A REFLECTION ON PATIENCE

When Nothing Is Changing Yet

A Gentle Guide to Patience in Hard Seasons

Simplify to Glorify

BEFORE YOU BEGIN

Welcome

Patience is one of those words that can land like a rebuke. Someone says *be patient* and it sounds like *stop feeling what you're feeling.*

That isn't what this is.

You might be waiting on a diagnosis, or an apology, or a change in someone you love. You might be waiting on yourself, on progress you were sure would have come by now.

Waiting has a way of making you doubt things you were once sure of. It can quietly convince you that nothing is happening, and that you should be handling it better than you are.

This isn't a formula for making a long season shorter. It's a small place to be honest with God for a few minutes at a time. Over the next three days you'll be invited to stop pretending and to name what hasn't changed yet.

Move slowly. Skip any prompt that feels too heavy today. Write a few words if that's all you have, or just sit quietly.

BEFORE YOU READ ANOTHER WORD

You don't have to feel patient to come to God. You only have to come.

DAY ONE

Patience Is Not Pretending

> *rejoicing in hope, persevering in tribulation, devoted to prayer,*
>
> *Romans 12:12*

Reflection

Patience can sound like a command to be pleasant when life is hard. It can feel like pressure to keep smiling and quietly accept every delay.

But biblical patience isn't pretending.

It doesn't require you to deny that the waiting is hard. It doesn't mean you have to approve of what is painful or unfair. And it doesn't mean you can't grieve or admit that you're reaching the edge of your strength.

Patience isn't passive resignation. It's a steady choice to stay connected to God in the middle of what you can't quickly change.

Romans 12:12 puts hope and tribulation side by side, and then adds prayer. You can be in tribulation and still have hope. You can feel worn down by a long season and still choose not to give up on God.

Hope doesn't require certainty about the outcome. It's the quiet confidence that God is present when the path ahead is unclear.

Prayer doesn't need polished words. Some days it's just *Lord, help me*, or *God, I don't know how to wait.*

Today, patience may look less like feeling calm and more like coming back to God after your emotions have risen. It may look like pausing before you answer sharply, or admitting your limits instead of expecting yourself to handle everything.

God is patient with you while you learn patience. He isn't asking you to become unfeeling. He's inviting you to bring your real feelings into His presence.

Reflect

Where am I feeling impatient or worn down right now?

What have I been pretending is easier than it really is?

What honest prayer do I need to bring to God today?

A Prayer

God, You know how difficult this season feels. Help me stop pretending that I'm fine when I'm not. Meet me in my frustration, steady my heart, and teach me to keep turning toward You. In Jesus' name, Amen.

A TRUTH TO CARRY

Patience doesn't mean I have no feelings. It means I can bring my feelings to God.

A small next step

When frustration rises today, pause and pray one honest sentence. *Lord, help me respond with grace in this moment.*

DAY TWO

Waiting Does Not Mean God Is Absent

> *Wait for the Lord; Be strong and let your heart take courage; Yes, wait for the Lord.*
> *Psalm 27:14*

Reflection

Waiting can be one of the hardest parts of faith.

You may be waiting for an answer, or for relief from a burden that has lasted far longer than you expected. Waiting can make you wonder whether God sees what's happening, or whether your prayers have somehow gone unheard.

Psalm 27 doesn't present waiting as easy. The repeated invitation suggests it takes courage. Waiting asks us to live in the space between what we need and what we can currently see.

But waiting on the Lord is different from waiting alone.

God's timing may not match your timeline, and that can hurt. You're allowed to say so. You don't have to force yourself into false positivity. You can tell God you're tired of waiting, and ask Him to show you what to do in the meantime.

Waiting may include action. You can make the appointment or have the conversation you've been putting off. Patience isn't doing nothing. It's refusing to let panic be your guide.

Be strong and let your heart take courage isn't a demand to create strength from nothing. It's an invitation to receive courage from the God you're waiting for.

You may not feel brave today. You may simply stay open to God's help for the next step.

