

FRUIT SALAD SERIES • THE FRUIT OF THE SPIRIT

Galatians 5:22–23 | Five-Day Devotional

MAKROTHYMIA

A Week in the Fruit of Longsuffering

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This five-day devotional companions Week 4 of the Fruit Salad series on Makrothymia (Longsuffering). Each day takes one facet of this fruit and gives you space to let it grow in your own life. Read slowly. Pray honestly. Let the Comforter do what He does.

DAY 1 — MAKROTHYMIA — WHAT LONGSUFFERING ACTUALLY MEANS

READ

Galatians 5:22–23 (KJV)

But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance: against such there is no law.

Context: The singular karpos — one fruit, nine flavors. Longsuffering does not grow on a separate vine from love, joy, and peace.

REFLECT

The Greek word translated “longsuffering” in Galatians 5:22 is makrothymia — built from two words: makros, meaning long, and thymos, meaning the heat of the soul, the boiling point, the place where passion ignites. Put them together and you get: long-boiling-point. Long-tempered. The capacity to absorb provocation, disappointment, and delay without igniting. This is not a personality trait. Quiet people are not automatically longsuffering, and passionate people are not automatically excluded from it. Makrothymia is a fruit — which means it is grown, not inherited. It is produced by the Spirit in the soil of real relationships, real waiting, and real friction. And notice where it sits in the list. After love, joy, and peace. Those first three are the foundation. Without agapē feeding the root, without charā fueling the endurance, without eirēnē steadying the soul — makrothymia runs dry. The fruits grow together. Or they do not grow at all.

SEARCH YOUR HEART

- Where in your life do you feel your “boiling point” is the shortest? A relationship? A situation? A pattern that keeps repeating?
- How does knowing makrothymia is a fruit — not a personality type — change how you approach producing it?
- Which of the first three fruits (love, joy, peace) feels most depleted in you right now? How might that be affecting your longsuffering?

TAKE IT WITH YOU

“Makrothymia is not the absence of fire. It is fire under control. Grown in you, not worked up by you.”

PRAY

Lord, I confess that I have treated longsuffering as a personality type I either have or don’t have. Today I ask You to produce it as fruit. I cannot manufacture a long boiling point. But You can grow one in me. Let agapē be the root, charā be the fuel, and eirēnē be the steadiness that makes makrothymia possible. In Jesus’ Name. Amen.

DAY 2 — GOD IS THE ORIGINAL LONGSUFFERER

READ

2 Peter 3:9 (KJV)

The Lord is not slack concerning his promise, as some men count slackness; but is longsuffering to us-ward, not willing that any should perish, but that all should come to repentance.

Context: The word longsuffering here is makrothymia. God is not slow — He is long-tempered. He is bearing with you. Right now.

REFLECT

Before you were asked to practice makrothymia toward anyone else, God was practicing it toward you. Every day you wandered before you came back — He was longsuffering. Every mistake you made after you knew better — He was longsuffering. Every prayer you forgot to pray, every promise you delayed keeping, every time you said “not yet” to what He was asking — makrothymia. Toward you. And Paul says in Romans 2:4 that it is the goodness of God — His makrothymia — that leads us to repentance. Not the hammer. The long patience. The steady bearing-with. The watching of the road. Remember the prodigal’s father. He did not chase his son into the far country. He waited. But he was not passive. He was watching the road. Every day. And when the son appeared — still far off, still covered in pig-smell, still rehearsing his apology speech — the father ran. That is makrothymia. Not passive waiting. Active, watching, ready-to-run love that has not given up.

SEARCH YOUR HEART

- Take a moment and think honestly: what has God been longsuffering toward you about? Name it.
- How does receiving God’s makrothymia toward you change how you extend it toward others?

- Is there someone in your life you have stopped watching the road for? What would it look like to start again?

TAKE IT WITH YOU

“Before you were asked to bear with anyone, God was bearing with you. The longsuffering you need to give was first given to you.”

PRAY

Father, I am humbled. You have been longsuffering toward me in ways I did not deserve and sometimes did not even notice. Thank You for the goodness that led me to repentance. Now produce that same makrothymia in me toward the people in my life who are still on the road. I want to be someone who watches the road and runs when they appear. In Jesus’ Name. Amen.

DAY 3 — THE TRIAL THAT IS WORKING SOMETHING

READ

James 1:3–4 (KJV)

Knowing this, that the trying of your faith worketh patience. But let patience have her perfect work, that ye may be perfect and entire, wanting nothing.

Context: Perfect (teleios) = complete, mature, fully developed. The trial is not destroying your faith. It is completing it.

REFLECT

There is a word in James 1:3 that changes everything: **worketh**. Not wastes. Not steals. Not breaks. **WORKETH**. The trying of your faith is producing something in you. It is not an interruption to your growth — it is the mechanism of it. Paul says the same thing in Romans 5:3–4: tribulation **worketh** patience, and patience **worketh** experience, and experience **worketh** hope. There is a chain reaction in suffering that the enemy does not want you to see. Every link matters. The tribulation is not the end of the chain — it is the beginning. And what it is working toward is hope that does not make ashamed. But here is the hard part. James says “let patience have her perfect work.” Let it. There is something you have to permit. You have to let the process go all the way. The temptation when things get hard is to exit early — to find the workaround, to relieve the pressure before it completes what it started. But a half-forged blade is weaker than no blade at all. The fire has to finish its work.

