

# Patience:

## Tolerating inconveniences or enduring through adversity



Two Greek words are translated “patience” in the Bible and both are important in marriage. Hypomone is an endurance through adversity—being patient in affliction as Paul wrote in Romans 12:12. Hypomone has to do with things or circumstances. Makrothymia, on the other hand is more about people. This is the toleration of others or longsuffering with others. Makrothymia is listed as one of the Fruit of the Spirit and means that we are to give grace to people rather than contempt because they inconvenienced us. The difference between the two types of patience may seem trivial, but if we consider the distinction between the two and apply the Biblical principles to our marriage relationship, our marriage *will* improve.

The fact that 80% of couples who experience long-term the illness of one spouse or the other divorce demonstrates that far too many people today do not have “hypomone” or endurance in their lives. People today often don’t persevere in marriage, yet, the Bible admonishes us to persevere or have patience through the troubles and adversity we experience in life. No marriage is perfect and when we work through the problems we experience, our will marriage grow.

Couples also need to be *patient* with each other—to have “makrothymia.” Colossians 3:12 tells us to clothe ourselves with, among other things, *patience* or longsuffering. Who tends to be most annoying to us? Our spouse! Our differences can be trying sometimes and we need to give grace to each other—to accept and tolerate our differences. Proverbs 16:12 says that “a fool shows annoyance at one, but a prudent man overlooks an insult.” Being patient with our spouse will help us avoid looking a fools, and more than that, we demonstrate love for God and our spouse by being patient with him or her.

Do you have both kinds of *patience* with your spouse? Are you committed to your spouse *no matter what* and work *with him or her* through the adversities you face? Do you also bear with your spouse? Tolerating your differences and seeking to connect even when he or she is annoying? Surrender to the Lord and in His strength bear with your spouse and patiently love them—clothing yourself with patience.

**Helpful Resources:** *Fortified Marriages Resource page:* [www.fortifiedmarriages.com](http://www.fortifiedmarriages.com)

**Articles to check out:** *Patience in Marriage* — [www.openbible.info](http://www.openbible.info)

*Patience in Marriage: 8 Tips You Can Implement In Your Marriage Today* by Marcus and Ashley Kusi  
[ourpeacefulfamily.com/patience-in-marriage](http://ourpeacefulfamily.com/patience-in-marriage)

**Book to check out:** *How to Become Patient* by James O'Donnell