

Dealing With Aggravations

This is an aggravation board. Have you ever played this game?

Talk about the game and that this was a favorite game of my father who passed away this week. Thought is appropriate to talk about it - not because I always aggravated him - like that would ever happen, but because he had these boards made and he liked the game.

We can all get aggravated - see if you can related to these.

recently came across a website where people listed their biggest peeves, see if you can relate to a few of these...

1. People talk on their cell phones and drive.
2. People who talk on their cell phone at the movies.
3. People who talk at the movies.
4. Gas prices that go up and never down when there's no good explanation.
5. When people think they own the world
6. CBS for canceling Walker Texas Ranger
7. No toilet paper or paper towels in public bathrooms.
8. People who pick their nose in public!
9. (People who pick other people's noses in public!)
- 10 Rude and mean people; people who uses profanity.
- 11 All the stupid polls about the election.
- 12 Any Gap or perfume commercial.
- 13 People who continually crack bad jokes and then stare at you waiting for you to laugh
- 14 Doing dishes.
- 15 Loud music when I'm not playing it.
- 16 It really peeves me when people complain about their pet peeves
- 17 Everyone and everything. Including whoever is reading this now. (This guy's having a rough life!)

We all have things that aggravate us.

Eileen shared a story that you've got to hear. This is what happens when aggravation get out of control.

So we can all get aggravated. The problem with aggravation is that we all tend to react. We need to learn to respond - not react. Reacting to aggravation can quickly move into anger and anger can get us into big trouble.

If you have anger issues - this sermon is probably not going to help you, but Mark Blanchard's Growth Group will. So sign up after church.

Pr 13:16 ¶ Every prudent man acts out of knowledge, but a fool exposes his folly. Another English translation says

Wise people think before they act. Fools don't and even brag about it.

I want to take you through some scripture this morning and look at some keys to help us deal with aggravation

Three Keys To Overcoming Aggravation

Turn to Romans 8: 20 - 29

#1. Learn to view each situation as a chance for God to do something great!

Notice that there is frustration. The creation is frustrated that it must remain in this shell until we realize the redemption of our bodies.

Do you ever get frustrated with your body. You will as you get older. Your mind still tells you that you can run and jump and twist and turn - but your body doesn't believe it.

Sometimes that's aggravating.

Things can aggravate us. Situations can aggravate us. Some of the most frustrating things in life are things.

When aggravating things happen we need to look at the situation as a chance for God to Work.

What does this scripture say to us?

A - God is always there to help

vs 26

The Spirit Helps Us In our weakness.

Aggravation comes from a sense of helplessness or weakness. We are not able to change the situation. We cannot fix the car or we aren't smart enough to figure out the problem.

The Holy Spirit is here to help.

Psalm 46:1 tells us, "God is our refuge and strength, always ready to help in times of

trouble.”

-though the earth give way - though the mountains be carried off into the sea.

Never forget that God cares enough to help you if you will let him.

Just because many times our aggravations and frustrations are of our own choosing doesn't mean that God is not available. He's always with us - ready to help. He is ever willing to become involved in our situation - whenever we are ready to ask Him.

But also notice the primary ways He helps you.

(2) God directs your prayers and tunes your heart.

There have been times in my life that I have been so aggravated I couldn't pray. I knew the thing I should do is stop and give it to God, but I was bordering on anger. Sometimes I have been so aggravated I just don't know how to go to God. I have been aggravated at a situation and I was not in the right frame of mind.

When we don't know what to say or how to pray, the Spirit intercedes for us. God can help us get to our own heart of the matter. He will even pray for us and help us get out of the aggravation and into praise and thanksgiving.

But God does more than work on our heart –

(3) God also works on the situation.

Ro 8:28 And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

See, God is at work. In every aggravating situation God is working. He may not be working how we think he ought to work, but He knows the big picture. He knows what is in us that needs to be accomplished or confessed or dealt with. He knows what things will look like on the other side if we walk through this.

See God has a desire for all of us.

It's in the next verse.

That we become conformed to the image of His Son.

Jesus himself went through aggravating circumstances. He was aggravated with the religious status quo. With the mindset of people. Things were not smooth sailing for Jesus.

So if he had to endure hardships, then to become like Him, so do we.

Our question when aggravation comes should be this - God, what do you want to teach me? What do you want to do in me right now to make me more like Christ?

I must admit, when I have a hammer in my hand and the bolt is not coming loose and I am getting more and more aggravated and I am hitting it harder and harder, I usually don't ask that question. My question is - Lord, why doesn't this work? Lord, why don't you help me?

(***** wrong question)

God's purpose in every situation is for us to become like Jesus.

How do we overcome aggravating situations in our life?

We view them as God views them, opportunities for us to become more like Jesus.

