



Longsuffering: The Route To Triumph

“But the fruit of the Spirit is ... longsuffering... against such there is no law.... If we live in the Spirit, let us also walk in the Spirit” (Galatians 5:22-25).

Bulletin VCM-072

26 May 2013

Longsuffering is one of the important manifestations of the fruit of the Holy Spirit that separates winners from losers (Galatians 5:22-25). It originates from God's nature (Exodus 34:6). God “... **endured with much longsuffering the vessels of wrath fitted to destruction**” (Romans 9:22). He sets the timing of His programme with longsuffering with a view to maximising the number of souls saved (2 Peter 3:9;15). Longsuffering as a fruit of the Spirit is birthed in a life when the person has an encounter with Jesus Christ (John 3:3) and is sealed with the Holy Spirit, who then works to replicate the nature of God in the person. He also sustains this quality throughout life by imparting grace to endure with joy and hope. A better understanding of longsuffering, is therefore essential for getting the best that God has for our lives.

Longsuffering (also translated as patience and endurance) originates from two Greek words (a) makrothumia and (b) hupomone.

- 1) Makrothumia is made up of two words makros, meaning “long” and thumos meaning “temper”. It denotes lenience, forbearance, fortitude, patient endurance, longsuffering, ability to endure persecution and ill-treatment through the exercise of personal restraint instead of revenge.
- 2) Hupomone meaning endurance is made up of two words hupo meaning “under”, and mone meaning “to remain”; and denotes constancy, perseverance, continuance, bearing up, steadfastness, holding out, patient endurance. It describes the capacity to continue to bear up under difficult circumstances, not with a passive complacency, but with a hopeful fortitude that actively resists weariness and defeat. It is the opposite of cowardice and despondency (e.g. Job).

The blessings of longsuffering include, but not limited to:

“Looking unto Jesus the author and finisher of our faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God” (Hebrews 12:2).



- 1) Receiving God's promises after doing His will (Hebrews 10:35,36; Galatians 6:9)
- 2) Impartation of divine strength, joyfulness and hope that sustains the spirit while passing through severe circumstances, or tough projects (Colossians 1:11; Luke 18:1,8).
- 3) Faithfulness to God in ministry, while forbearing others in love for the salvation of their souls (2 Timothy 4:2; Ephesians 4:2).
- 4) Power to complete the course that completely knocks out the devil, in a similar way that a course of antibiotics does to bacteria.
- 5) The perseverance to win the race, like in the proverbial story of the tortoise and hare.
- 6) Securing spiritual gains that prevents Satan from regaining lost grounds (Luke 11:24-26; Isaiah 59:19).
- 7) Victorious endurance and gaining heaven (Hebrews 12:2).
- 8) Developing godly character in God's children that leads to spiritual growth, maturity and perfection of character (Hebrews 12:7; James 1:4)
- 9) Setting inspirational examples for others by demonstrating the nature of God through our lives (2 Corinthians 6:6; Colossians 3:12; 1 Timothy 1:16; 2 Timothy 3:10).
- 10) Taking the right course of action without fear (Luke 1:74,75; Hebrews 2:5; 11:27).

As victorious living is enhanced by longsuffering, let us allow the Holy Spirit the chance to bear this fruit to maturity in our lives.