

Clothe Yourself with Humility, Meekness and Patience

Lent is a season of reflection, repentance, and renewal. It's a time for us to pause and allow Christ to work deeply within us—not just by giving something up, but by allowing him to change our hearts. This season isn't just about external actions; it's about inner transformation. It's about examining our hearts and attitudes and allowing God to shape us from the inside out. True change happens not through outward behaviour but through a heart that is open to God's work.

Last week, David introduced the theme for our Sunday morning services this Lent—St. Paul's message in Colossians 3:12-15. As we move through this Lenten season and reflect on the virtues that Paul speaks of in his letter to the Colossians, let's ask ourselves: How is God calling us to embody these virtues? Not just for this season, but as we walk with Christ every day of our lives.

Paul urges Christians to clothe themselves with virtues, and just as Easter traditions once included buying and putting on new clothes, here we are invited to "put on" these virtues to reflect the character of Christ in our lives.

Last week, we focused on compassion and kindness. This week, we turn our attention to humility, meekness, and patience. I have to admit, what I'm about to talk about applies just as much to me as it does to you. Patience, in particular, is something I struggle with. I often find myself asking God to help me be more patient. So, in many ways, I'm preaching to myself today.

The virtues that Paul speaks of in Colossians 3:12-15 align closely with the fruits of the Spirit in Galatians 5: Humility, meekness,

and patience, in particular, are the outward expression of the Spirit's work in us. These virtues aren't merely outward actions—they are fruits that the Holy Spirit shapes in us as we are transformed.

Humility is the foundation of all the virtues Paul talks about in Colossians. It's the starting point for everything else. Lent invites us to humble ourselves before God, acknowledging that we need his grace and transformation. Humility isn't just about what we say or how we appear; it's remembering that our identity is not in the clothes we wear, our accomplishments, or what others think of us, but in our relationship with Christ.

During Lent, we often focus on external acts—like fasting or giving something up—but the true work of Lent is about what happens on the inside. Humility isn't just about removing things from our lives; it's about allowing God to transform our hearts and fill us with the qualities that reflect Christ—things like compassion, kindness, meekness and patience. These are the things that truly matter to God, and they shape our character and our relationships with one another. These virtues are the outward evidence of the Spirit's work in us. This season is about clothing ourselves in Christ's virtues, so that we can become more like him in how we live and love.

In the church, we are called to clothe ourselves with humility toward one another. Jesus demonstrated this servant leadership and humility in the Upper Room during the Last Supper, just before his arrest and crucifixion. Prior to sharing this final meal with his disciples, Jesus washed their feet—an act that symbolized humility and service. Meekness, often misunderstood as weakness, is actually the strength to serve and love others in a gentle way, even when we have the power to act

differently. This was clearly displayed by Jesus. Despite being the Son of God with all authority and power, he chose to humble himself and serve his disciples, showing us that meekness is not about weakness, but about strength.

After this act of humble service, in John 13:34-35, Jesus gave his disciples a new command: “A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another.”

This command emphasizes that, the way we love one another—through humility, meekness, and patience—reveals to the world that we are Jesus' disciples. This love is not just about actions but about the deep transformation that comes from the Spirit. Meekness, like humility, is rooted in the recognition that we should serve others, just as Christ did for us. It's not about asserting our power, but about choosing to respond with gentleness and love, even in difficult circumstances.

By clothing ourselves with meekness, we follow Jesus' example, allowing his strength to flow through us in the most humble and loving ways. At the heart of the gospel, we have—serving one another in love and building each other up.

Patience is closely tied to humility. It's the ability to put up with one another, even when it's difficult. I wonder—how patient are you? We all have areas where patience is a challenge—whether it's with others, with ourselves, or even with God's timing. I know, for example, when I was going through the discernment process, waiting was so difficult. I'm pretty sure I nearly drove David mad with my impatience for things to happen faster. We live in a world today where everything seems to be quick, but the Christian journey is different. It's slow and steady, and

despite my impatience, I had to recognize that it unfolds in God's perfect timing.

In a world that constantly pushes for instant gratification, patience can feel a little bit outdated, something hard to live out in our fast-paced lives. But the truth is, patience is central to our growth as believers and to building strong, healthy relationships within the church. Lent, in particular, calls us to slow down and reflect, giving us the space to patiently allow the Holy Spirit to work in us and through us.

In the context of the church, patience means recognizing that transformation is a process. It's about walking beside one another with grace and understanding, allowing God to work at his pace, in his time. The letter of James reminds us, "Be patient then, brothers and sisters, until the Lord's coming. See how the farmer waits for the land to yield its valuable crop, patiently waiting for the autumn and spring rains." Just like the farmer, we are called to patiently wait, trusting that growth will come in due time, even when things don't always work out how we have expected, or how we want and think is right.

As a church, we must practice patience—not only with one another but also with ourselves. God's timing is perfect, and he knows the sequence of events needed to complete the work he's begun in us. The church, this church, is more than just a place where individuals gather; it's a community—a body of believers united in Christ. The virtues we embody—humility, patience, meekness, kindness, and compassion—shape the culture of our church. If we want to make an impact on the world, we must first allow God to transform us as a community.

As we continue to embody these virtues, we allow the fruit of the Spirit to guide our relationships and actions, both within the church and in the world

Our vision for the church should be one where humility, meekness, compassion, kindness and patience are central, where we celebrate one another. So, let's take a moment to consider how we engage with one another in the church.

Do we respond with gentleness when we are hurt or offended?

Do we choose to serve others without expecting thanks or recognition?

Do we take a step back and trust God's timing when faced with challenges?

Are we creating a space where people can come as they are and grow into Christlikeness?

The body of Christ is wonderfully diverse, and it should reflect unity despite our differences—whether in our backgrounds, experiences, or the ways we express our faith. Last Sunday, David encouraged us to embody compassion and kindness throughout the week. As we continue through Lent, let's clothe ourselves with meekness, humility, and patience—both as individuals and as a church community.

Let these virtues shine not only in our personal lives but also in our shared life together as the body of Christ.