

DETECTING ^{THE} UNYIELDED PERSONAL RIGHTS CHECKLIST

You may realize intellectually that you have no rights in your relationship with Christ. However, you may continue to react sinfully to unpleasant situations and/or pursue self-gratification and happiness as though you still believe you have certain rights. It is recommended that you seek the help of a friend or a discipler in detecting the following warning signs of your unyielded rights.

Warning signs are present when you still believe experientially that you have personal rights.

Check the ones that are frequently manifested in your life.

1. ____ Being angry, tense or irritable when my way is thwarted
2. ____ Being self-pitying
3. ____ Being depressed
4. ____ Withdrawing from others when I do not get my way or when people do not please me
5. ____ Repaying evil for evil
6. ____ Having negative, critical, ungrateful attitudes
7. ____ Suppressing and ignoring problems rather than dealing with them
8. ____ Being judgmental and/or viewing others as inferior to me
9. ____ Viewing myself as inferior to others
10. ____ Comparing myself to others or to their accomplishments
11. ____ Shifting blame to avoid personal responsibility
12. ____ Not being willing to suffer emotional pain, inconvenience, and/or having my plans thwarted
13. ____ Unwilling to give up sinful dependencies on spouse, parents, children and/or friends
14. ____ Trying to control and/or manipulate people or circumstances
15. ____ Unwilling to go to uncomfortable places God may want me to go
16. ____ Being irresponsible and/or uncommitted in relationship to others
17. ____ Disobeying human authority
18. ____ Being lazy; procrastinating
19. ____ Unwilling to get involved with or to witness to unsaved people
20. ____ Seeking personal pleasure, happiness and/or self-gratification (setting goals to find personal pleasure rather than giving of myself to God and others)
21. ____ Thinking I don't "deserve" to have painful trials or difficult people in my life
22. ____ Fearing failure, the future, rejection and/or consequences of sin
23. ____ Unwilling to trust God to take care of me in my areas of difficulty
24. ____ Not persevering in obeying God because I think God's way won't yield the results I want; losing hope, giving up

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25. ____ Expecting that God “owes” me something because of my obedience
26. ____ Pleasing others rather than taking difficult stands to obey God
27. ____ Hiding my sin in order to appear to be a strong Christian
28. ____ Believing God should work in my time rather than in His time (impatience)
29. ____ Trying to convince others of my rightness rather than merely presenting my viewpoint in a loving way, releasing the outcome to God
30. ____ Being jealous, covetous, envious
31. ____ Not accepting and loving difficult people unconditionally
32. ____ Being self focused, self-centered and self absorbed
33. ____ Unwilling to have others intrude upon or interrupt my schedule and/or my “private time” (may include family members, friends or those in need)
34. ____ Placing too great an importance on material possessions, money or saving for the future
35. ____ Placing too great an importance on power, success or achievement
36. ____ Unwilling to give generously of my financial resources to God
37. ____ Unwilling to acknowledge God as the rightful owner of my body, my family, my possessions, my money, my future
38. ____ Unwilling to repeatedly give thanks for my difficult situations
39. ____ Refusing to practice renewing my mind when I am controlled by sinful thoughts
40. ____ Unwilling to forgive those who offend me
41. ____ Unwilling to remove anything that is a barrier between me and full obedience to God
42. ____ Excusing complacency and/or lack of spiritual growth in my life without repentance
43. ____ Unwilling to accept and to submit to God’s plan for my life
44. ____ Being prideful in not wanting to accept scriptural help or admonishment from those whom the Lord wants to use for growth in my life
45. ____ Unwilling to regularly seek forgiveness of God
46. ____ Unwilling to regularly seek forgiveness of those I sin against
47. ____ Unwilling to give up “pet” sins because I enjoy them
48. ____ Unwilling to give up lusting, pornography, masturbation and/or other sexual sin
49. ____ Unwilling to face, acknowledge and repent of my *own* sin toward God and others
50. ____ Being angry and self-pitying when I am not respected and/or my reputation is maligned
51. ____ Unwilling to be hospitable on a regular basis
52. ____ Not having biblical priorities (God, spouse, children, outreach to others, job)
53. ____ Unwilling to be vulnerable and accountable to others
54. ____ Unwilling to accept the probability of my death because of a terminal illness; the loss of a love one; the loss of possessions or money; the loss of control of my future

