

Nicolette Soverall
Integrative Seminar
Reflective Journal 7

1. What role does patience play as a discipline of compassion?

Patience and discipline go hand in hand without it discipleship would be self-glorification or faddism. according to the author discipline and discipleship belong together because they strengthen and deepen each other. Discipline enables the revelation of God's divine spirit in us

2. Can one be truly compassionate without being patient? Why or why not?

One cannot be truly compassionate without being patient because patience is a discipline of compassion. The word compassion could be read as com-patience because both words find their origin in the Latin word Pati which means suffering with. To suffer with others requires a great deal of patience.

3. Discuss the negative associations attributed to patience and compare them with the authors' understanding.

The word patience has a negative connotation because it is associated with powerlessness, passivity, and dependence. The author's definition means to enter actively into the thick of life and to fully bear the suffering within and around us. Patience is the capacity to see, hear touch, taste, and smell as fully as possible the inner and outer events of our lives. It is an extremely difficult discipline to conquer because it counteracts our impulse to fight or flee.