

Sermon Notes

Pastor Pete Tokar
2.6-7.10

“Life Swap” - Part 4 “Swapping Retaliation for Patience”

“makrothumia” = “tolerance and longsuffering that endure injuries inflicted by others”

Ways to tap into your ‘lifeswap makrothumia:”

1. Own your _____ .
(Galatians 5:22)

2. Acknowledge your own _____ .
(Romans 12:3; James 3:2)

Serious symptoms:

- Have to win _____
- Poor _____
- Can't take _____
- Seek to _____ others

3. _____ God's _____ for you.
(1 Timothy 1:15-16; 2 Peter 3:15)

4. Claim your _____ .
(Matt. 6:14-15; Luke 6:37; Luke 6:32-34; Luke 6:35)