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- 55. ____ Unwilling to be alone (to live alone, go without a boyfriend/girlfriend, give up friends who lead me astray or into ungodly activities)
- 56. ____ Unwilling to accept my singleness
- 57. ____ Viewing myself as a victim or martyr
- 58. ____ Unwilling to pray and/or to read the Bible regularly
- 59. ____ Ongoing anger and/or anxiety over the political authority in power over me
- 60. ____ Unwilling to risk my life for the cause of Christ
- 61. ____ Rejecting others before they reject me
- 62. ____ Retreating into fantasy to avoid emotional pain and/or expecting the ideal in situations or people
- 63. ____ Being a perfectionist; being performance-oriented
- 64. ____ Seeking to “feel good” about myself through trying to build or to maintain my self-esteem that leads me astray and/or ungodly activities
- 65. ____ Continuing to focus on my sin after I have confessed it to God and after I have sought forgiveness of those I offended
- 66. ____ Indulging in excessive behavior to escape/avoid what God really wants me to do with my time (examples: too much TV, Internet, sleeping, eating, shopping, exercising, working, ministering, etc.)
- 67. ____ Unwilling to be “broken” by God; to “die to self,” to daily surrender to God’s control over my life
- 68. ____ Believing I should live a long life; believing my loved ones should live a long life
- 69. ____ Unwilling to experience sinful emotions so I can deal with them biblically
- 70. ____ Pursuing my unbiblical goals
- 71. ____ Being angry, self-pitying over my marriage, spouse or family
- 72. ____ Unwilling to reach out and be lovingly involved with people who are unlovable and/or who are facing difficult situations
- 73. ____ Being angry, self-pitying when I do not receive affirmation, love, approval and/or attention I desire from others
- 74. ____ Believing God does not love me because He doesn’t give me what I expect or want
- 75. ____ Believing I can question God repeatedly about why He allows trials in my life; believing I deserve an answer from Him
- 76. ____ Eating far more than I should for comfort/out of boredom, etc.

YIELDING MY PERCEIVED RIGHTS TO GOD CHECKLIST

In Study 5 you checked the sinful behaviors and attitudes which indicate that you have not relinquished certain perceived rights to Christ. Now look at each number you checked in Study 5 and check the corresponding number in Study 6. The corresponding number indicates the right that needs to be surrendered to God.

Some of the numbers list more than one right as possibilities that may or may not be applicable to your situation. After you check the appropriate line, circle or highlight the right(s), which apply to you.

1. _____ ☐ I want them to be
2. _____ ☐ I want them to be
3. _____ ☐ I want them to be
4. _____ Right to withdraw when I am not pleased with others to punish them and/or to protect myself from further hurt
5. _____ Right to repay evil for evil; to retaliate
6. _____ Right to focus on the negatives in others' lives or in my circumstances
7. _____ Right to not acknowledge and/or to not biblically handle problems
8. _____ Right to feel superior to others and to judge their actions or attitudes; right to not allow those I view as inferior to teach me
9. _____ Right to focus on my inadequacies and low self-esteem
10. _____ Right to compare myself to others and thus, feel superior or inferior to them
11. _____ Right to not admit I'm wrong (when I am) and to blame others for my sin/sinful responses
12. _____ Right to avoid being inconvenienced and/or experiencing emotional pain and suffering
13. _____ Right to place my primary security and dependency in a person rather than God
14. _____ Right to have people doing, thinking or being what I want them to do, think or be; right to control my circumstances
15. _____ Right to not have to go places I don't want to go in obedience to God
16. _____ Right to not have to do what I should do in relationship to others; right to break promises; to pursue my own ends at the expense of someone else

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17. ____ Right to not have to obey my human authorities (government, elders, teachers, parents, husband, employers)
18. ____ Right to not do things when they should be done; right to put my personal pleasure first
19. ____ Right to not have to be rejected when sharing the gospel; right to not be uncomfortable or inconvenienced by witnessing
20. ____ Right to seek the goals that will bring pleasure rather than seeking God's goals
21. ____ Right to have painful trials and difficult people changed or removed because I believe I don't deserve them
22. ____ Right not to fail; right to not be rejected; right to try to control my future; right to not have to reap what I have sown
23. ____ Right to try to take care of the difficulty myself without yielding control of the situation to God
24. ____ Right to put time limits on God and then decide, "I've had enough;" right to not persevere; right to lose hope in God
25. ____ Right to expect things to go my way because I have obeyed God
26. ____ Right to have people love and accept me; right to not give needed admonishment; right to not risk rejection in obedience to God
27. ____ Right to hide in my sin in order to appear to be a strong Christian
28. ____ Right to be impatient or demanding when God expects me to wait for an answer or change
29. ____ Right to convince others I am right; right to be understood; right to have people agree with me
30. ____ Right to have material possessions, appearance, marriage, family, spiritual walk, less difficult
31. ____ Right to not love others because they don't do what I want them to do
32. ____ Right to focus on myself and not on God and others
33. ____ Right to not be inconvenienced by family members, friends or those who are in need; right to complete all I want to do in the time I want to do it
34. ____ Right to possessions I desire, a savings account, spending money, a retirement plan or benefits
35. ____ Right to be in control of others and/or to have position or power I want
36. ____ Right to rob God and do what I want to do with "my" money and resources
37. ____ Right to not have physical pain, disease, impairments, etc.; right to have the appearance I want; right not to experience the loss of loved one, possessions, money; right to control my future
38. ____ Right to grumble, complain and feel sorry for myself; right to cling to those sinful attitudes rather than obeying God by giving thanks and accepting His sovereign control

