

# HOW TO DEVELOP A BIBLICAL SENSE OF RESPONSIBILITY

(Dealing with Perfectionism)

## I. Introduction

This study is intended to help you develop a proper (biblical) understanding of and approach to your responsibility or responsibilities. It is very easy to err on either side of this issue: becoming overly conscientious or responsible or becoming flippant, nonchalant and irresponsible. What is the dividing line between excessive responsibility and irresponsibility? How can I determine and develop a proper sense of responsibility without erring on either side? This study is designed to help you answer these questions for yourself.

## II. Assignments

A. Rate yourself on the following items: use the ratings: 4 = always, 3 = frequently, 2 = sometimes, 1 = seldom and 0 = never.

- \_\_\_\_\_ 1. I see things that need to be done.
- \_\_\_\_\_ 2. I think I am responsible to make sure they get done.
- \_\_\_\_\_ 3. I find it difficult to relax as long as I know something needs to be done.
- \_\_\_\_\_ 4. I am not satisfied with the work that I do.
- \_\_\_\_\_ 5. I think that I could have done a better job.
- \_\_\_\_\_ 6. I have a strong sense of duty and obligation.
- \_\_\_\_\_ 7. When some project in which I am involved doesn't succeed, I think I am responsible.
- \_\_\_\_\_ 8. My work is a burden to me.
- \_\_\_\_\_ 9. I think that others aren't serious enough, are too flippant.
- \_\_\_\_\_ 10. I think that others don't carry their load.
- \_\_\_\_\_ 11. I think that others take advantage of me.
- \_\_\_\_\_ 12. I get annoyed, irritated, upset when others don't work as hard as I do.
- \_\_\_\_\_ 13. I think it is my responsibility to make them aware of their failure (irresponsibility).
- \_\_\_\_\_ 14. I think it is my responsibility to make them change and accept responsibility.
- \_\_\_\_\_ 15. When people do not respond to my suggestions, I become upset.
- \_\_\_\_\_ 16. When people do not cooperate with me as I think they should I become insecure or hurt or overbearing or give up.
- \_\_\_\_\_ 17. I feel bad whenever I take an extended vacation, just sit around, have fun, am not working.
- \_\_\_\_\_ 18. When someone is failing or needs help, I think I am wrong if I do not assist him.
- \_\_\_\_\_ 19. I think about my past failures or mistakes.
- \_\_\_\_\_ 20. I think about the failures and mistakes of others.
- \_\_\_\_\_ 21. I expect that I will fail or do poorly.
- \_\_\_\_\_ 22. I expect that others will fail or do poorly.
- \_\_\_\_\_ 23. I think that rules are rules and should be strictly adhered to.
- \_\_\_\_\_ 24. I think that once you've started a job, it should be completed.

Go back over this test and especially note the items you scored 4 or 1 or 0. If you scored more than five with a 4, or more than five with a 1 or 0, you *may* have an unbalanced view of responsibility which may hinder your usefulness for Christ and growth in the grace and knowledge of Christ. List the items that were scored high or low; make them a matter of prayer and consideration. Consider the possibility that you need to change your concept of and approach to responsibility. (over please)

B. Finish the following phrases with statements that express your views, thoughts, attitudes, convictions or opinions.

1. I am responsible (to, for, when) . . .
2. I should, must, ought . . .
3. My mate (if you have one) should . . .
4. My parents should . . .
5. My friends should . . .
6. My fellow workers or students should . . .
7. When I do not do what I think I ought, I . . .
8. When others do not do what I think they ought, I . . .

C. Evaluate (assess, compare) your views about specific responsibilities, using the Bible (B, 1-6).

1. Which of them are supported by the Bible? Cite biblical references if you can.
2. Which of them are unbiblical (not supported by Scripture or even contrary to Scripture) and need to be changed?
3. How can you make the changes a reality?

D. Evaluate (assess, compare) your reactions to your own failures and the failures of others in the area of fulfilling shoulds and oughts, using the Scripture (B, 7, 8).

1. Which of your reactions are biblical? Cite biblical references if you can.
2. Which of them are unbiblical and need to be changed?
3. How can you make the changes a reality?

E. Select at least seven or more of the following passages for study. Choose at least three from the Old Testament and four from the New Testament. Look at each passage individually and try to answer several questions:

1. What does this passage teach about the extent of my responsibility?
2. Does this passage indicate anything about the effects of being overly responsible or under-responsible? If so, what?
3. Does this passage have anything to say about the causes of over- or under-responsibility? If so, what?
4. In light of this passage, what changes in attitude, thinking, behavior or speech should you make?

Passages: Psalm 27; 37; 42; 73; Proverbs 3:13-26; 4:20-27; 6:6-11; 10:4, 5; 16:3, 7; Matthew 6:25-34; 11:25-30; Luke 10:38-42; 10:30-37; 15:11-24; John 21:15-23; Romans 12:17-21; 14:1-3; 1 Corinthians 3:5-10; 4:1-5; Galatians 6:1-5; Philippians 4:4-13; 2 Timothy 2:7; 1 Peter 5:5-11; Jude 17-25; Philippians 2:12, 13; James 4:6-10; 4:13-17; Romans 15:1-6; 1 Corinthians 13; Ephesians 4:29-32; Philippians 3:15, 16; Romans 12:16