

# THE MEANING OF **PATIENCE**

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A SIMPLE OVERVIEW OF THE MEANING  
OF PATIENCE ACROSS MAJOR RELIGIONS





## Buddhism

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In Buddhism, patience is called 'Kshanti' and is one of the Six Perfections (Paramitas).

**Patience means endurance, tolerance, and calm acceptance without anger, even when facing suffering or insult.**

### *Meaning*

*It is seen as a path to enlightenment and inner peace.*



## Christianity

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In Christianity, patience is considered a fruit of the Spirit and a key Christian virtue.

**In the Bible, patience represents endurance, forgiveness, and faith during suffering.**

### *Meaning*

*Patience is trusting God's timing and remaining faithful through trials.*



## Hinduism

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In Hinduism, patience is called 'Kshama' (क्षमा) and 'Dhairya' (धैर्य).

It means the ability to remain calm, tolerant, and forgiving despite difficulties or injustice.

Patience is considered a divine virtue and part of righteous living (Dharma).

**In the Bhagavad Gita, patience is associated with self-control, tolerance, and spiritual wisdom.**

### *Meaning*

*Patience is the strength to endure hardship with calmness and righteousness.*



## Islam

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In Islam, patience is known as 'Sabr' (صبر).

It is a highly praised virtue that means steadfastness, perseverance, and trust in God during hardship.

**The Qur'an repeatedly emphasizes that Allah loves those who are patient.**

### *Meaning*

*Patience is enduring trials with faith, perseverance, and trust in Allah's wisdom.*



## Judaism

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In Judaism, patience is associated with 'Savlanut' (סבלינות), meaning tolerance and endurance.

**The Torah teaches patience through faith in God and moral discipline.**

### *Meaning*

*Patience is enduring difficulties while maintaining faith and righteousness.*

## Universal Message



**Across religions, patience teaches**

- \* Control of anger
- \* Faith during hardship
- \* Tolerance toward others
- \* Trust in divine timing

### *In simple words:*

*Patience is the strength to remain calm, faithful, and hopeful in times of difficulty.*

# Happy Patience Day (Saturday)



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