the love of neighbor?

If so, we are truly on the road shown to us by Jesus. So, let us live this Word well, by deciding once more to love each neighbor of ours as if he or she were Jesus.

*Chiara*

Chiara Lubich,  
Adapted text from the Word of Life,  
February 1987

# PATIENCE at the time of Jesus

Biblical reference: Mt 18:21-35

## Forgive seventy times seven

### PROCEDURE:

Before reading this biblical text, put 4 posters in the corners of the room, with some affirmations on forgiveness, for example:

"I never forgive"

"Sometimes I forgive those who did me wrong"

"Often I forgive others, because I know that we all make mistakes, but sometimes it is difficult"

"I always forgive others"

Then ask the group to go to the poster that they think is nearest to their status. The small group around the poster can start sharing the reason why they put themselves there, and share some experiences. After an established time (maybe 5-15 minutes according to the size of the group), each group will share about the sharing amongst them.

**Do we want to know what Jesus said about forgiveness?** At this point, we can read together the biblical text. To forgive as Jesus says, we must practice patience.

## Moving into action

To highlight this virtue better, we can meet a **"witness of patience"**. You may choose a person (or a group) who has considerable experience with the virtue of patience, acquired through his or her personal story or profession. For example, it can be a teacher, a nurse, a waiter, a lawyer, a grandfather (or a pair of grandparents), an association.

You may invite the witness to your meeting place or you can go to visit him or her at home or at work. The aim is to let the youth recognize the importance of patience in society around them, in the work place, and in private life.

You may **begin getting to know the witness through a guessing game**: by asking questions (to which the witness can answer only "yes" or "no"), the youth must discover the identity of the witness, his or her characteristics and job. Once this first part is done, you can continue in the form of an interview. Here are some guide questions:

- What is patience for you? Is it important in your life and why?
- Can you share some practical occasions in which you were able to be patient?
- How do you remain calm when you feel you are getting angry?