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- 39. ____ Right to wallow in sinful thoughts; right to not discipline my mind to godliness
- 40. ____ Right to bitterness and malice; right to suppress rather than releasing the offender through forgiveness; right to be prideful saying, "I will not forgive."
- 41. ____ Right to hang on to my idols, my indulgences, escapes, wrong priorities
- 42. ____ Right to be a complacent and/or an uninvolved Christian; right to not grow spiritually or change sinful patterns or attitudes
- 43. ____ Right to design my own plans and expect God to carry them out; right to rebel against God's plan with sinful actions or attitudes
- 44. ____ Right to not be accountable to any person for spiritual growth; right to not heed godly counsel
- 45. ____ Right to not humble myself by seeking God's forgiveness when I sin
- 46. ____ Right to not humble myself to seek forgiveness of those I sin against: right to pretend everything is okay after I offend someone
- 47. ____ Right to hold on to "pet" sins because they bring pleasure
- 48. ____ Right to fleshly indulgences in my mind and/or body
- 49. ____ Right to deceive myself about my sin through rationalizing, ignoring, shifting blame, denying; right to not obey
- 50. ____ Right to respect; right to a good reputation; right to defend my reputation
- 51. ____ Right to not use my home for ministry; right to not be inconvenienced; right to have priorities in my order rather than God's order
- 52. ____ Right to spend time on what I believe is important rather than what God views as important
- 53. ____ Right to superficial relationships in which no one will call me to accountability or question what I do or think
- 54. ____ Right to live as long as I want; right not to experience the loss of loved ones, possessions, money; right to control my future
- 55. ____ Right to not be alone; right to a boyfriend or girlfriend; right to friends who are a bad influence on me; right to activities that are ungodly rather than being alone
- 56. ____ Right to being married; right to have a strong and loving marriage
- 57. ____ Right to view myself as a victim or as a martyr
- 58. ____ Right to ignore Bible reading and prayer; right to not be inconvenienced or to not give up other pursuits rather than giving God time
- 59. ____ Right to have the political party or authority that I most agree with in power
- 60. ____ Right to not risk my life in a stand for Christ or to be persecuted
- 61. ____ Right to avoid or emotionally eliminate someone from my life who might hurt me
- 62. ____ Right to avoid emotional pain, right to deny reality by retreating into fantasy; right to expect the ideal in situations or people

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- 63. ____ Right to have the unbiblical goal of being perfect and/or expecting others to please me; right to “perform” to please God, others, myself
 - 64. ____ Right to “feel good” about myself; right to be self-focusing; right to the goal of building self-esteem
 - 65. ____ Right to feel guilty, to “beat myself up” over my sin: to minimize Christ’s finished work and to refuse to accept God’s forgiveness
 - 66. ____ Right to not turn to God for satisfaction and to indulge in excessive behavioral escapes
 - 67. ____ Right to not be humbled; right to not die to self or to not fully surrender to God’s control over my life
 - 68. ____ Right to good health; right to a long life; right to a loved one(s) long life
 - 69. ____ Right to not experience sinful emotions and confess them to God
 - 70. ____ Right to foster and pursue self-life goals rather than adopting God’s goals
 - 71. ____ Right to not accept God’s sovereign plan for my marriage and/or spouse or other family members
 - 72. ____ Right to not be involved with people who influence me to feel uncomfortable
 - 73. ____ Right to receive affirmation, love, approval and/or attention from others
 - 74. ____ Right to believe God doesn’t love me because He didn’t do what I wanted Him to do
 - 75. ____ Right to expect that God tell me why I’m going through trial(s)
 - 76. ____ Right to eat as much as I want; right to gluttony

Add any other rights that you personally need to surrender which are not already covered.



STEPS TO RELINQUISHING PERCEIVED RIGHTS TO GOD



1. Praying with a witness, give each right which you have previously claimed, to God. You should say one of the following:
 - a. "I give up the right to _____."
 - b. "I surrender the right to _____."
 - c. "I renounce the right to _____."
 - d. "I relinquish the right to _____."
2. Ask God to forgive you for claiming these rights and for your sinful responses when your perceived rights were violated. (1 John 1:9)
3. Practice an attitude of thanksgiving and acceptance of God's will.
4. In the future, handle the violation of your perceived rights in the following ways:
 - a. Realize that when you are upset, angry and/or self-pitying about a person or circumstance in your life, you are probably unconsciously claiming perceived rights.
 - b. Practice repeatedly saying, "I do not have a right to (be specific). I accept your will, Lord, in this matter." Thank God on a repeated basis for not allowing you to have rights because whatever deprivations you are experiencing are for your benefit. (Rom. 8:28)
 - c. Accept that this is one way of suffering for Christ's sake. (Phil. 1:29; 1 Pet. 2:21)
5. Remember God's sovereign plan includes the violation of your perceived rights. He will test you often to strengthen your relationship with Him and to build your character.
6. Meditate on how Christ gave up all His rights when He had just claim to them. Remember that He gave them up for *your* sake!
7. Keep your list of relinquished rights in a convenient location as a reminder to you. Add to the list as God reveals to you new areas in which you are manifesting sinful responses to what you perceive to be your rights.