How would you describe Jesus? Patient, peaceful, self-controlled to name a few.

How do you suppose we ever learn patience if we are not put in situations where we could lose our patience?

How do you suppose we practice peacefulness if we are not introduced to stressful circumstances?

How do we practice self-control if we never have to control ourselves.

God uses aggravations to point out where we need work! Then we should start working!

Learn to view each situation as a chance for God to do something great. It's not an aggravation it's a possibility.

#2. When you are aggravated at a person, learn to attack the problem and care for the person.

Open to Colossians 3:12 - 15

We looked at this scripture last week.

Notice that it is an instruction passage about how we are to deal with one another.

Do you suppose the apostle Paul ever got aggravated at someone?

Sure He did.

Acts 15 - Paul and Barnabas were the missionaries who undertook the first missionary journey in the book of Acts. Along the way we are told they also took Mark with them. When it was time for the second journey, Barnabas wanted to take Mark. But Paul was aggravated with him.

Acts 15:37 Barnabas wanted to take John, also called Mark, with them,
38 but Paul did not think it wise to take him, because he had deserted them in Pamphylia and had not continued with them in the work.

39 They had such a sharp disagreement that they parted company. Barnabas took Mark and sailed for Cyprus,

40 but Paul chose Silas and left, commended by the brothers to the grace of the Lord.

So Paul has experienced what many of us have experienced, but he also give us to keys to deling with aggravating people.

(1) Practice forgiveness based on God's forgiveness, not yours. vs.13
" Remember, the Lord forgave you, so you must forgive others."

(2) Show love based on the person's value, not actions. vs.14
Put on love = agape
Agape shows individula value and worth

(3) Refuse to get upset – let Christ rule your heart vs.15
It sounds like that might be a choice.
Getting upset at someone can be a choice.

(4) Find something to be thankful for vs.15
"And be thankful."

Even when you are ready to pull your hair out, there must be a silver lining somewhere.

So we need to realize that in our agravation God is at work and we need to value the person over the situaion.

AS we look at the next key, let me ask you - when are you likely to become most aggravated? When do things bother you the most?

Usually when your resources are depleted.

when you are weary.

#3. Build up your physical and spiritual resources.

I've noticed that when I am tired I react more than respond. When my resources are depleted then my buttons can get pushed a lot easier.

SO first of all take care of yourself physically.

Get plenty of rest.

Take time to recharge.

There is a principle that God instituted at the time of creation. It's the Sabbath. God knows the need for rest. He knows that we can get weary.

Jesus said - Mr 2:27 Then he said to them, "The Sabbath was made for man, not man for the Sabbath.

The Sabbath has much value -part of which is rest and rejuvenation.

Bit also, we need to build up our spiritual resources.

Aggravation - reacting and not responding are really spiritual problems.

Ephesians 6 has something to say about things not going our way and spiritual resources.
Vs 10 - 18

now we could take time to go through this little by little very specifically, but let me just summarize it.

If we are going to win over aggravation, then we need to do three spiritual things on a regular basis.

WE need to immerse ourselves in and know God's Word.

We need to exercise our faith in all situations.

We need to pray.

If you will take more time to read God's Word -especially the Psalm. If you would take more time to meditate on the faithfulness of God and how God responds to us in love and if you would take more time to communicate with God on a regular basis, I can guarantee that you will be less aggravated about things in life.

The Bible shows us over and over what we need to do when we face adversity. Rest in the Lord. Cast all your cares on Him. Be anxious for nothing but present your problems to God and the peace that passes understanding will guard our hearts.

The remedy for aggravation is in the Book.

Trusting God implies that I believe He is bigger than the problem that aggravates me. Be still and know that He is God. Trust in the Lord with all your heart and do not lean on your own understanding. In all your ways acknowledge Him and He will direct your path.

Practice your faith. Practice your trust. Believe that God can work in that thing or that person or that circumstance that is bothering you - and release it.

Pray about it.

Pray for wisdom in it. Pray for the ability to respond and not react. Pray for peace and pray for longsuffering.

Give it to God.

I've learned that I normally don't get irritated about things that are not mine.

I don't get irritated when somebody takes someone else's parking space at school.

I usually don't get upset when the sales clerk is short with another customer.

I get upset at the things that are personal to me. I get irritated, aggravated at the things that I own.

But when I give those things over to God – they become His problems, not mine!

Aggravation is another one of those red flags telling me that there is something I'm not fully turning over to God.

Give it to God.

Aggravation is not a game. It's more of a lifestyle. A lifestyle that God does not want us to live.

#1. Learn to view each situation as a chance for God to do something great!

#2. When you are aggravated at a person, learn to attack the problem and care for

the person.

#3. Build up your physical and spiritual resources.