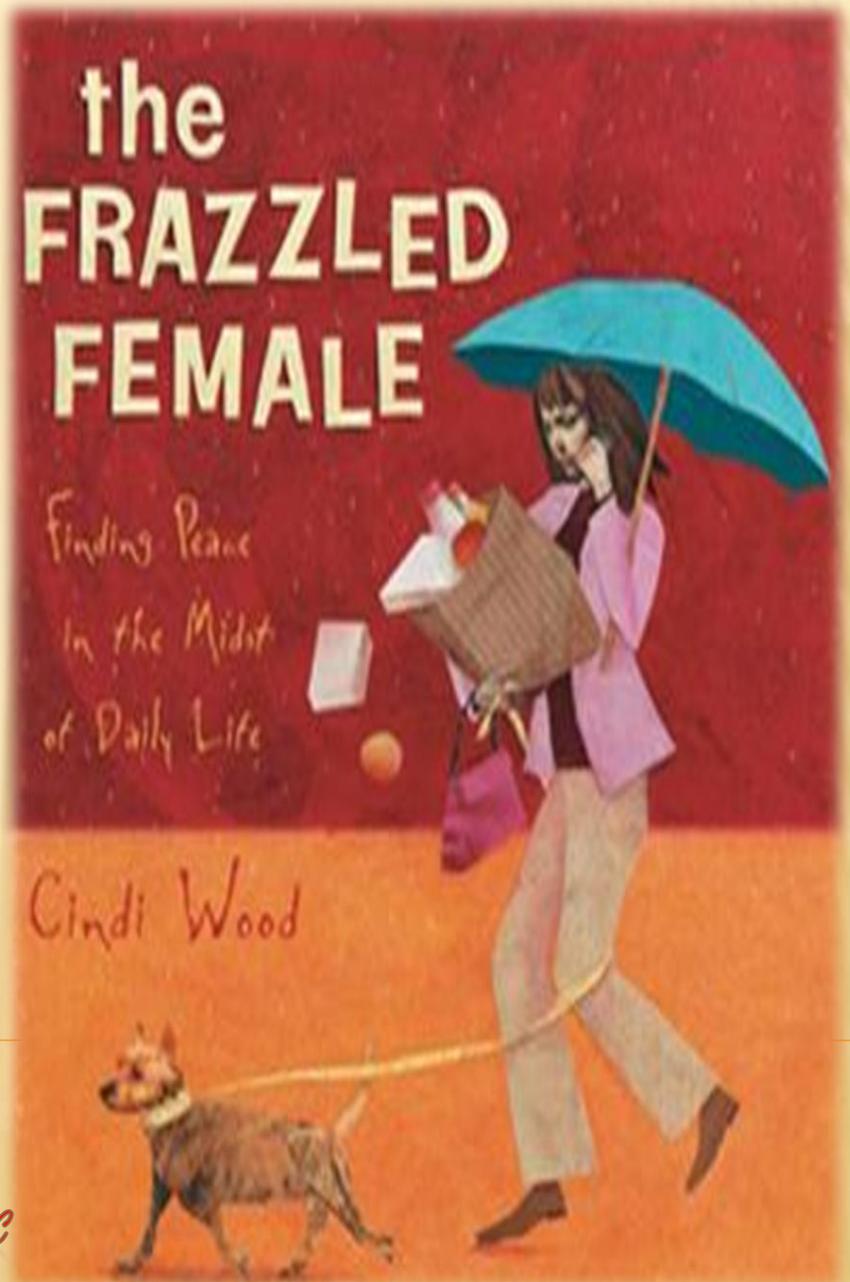


SALT SHAKIN  
SISTERS  
BIBLE STUDY  
SESSION #4



PEOPLE ARE GETTING ON MY NERVES *BFC*

# the FRAZZLED FEMALE

*Finding Peace  
in the Midst  
of Daily Life*

*Cindi Wood*



## Six Week Bible Study

### **Where:**

First Baptist Church - Hondo, Tx.

### **Time:**

9am to 11 am

### **Day of Week:**

Saturday

### **Dates:**

May 28<sup>th</sup>

June 11<sup>th</sup>

June 25<sup>th</sup>



Check us out on our Facebook page  
updated with lesson power points  
and pdf. Pintables.

[www.saltshakinsister.simplesite.com](http://www.saltshakinsister.simplesite.com)

**THE ANSWERS ARE FOUND IN GODS WORD!**

J.E.S.U.S. = PRAYER/THE WORD

What to do  
When You're  
Overwhelmed

Transformed You

markdojesus.com

# We have Different seasons in our lives

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Don't get discouraged.  
Hold on to Determination  
Re-prioritize your stuff

**Ask yourself these questions:**

Need to do it?

Want to do it?

Have to do it?

Must do it?

Which one is it, REALLY?

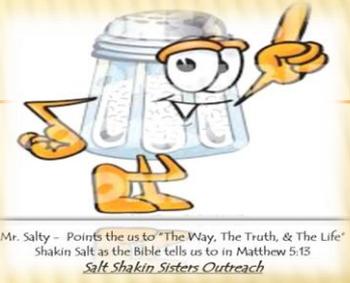
**Don't get Frazzled over it!**



Mr. Salty - Points the us to "The Way, The Truth, & The Life"  
Shakin Salt as the Bible tells us to in Matthew 5:13  
*Salt Shakin Sisters Outreach*

## 1 Kings 8:61

"Let your heart therefore be wholly devoted to the LORD our God, to walk in His statutes and to keep His commandments."



## Jeremiah 7:23

"But this is what I commanded them, saying, 'Obey My voice, and I will be your God, and you will be My people; and you will walk in all the way which I command you, that it may be well with you.'

