More time spent with fewer people leads to greater lasting impact for the Kingdom of God.

BSU Christian Challenge
New Mexico State University
Study Series

Yielding Your Rights
Changing Your Irritations

1. Do you have ‘pet peeves?’ What really gets to you?

2. What is likely to cause you to become irritated in the following situations? Please take time to write thoughtful responses.
   - Friendships
   - Working relationships
   - Study groups
   - Communication
   - Expectations
   - Physical exhaustion
   - Personal illness
   - Organization
   - Situations beyond your control

3. How do you usually respond to irritations? (Check all that apply)
   - Become critical of others
   - Lose your temper
   - Admit your struggle
   - Become defensive
   - Think bad thoughts
   - Refuse to let it go
   - Withdraw; pout
   - Refuse to cooperate
   - Seek peace
   - Argue about it
   - Hold a grudge
   - Pray it through
   - Say mean things
   - Become aggressive
   - Shake it off

4. From Romans 5:3-4, list three life qualities that can grow out of our proper response to suffering.

   1
   2
   3

   What would need to occur in your attitude for you to rejoice in your sufferings?

5. According to 2 Corinthians 12:9, what does Paul say is all we need in the face of suffering?

   Explain what you think Paul means.

Now go back and answer question #3 again. Let the Lord guide you in making any necessary changes in your original response to the question. Circle the new responses.

7. Read Hebrews 12:1. This verse admonishes us to get rid of anything that keeps us from running the race marked out for us. Do you believe your usual response to irritations may be a hindrance to you in the race? YES  NO

If so, how?________________________________________________________________________

What can you do to get rid of these things?________________________________________________________________________

________________________________________________________________________

STEMS TOWARD YIELDING YOUR RIGHTS AND CHANGING YOUR IRRITATIONS

It is not uncommon for irritations to arise when you feel that your ‘rights’ have been violated. Here are some suggestions for learning how to handle the inevitable irritations you will face in life. Consider how following these steps might bring honor to the Lord in your relationships.

• In prayer, tell God candidly what your irritation is, identifying the possible causes.____

• Identify the ‘rights’ you feel have been violated. (actual or imagined)____________________

• Thank God for being interested enough in your life to show you this difficult area. Commit to honoring Him in the way you handle it.

• Consider the concept of transferring these ‘rights’ to Christ.

  o “who being in very nature God did not consider equality with God something to be grasped” (Philippians 2:6)
  o Since Christ forfeited His rights and died on the cross for you, you must transfer to Him the rights you think you have, and be willing to die for His honor in your relationships.
  o Ask Him to take control. If you have no rights, they cannot be violated. You can be free of irritations.

• Ask God to guide you in a creative solution to the irritation. Be willing to seek restoration in any relationship that may have been stressed by your improper response to the irritation.
- Practice the habit of praying through your irritations and looking to God for wisdom until it becomes your first response.

- Refuse to gossip, slander, or argue. Be accountable.

**MEMORIZE  2 Corinthians 12:9**

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