

121. LONG OF NOSTRIL - MONDAY - MAY 11, 2026

Good morning, Grace Harbor – it's Dan. Happy Monday! I hope you had a great weekend. Ours was full but wonderful.

We had the 50th wedding anniversary celebration for Ms. Carolyn and her husband on Saturday. It did end up raining a bunch that day, but it didn't dampen anyone's spirits.

And like I promised, I went to check on Mrs. Quackerson and her eggs after church on Sunday, which was perfect because it was Mother's Day! Well, no baby ducklings yet, but it definitely seems like it's going to be any day now.

She was softly quacking away, and while I don't speak duck, it sounded like a mix of "I love you," and "I'm ready to get up, so come on out anytime."

Well, we're continuing our look at the Fruit of the Spirit, which is the good stuff God wants to grow in our lives.

Does anyone remember what three fruits we focused on last week? That's right – love, joy, and peace. We called these our "inner fruits" as they're directly related to our relationship with God.

This week, we'll be looking at patience, kindness, and goodness. These are what we'll call the "outer fruits" because they tend to show up in our relationships with others.

Now, this might sound a little strange, but in order to

talk about patience, we first need to talk about being mad. When someone's mad in a cartoon or comic book, how can you tell? Does anything change about the way they look or the way they act?

Brainstorm together as a family, and if you need more time, feel free to pause the podcast. I'll be right here when you get back.

[PAUSE]

When I was growing up, the faces of cartoon characters that got mad would turn fire engine red. Sometimes steam would shoot out of their ears.

Believe it or not, the Bible has a similar way of describing people who get mad. It would say that your nose got hot. So, if they had cartoons, the nose would turn red and shoot steam or smoke.

Well, the Bible tells us over and over again that God is patient and slow to anger. And one of the ways the writers of the Bible put it is that God has a long nose. In fact, God even says to Moses, "I am long of nostril!"

Why is that a good thing? Well, the longer the nose, the longer it takes for God to get mad. Instead, God chooses not to act in anger right away because God loves us. God would rather work with us and help us get back on track.

And it's about more than just when we're mad. Patience helps us get through anything that isn't fun or

comfortable.

Like I said earlier, Mrs. Quackerson is still faithfully sitting on her eggs as she has been for weeks. I imagine she's probably ready to get up and walk around or go for a swim. But here's the thing – as much as she might be tired of sitting on the eggs, she loves her ducklings inside them even more. She's going to stick it out and do whatever it takes to be sure they hatch healthy and happy.

I once heard someone say that “patience is what love looks like when waiting is hard.”

So, while it's important to be patient when we're stuck in traffic or waiting in line at school, it's even more important when we can share the fruit of patience with the people around us.

When it's time to leave and someone in your family isn't ready to go. When someone is feeling cranky and isn't fun to be around. When someone on your Little League team or soccer squad makes a mistake because they're still learning.

It's easy to get frustrated. Our nose could start to get hot. But when that happens, we have a choice. We could keep getting mad until the anger pours out of us. Or we can pause, take a deep breath, remember the times when others have been patient with us, and realize that this is a moment when we can harvest the fruit of patience that God's growing in our lives and share that feeling of love and care with others.

Ok, let's close in prayer. If you want to, you can close your eyes and fold your hands.

Dear God, we thank you that you are slow to anger and full of love. When we struggle with waiting, and especially when we start to feel frustrated with others, help us remember that you're growing the fruit of patience in our lives. May we seek to love others just as you have loved us. Amen.

Ok, Grace Harbor, have a great Monday, and I'll talk to you tomorrow.

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