

Frustration!



What spells frustration in your life?. No matter what it is, frustration takes a toll on our physical, spiritual, and mental well being doesn't it. Webster defines frustrations as follows, "*a deep chronic sense or state of insecurity and dissatisfaction arising from unresolved problems or unfulfilled needs.*" Webster also defines frustrate as, "*to balk or defeat in an endeavor, to induce feelings of discouragement, and to make ineffectual.*" Frustrate is closely related to impede, which of course means to *interfere or slow any progress.* I believe the root cause of frustration is our inability to wait on God for things to happen that we have prayed about. We get mad, want to make the things right and make them right fast. When the situation doesn't change as fast as we want or demand we get frustrated. I have told many of you that when I worked for a Mexican National in 1990 he would always use the following question with Americans in his broken English as he looked at their sour faces and tight lipped mouths. Why are you angry? Flight attendants, waitresses, cab drives, hotel staff, on and on he would ask, "why are you angry?" The usual response was , I'm not angry, but once in awhile someone would be honest and say this job stinks, or I am angry because I want to be angry. The first reaction was one of shock and you could see the defense mechanisms go up like Batman's car armor when he hit his Bat mobile remote key lock. I believe that many people go around in anger due to the frustration and dissatisfaction with their own lives. This is usually marked by venting their anger toward others, but nonetheless, the root of their anger is unhappiness with themselves.



God's Word, our prayers, His Spirit are not stagnant, sterile, an experiment in psychology or test tube science. They are active, dynamic and effectual. We know from the scriptures that prayer is effectual. **James 5:16** "*Therefore, confess your sins to one another, and pray for one another so that you may be healed. The effective prayer of a righteous man can accomplish much.*" This scripture is in reference to someone who is sick confessing their sins which may be the cause of their sickness or just that it may contribute to their being healed if it is not the cause of their sickness. In either event it is always good to confess any known sin in our lives. It applies, I believe, to our whole life. And yet this confession must be personal, not coerced, manipulated, or as they did many years ago use physical or mental torture to accomplish what only God could accomplish by speaking to the heart of an individual. The days of the Inquisition have passed thank God. We want change and we want it now! Right? Yes and no. To want change now is good, but we must all learn that in the Kingdom of God change can only occur when God is allowed to speak to our hearts and the hearts of others, or for our other prayers to be answered. The answer will be manifested only in His Time. To get ahead of God frustrates our minds and only delays change.



Have you ever heard the saying, "but for the Grace of God there go I." You are alive by the Grace of God. You have what you have, little or much, by the Grace of God, and only by His Grace shall you continue in this life and the next. A frustrated life as stated above "*arises from unresolved problems or unfulfilled needs.*" Let God deal with these areas in your life and your frustrations will flee away under the shadow of the cross. Many years ago I preached a message in which I said, "*I am so glad that Jesus, having been rejected, cursed, accused of being aligned with Satan, and finally led to crucifixion didn't say, enough and take the book of the law and any communication from His people to His Father, and just went back to Heaven and said, Father they are useless and hopeless. Forget it. No instead He did what the Father in Heaven had asked Him to do on our behalf.*" We have a saying "hang in there and don't give up." He hung on the cross for each of us in hopes that we would receive salvation and be restored to His Father. Whether you are frustrated with yourself, unhappy with your life, or with someone else, I suggest you go back to the cross of Jesus Christ and see what His sacrifice did for you. Our salvation is a personal salvation which we share corporately. The Psalmist gave a tirade against the wicked who hated God and concluded with the following words. **Psalm 139:23-24** "*Search me, O God, and know my heart: try me, and know my thoughts: And see if there be any wicked way in me, and lead me in the way everlasting.*" The end of frustration always begins with a personal evaluation. Ask yourself, why are you really angry. The answer may just surprise you.

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