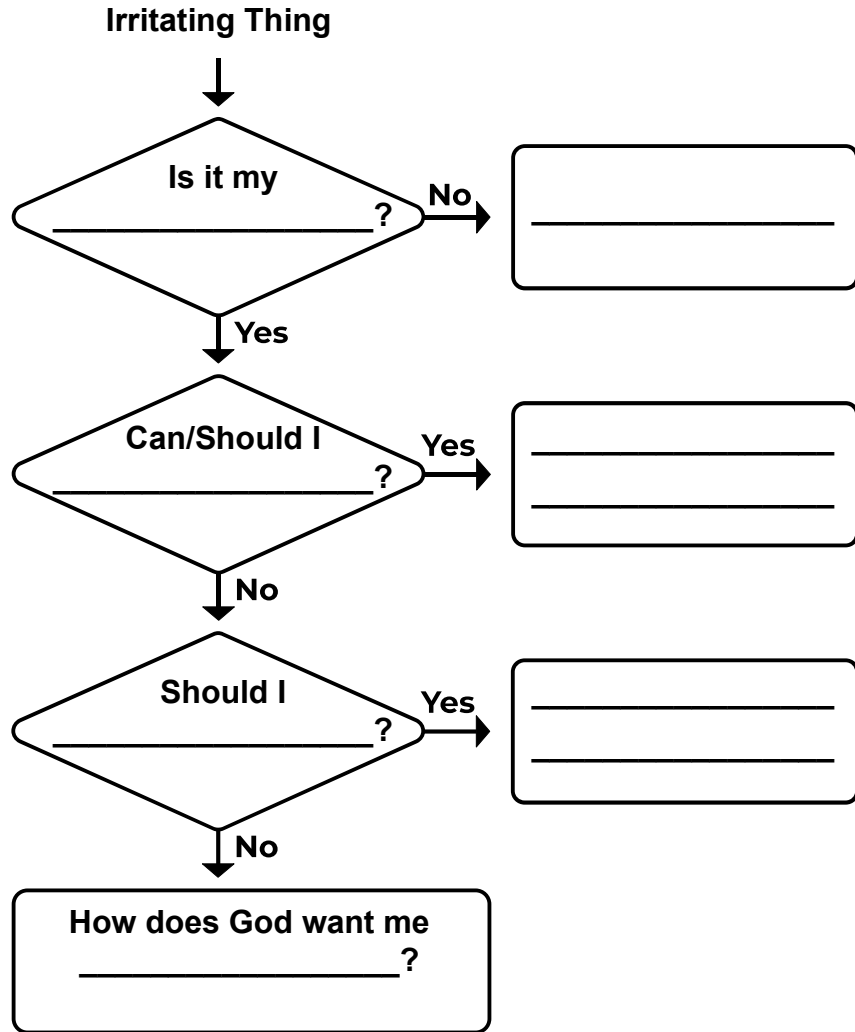


How Followers of Jesus Can Respond to Irritating Things



Irritability

May 3, 2026

1 Corinthians 13:4-5 Love is patient and kind; love does not envy or boast; it is not arrogant or rude. It does not insist on its own way; it is not irritable or resentful.

1. How to be an irritable person:

- **Assume** _____
Philippians 2:3; Romans 6:23
- **Assume** _____
James 1:19-20
- **Assume** _____
Luke 5:30-32

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Growth Group Homework

Warm Up

1. What are some ways you experience or display irritability while driving? Do you honk, say things under your breath, speed past with a look, wave your hands, etc.?

Talk it Over

2. What in the message did you find interesting, challenging or helpful?
3. Below is a list of synonyms for irritable. Circle the ones that could describe you at times.

Annoyed	Crotchety	Complaining
Prickly	Moody	Quick-tempered
Grouchy	Easily offended	Contentious
Surly	Huffy	Hypercritical
Testy	Touchy	

 - Thinking through the arenas of life (work, marriage, parenting, church, friendships), which of the above words would people most likely use to describe you?
 - What are some ways you could justify the way you were behaving?
4. Ethan said that when a person is known as being irritable, others begin to avoid them. How have you seen this?

5. Irritability is often fueled by arrogance. Read the following passages, and in your own words write what they say about responding to irritating situations and people.

James 1:19-20

Luke 6:41-42

Ephesians 2:3

Romans 14:10-13

- Thinking through the things that irritate you, which passages would you most benefit from remembering? Explain.

6. Ethan shared the tool for how disciples of Christ can respond to irritating things. Choose a recent irritation and work through that tool.

Take it Home

7. What's something from this discussion you can apply this week?