SEARCH YOUR HEART

- What trial in your life are you most tempted to exit early rather than let complete its work?
- Can you trace the chain in your own story — tribulation → patience → experience → hope? Where are you on that chain right now?
- What would it look like to “let patience have her perfect work” in the specific situation you are facing this week?

TAKE IT WITH YOU

“The trial is not wasting you. It is working in you. Don’t exit before the fire finishes what it started.”

PRAY

Lord, I confess that I want to exit the trial before it finishes its work. I want relief more than I want completeness. Change that in me. I surrender this season to You. Let makrothymia have her perfect work. I want to come out of this wanting nothing — fully developed, fully equipped, fully trusting You. In Jesus’ Name. Amen.

DAY 4 — THE FARMER AND THE LATTER RAIN

READ

James 5:7–8 (KJV)

Be patient therefore, brethren, unto the coming of the Lord. Behold, the husbandman waiteth for the precious fruit of the earth, and hath long patience for it, until he receive the early and latter rain. Be ye also patient; stablish your hearts: for the coming of the Lord draweth nigh.

Context: Long patience (makrothymeis) is makrothymia in verb form. The farmer does not manufacture rain. He tends the ground and trusts the season.

REFLECT

The farmer in James 5 does not dig up the seed to check on it. He does not replant every week because last week showed no visible growth. He does not abandon the field because the sky looks dry. He plants. He tends. He waits. And he waits for BOTH rains — the early rain and the latter rain. The early rain softens the soil and starts the germination. The latter rain brings the harvest to maturity. Between those two rains there is a season that looks like nothing is happening. The ground is not moving. The seed is not visible. And the farmer has no control over when the rain comes. But he does not leave. Because he knows something the untrained eye misses: the work is happening underground. Before the breakthrough is visible, the root system is forming. The harvest you are waiting for is not delayed because God forgot. It is developing because roots take time. Stablish your hearts, James says. That word means to set firmly in place, like a post driven into the ground. Your heart needs to be established — anchored — in the certainty of what is coming, even when the field still looks like dirt.

SEARCH YOUR HEART

- What have you planted in prayer, relationship, or obedience that you are tempted to abandon because you see no growth?
- Are you between the early rain and the latter rain right now? What does it look like to tend the ground in that season?
- What does it mean practically to “stablish your heart” this week while you wait?

TAKE IT WITH YOU

“The harvest is not delayed because God forgot. It is developing because roots take time. Don’t leave the field.”

PRAY

Lord, I have been tempted to dig up what I planted because I cannot see it growing. Forgive me for measuring the harvest by the surface. I trust that the work is happening underground. Establish my heart this week. I will tend the ground. I will watch for the latter rain. I will not leave the field. In Jesus’ Name. Amen.

DAY 5 — LONGSUFFERING WITH JOYFULNESS

READ

Colossians 1:11 (KJV)

Strengthened with all might, according to his glorious power, unto all patience and longsuffering with joyfulness.

Context: Makrothymia is listed alongside joyfulness. This is not grim endurance. It is Spirit-empowered, hope-full long-suffering.

REFLECT

The version of longsuffering the enemy sells you is joyless. Gritted-teeth, white-knuckled, “I-will-survive-this” endurance. It looks heroic on the outside and feels hollow on the inside. You are hanging on, but barely, and every day feels like a loss. But Paul describes makrothymia differently. He puts it side by side with joyfulness. The longsuffering that the Spirit produces is not grim. It is not martyrdom. It has not lost hope — it has transferred hope. From the visible to the invisible. From the circumstance to the Promise. From the field that still looks like dirt to the God who sends rain. And look at what produces it: strengthened with all might, according to His glorious power. Makrothymia is not generated by your own reserves. It is not the product of being naturally patient or emotionally tough. It is Spirit-supplied strength. When your strength runs out — and in a long season it will — He strengthens with all might, according to His glorious power, so that you can keep going with joyfulness. That is the difference between willpower endurance and fruit. Willpower endurance eventually collapses. Fruit keeps producing because the Vine is still living.

SEARCH YOUR HEART

- Is your endurance in this season joyful or joyless? What is the difference between the two in your experience?
- Where have you been trying to sustain makrothymia from your own reserves instead of from the Spirit’s strength?
- What would it look like for your waiting to be “with joyfulness” this week — not because circumstances have changed, but because hope has been transferred to the right address?

TAKE IT WITH YOU

“Makrothymia with joyfulness. Not grim hanging-on. Spirit-supplied strength that keeps producing because the Vine is still living.”

PRAY

Holy Ghost, I cannot sustain this from my own reserves. I need to be strengthened with all might, according to Your glorious power. I receive Your strength today. Let my longsuffering be with joyfulness — not because my circumstances have changed, but because my hope is anchored in You. I choose makrothymia today. Not as a gritted-teeth survival, but as the fruit of a life connected to the Vine. In Jesus’ Name. Amen.

Fruit Salad Week 4 — Reflection

Week 4 Check-In: We have now tasted agapē (Love), charā (Joy), eirēnē (Peace), and makrothymia (Longsuffering).

How has each fruit shown up — or been tested — in your life this week?

Who is God calling you to practice makrothymia toward right now? Name them. Pray for them.

Write one sentence: what has the Fruit Salad series produced in you so far that you did not have in Week 1?