

# Frustration

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## WHY DO WE GET FRUSTRATED?

### MICAH 6:15

Sometimes we are frustrated when we work hard for something but it doesn't happen.

<sup>15</sup>You will plant crops but not harvest them. You will press your olives but not get enough oil to anoint yourselves. You will trample the grapes but get no juice to make your wine.

### JAMES 4:3

Sometimes we are frustrated in our prayers, expecting certain answers that never come because we have the wrong motives. We fail to see how God is protecting us from what will hurt us.

<sup>3</sup>And even when you do ask, you don't get it because your whole motive is wrong—you want only what will give you pleasure.

### JOB 10:13-22

Pain and suffering bring frustration.

<sup>13</sup>“Yet your real motive—I know this was your intent—<sup>14</sup>was to watch me, and if I sinned, you would not forgive my iniquity. <sup>15</sup>If I am guilty, too bad for me. And even if I'm innocent, I am filled with shame and misery so that I can't hold my head high. <sup>16</sup>And if I hold my head high, you hunt me like a lion and display your awesome power against me. <sup>17</sup>Again and again you witness against me. You pour out an ever-increasing volume of anger upon me and bring fresh armies against me.

<sup>18</sup>“Why, then, did you bring me out of my mother's womb? Why didn't you let me die at birth? <sup>19</sup>Then I would have been spared this miserable existence. I would have gone directly from the womb to the grave. <sup>20</sup>I have only a little time left, so leave me alone—that I may have a little moment of comfort <sup>21</sup>before I leave for the land of darkness and utter gloom, never to return. <sup>22</sup>It is a land as dark as midnight, a land of utter gloom where confusion reigns and the light is as dark as midnight.”

### PSALM 94:3

We should be frustrated by the evil all around us.

<sup>3</sup> How long, O LORD?

How long will the wicked be allowed to gloat?

## HOW AM I TO RESPOND TO FRUSTRATION?

### PROVERBS 21:2

Examining the source of our frustration helps us know how to deal with it. There is a big difference between being frustrated in our quest to do good and being frustrated because we are not getting our way. Each must be dealt with differently.

<sup>2</sup>People may think they are doing what is right, but the LORD examines the heart.

### EXODUS 17:4; JOHN 6:5-7

Recognize that some of our problems don't have a human solution. We must take them to God. Only he is able to handle some of them.

<sup>4</sup>Then Moses pleaded with the LORD, “What should I do with these people? They are about to stone me!”

<sup>5</sup>Jesus soon saw a great crowd of people climbing the hill, looking for him. Turning to Philip, he asked, “Philip, where can we buy bread to feed all these people?” <sup>6</sup>He was testing Philip, for he already knew what he was going to do.

<sup>7</sup>Philip replied, “It would take a small fortune<sup>o</sup> to feed them!”

#### EPHESIANS 6:4

Be careful what you say when you are frustrated.

<sup>4</sup>And now a word to you fathers. Don’t make your children angry by the way you treat them. Rather, bring them up with the discipline and instruction approved by the Lord.

#### **DOES GOD EVER CAUSE FRUSTRATION?**

##### JOB 5:12

God can frustrate the plans of evil people.

<sup>12</sup>He frustrates the plans of the crafty, so their efforts will not succeed.

##### *Promise from God: Joshua 1:9*

<sup>9</sup>I command you—be strong and courageous! Do not be afraid or discouraged. For the LORD your God is with you wherever you go.”