The future may still be unclear, but God isn't absent from it. He's with you in the unanswered questions and in the ordinary moments that make up this long wait.

Reflect

What am I waiting for right now?

How has waiting affected my heart or my relationships?

What is one faithful action I can take while I wait?

A Prayer

Lord, waiting is hard for me. I don't always understand Your timing, and I sometimes feel discouraged by what hasn't changed. Give my heart courage, guide my next step, and remind me that I am not waiting alone. In Jesus' name, Amen.

A TRUTH TO CARRY

Waiting doesn't mean God has forgotten me.

A small next step

Write down one thing you can't control and one faithful action you can take today. Release the first to God and take the second gently.

DAY THREE

Growth Takes Time

> *Therefore be patient, brothers and sisters, until the coming of the Lord. The farmer waits for the precious produce of the soil, being patient about it, until it gets the early and late rains. You too be patient; strengthen your hearts, for the coming of the Lord is near.*
>
> *James 5:7-8*

Reflection

We want growth to be visible quickly.

We want the relationship to improve and the grief to ease. We want the unanswered prayer to finally make sense. When progress is slow, it's tempting to believe nothing is happening at all.

James gives us the image of a farmer waiting for a harvest.

A farmer plants and tends. But no farmer can force a seed to grow on demand. Growth happens under the soil long before anything shows above ground.

Some parts of your life may feel like that right now.

You may be doing faithful work that no one notices. You may be keeping a new boundary, or praying through the same concern again. You may not see dramatic change yet. That doesn't mean your faithfulness is wasted.

Patience doesn't mean you must stay in harmful circumstances or tolerate mistreatment. Wisdom may call for counseling, medical care, legal guidance, or a plan to keep you safe.

Patience and action can live together. You can wait on God and still take the next wise step.

God understands that your heart needs strengthening. He doesn't ask you to rush your own healing. He meets you in the unfinished places.

You don't need to measure your life by how quickly results appear. You can honor the small signs: the prayer you prayed, the boundary you kept, the help you accepted, the rest you allowed yourself.

Reflect

Where am I discouraged because progress feels slow?

What small sign of faithfulness can I notice today?

What would it look like to strengthen my heart instead of hurrying myself?

A Prayer

God, I am tired of waiting for some things to change. Help me trust You with the parts of growth I can't control. Strengthen my heart, give me wisdom for the next step, and help me notice the small ways You are sustaining me. In Jesus' name, Amen.

A TRUTH TO CARRY

Slow growth is still growth, and God is present in the unseen work.

A small next step

Write down one small act of faithfulness you practiced this week. Thank God for sustaining you through it.

The Waiting Is Not Wasted

Nothing may have changed by the time you close these pages. The situation may still be unresolved, and the answer may still be somewhere out ahead of you.

Three quiet days with God don't shorten a long season. They were never meant to.

But you don't have to wait believing that God has lost interest, or that your slow progress is a verdict on your faith.

He is with you in the part that hasn't moved. He is already at work in the part you can't see yet.

You may not know how long this will take. But you can take one small honest step today, and then let tomorrow be tomorrow.

Let your next step be small enough to be possible.

CARRY THIS WITH YOU

You are not behind. You are held, in a season that is taking longer than you wanted, by a God who has not looked away.

A Gentle Care Note

This resource offers spiritual encouragement and personal reflection. It is not medical, mental-health, legal, financial, or professional advice.

Long seasons can involve real and complex needs. It is wise and compatible with faith to seek qualified medical care, counseling, legal guidance, community resources, or other appropriate professional help when needed.

Patience is never a reason to remain in an unsafe situation. If you are in immediate danger, at risk of harm, or experiencing a medical or mental-health emergency, contact local emergency services or an appropriate crisis resource right away.

A Note Before You Go

However these pages found you, I am so glad they did. Please know that nothing on your worst day disqualifies you from being deeply loved by God.

If you would like to keep going, my journals, scripture cards, and devotionals are gentle companions for longer seasons of grief, caregiving, depression, and more. You can find them at simplifytoglorify.com.

With love and prayers,

Carla
Simplify to Glorify

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