# When in hard times



**Psalm 23:3-4** He renews my strength. He guides me along right paths, bringing honor to his name. Even when I walk through the darkest valley, I will not be afraid, for you are close beside me. Your rod and your staff protect and comfort me.

**James 1:12** Blessed is the man that endureth temptation: for when he is tried, he shall receive the crown of life, which the Lord hath promised to them that love him.

# When in hard times



**Hebrews 12:3** Consider him who endured from sinners such hostility against himself, so that **you may not grow weary or fainthearted.**

**Exodus 14:14** **The Lord will fight for you, and you have only to be silent.”**

## ❖ Session #1 - People Are Getting On My Nerves!

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### ❖ Living Peacefully

- ❖ **Defrazzler:** Anywhere you find yourself waiting, begin to pray. Your waiting time will take on a new meaning. Write about some of your prayer moments in your journal.
- ❖ **Focus:** Finding peace with self leads to peace with others.

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- ❖ Identify a time when you experienced great pain from the words of another, circle the words below that best describe how you felt.    Shocked - Mistreated - Frightened - Surprised - Hurt - Judged - Condemned - Confused - Attacked - Betrayed - Angry - Undeserving - Overwhelmed - Wronged Embarrassed - Sad - Wounded - Convicted - Alone - OTHER

- ❖ **JESUS OFFERS HIS PEACE TO YOU**    When we move our focus from self to the peace that Jesus offers, we open the door to understanding by getting self out of the way.

## ❖ Session #2 -Depends on Me

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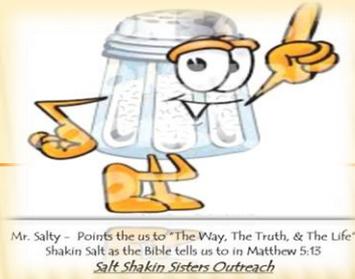
- ❖ **Focus:** Learning to do my part to get along with others.
- ❖ **Describe in phrases the way you get frustrated by these people-**Messy - Don't care - Too quiet - Argumentative - Too orderly - Too talkative – Bossy - Unorganized - Don't help around home - Never wants to talk about things - Takes too long to get things done OTHER\_\_
- ❖ When I suffer pain in a relationship, I am learning to ask the question, “Why are my feelings being hurt?” When I am preoccupied with myself, my peace drains away. By moving self out of the way, I can turn the situation over to Jesus and let Him handle it.

❖ **Focus:** Experiencing God's peace in relationship as we learn to feel and show compassion

❖ **LEARNING TO HOW TO BLESS**

❖ Romans 12:16-21 offers excellent teaching about blessing others.

❖ Before you can confidently "build others up", you must have the desire to get self out of the way and love with love of Jesus. If blessing others becomes your goal, it becomes your ministry. Take the initiative to bless, not to curse. You will gradually mover from "It's all about me" to "It's all about Jesus". Building others up with blessings is more than being tolerant of others, it's loving the way Jesus loved!



## John 14:15

"If you love Me, you will keep My commandments.

## John 15:10

"If you keep My commandments, you will abide in My love; just as I have kept My Father's commandments and abide in His love.

## Acts 5:29

But Peter and the apostles answered, "We must obey God rather than men.

## Romans 2:13

For it is not the hearers of the Law who are just before God, but the doers of the Law will be justified.

## ❖ Session- #4 -This is My Part

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- ❖ **Focus:** Focusing on Christ and heavenly things help me love other like Jesus
- ❖ **GUIDELINES FOR HOLY LIVING**
- ❖ 1. Set your minds on what is above, not on what is on the earth. Colossians. 3:2 - A distinct connection exists between getting along with others and focusing on heaven. **It's difficult to focus on things above when you are being mistreated on earth!** When human emotions are aroused, it takes self-restraint to focus on heaven and behave with heavenly mindsets.
- ❖ 3. Just as the Lord had forgiven you, so also you must forgive - **Colossians 3:13** - If you've been deeply wounded physically or emotionally, it is difficult to forgive-particularly if the person who hurt you has not accepted responsibility for his or her behavior. The Father knows and understands your hurt and disappointment. However, He still asks you to forgive.

# Endurance

*... in a race all the runners run, but only one receives the prize*



**1 Corinthians 9:24-27** *Do you not know that in a race all the runners run, but only one receives the prize? So run that you may obtain it. Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable. So I do not run aimlessly; I do not box as one beating the air. But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified.*

**Philippians 4:13** *I can do all things through him who strengthens me.*

**2 Thessalonians 3:13** *As for you, brothers, do not grow weary in doing good.*

**1 Timothy 6:12** *Fight the good fight of the faith. Take hold of the eternal life to which you were called and about which you made the good confession in the presence of many witnesses.*

**Hebrews 12:1** *Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us,*

## ❖ Session - #5 -Loving Others

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- ❖ **Focus:** Loving others will "become" easier and natural as I continue sitting at Jesus feet.
- ❖ **MAKE IT NOT MATTER**
- ❖ Sometimes people do things that hurt us. When this happens to me, I pray, "Lord just make it not matter to me." I have a tendency to get my feelings hurt easily. So when I am consumed with my self-pity, I pray this prayer and believe the Lord will lift the burden of self, He does!
- ❖ **DEAL WITH YOUR NEGATIVE ATTITUDE QUICKLY**
- ❖ Don't allow negative thinking to find a home in your heart and mind. These disruptive thoughts can cause brain-drain. Replace them with something positive like a Scripture or pleasant thoughts.
- ❖ **IF YOU ARE WRONG, ADMIT IT QUICKLY!!**

