

"LET YOUR FORBEARING SPIRIT BE KNOWN TO ALL"

Are you impatient? Why? What are the common areas of struggle? When does irritability surface the most? Under what circumstances? At what times, places, things...? In which relationships? What are the pressures building up that need to be resolved?

Suggested Solutions

1. Accept personal responsibility before God & others.
2. Realize you can change by His _____.
3. You must discover the Biblical alternatives to impatience (depends on your specific problem areas).
4. Trust God with what's out of your control.
5. Fulfill your responsibility to obey God.
6. Persevere in your specific plans of action.
7. Seek to understand & serve others (gets your focus off of your demands, expectations...)
8. Maintain daily devotions. (Jn. 15; Acts 20:32)
9. Memorize & meditate on relevant scriptures that deal with your particular areas of struggle.
10. Work out a specific prepared planned response.
11. Daily remind yourself of battle plan, review & role play it.
12. Pray for God's wisdom, grace, enablement...regularly.
13. Make yourself accountable to someone, ask for their help or supervision, counsel...
14. Never allow an unbiblical thought or feeling to remain unchallenged or have the last word.
15. Persevere until a new pattern of response is established, then persevere some more, knowing that God is at work in you both to will & to do of His good pleasure (Phil. 2:12-13).
16. Expect to be tested & carry your prepared planned response with you on a 3x5 card to remind you of how God wants you to react.
17. Get organized, schedule your time, plan your days, than work your plan according to priorities.
18. Balance your physical care - proper food, diet, exercise, leisure, relaxation, sufficient sleep, involvement in fun things...
19. Don't accept a position or responsibility for which you don't have the time or ability.
20. Let God be God. Let Him determine what's best for you. Let Him change people, circumstances, & schedules. Fulfill your responsibilities & let God determine what happens. Don't play God, you can't control everything or everyone.
21. Seriously consider abandoning some of your own: unrealistic expectations, "instant results" ideas, unfair demands, insistence on your own way, "never being satisfied" attitude, selfish comfort zone, hidden agenda, personal rights...all of which powerfully influence your interpretation of your circumstances or the way you've been treated, thus creating your irritability, impatience, and anger.
22. Humble yourself before God, go back to number 1 & start over.