

HOW TO DEAL WITH FRUSTRATION

The Corona Virus Quarantine: Week 2

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Not only is FEAR a contagious virus,
so is **FRUSTRATION!**

*"[People go] throughout their lives...—frustrated, discouraged, and angry."
(Ecclesiastes 5:17, NLT)*

3 Causes of Frustration

- 1) **INTERRUPTIONS.**
- 2) **INCONVENIENCES.**
- 3) **IRRITATIONS.**

4 Responses to Frustrations

- 1) **BLOW** up!

"Fools give full vent to their rage, but the wise bring calm in the end." (Proverbs 29:11, NIV)

- 2) **CLAM** up!

"The LORD replied, "Is it right for you to be angry about this?" Then Jonah went out to the east side of the city and made a shelter to sit under..." (Jonah 4:4–5, NLT)

- 3) **GIVE** up!

"I've lost all hope, so what if God kills me?" (Job 13:15a, GNB)

- 4) **BACK** up.

"Don't shuffle along...absorbed with the things right in front of you. Look up, and be alert to what is going on around Christ—that's where the action is. See things from his perspective." (Colossians 3:2, The Message)

5 Steps to Follow When You're Feeling Frustrated

1) Ask yourself, “Did I **CAUSE** it?”

“Do not deceive yourselves; no one makes a fool of God. People will reap exactly what they sow.” (Galatians 6:7, GNB)

Good news: If I caused it, I can correct it.

2) Ask yourself, “What can I **LEARN** from it?”

“To learn, you must love discipline; it is stupid to hate correction.” (Proverbs 12:1, NLT)

Every blow up gives me a chance to grow up.

3) Give **THANKS** for it.

“Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.” (Philippians 4:6–7, NKJV)

Gratitude will shift my attitude.

4) Find the **HUMOR** in it.

“A joyful heart is good medicine, but depression drains one’s strength.” (Proverbs 17:22, GW)

I can laugh or lament.

5) Ask God to loan you some **LOVE** for it.

“Love is patient and kind; it is not jealous or conceited or proud; love is not ill-mannered or selfish or irritable; love does not keep a record of wrongs;” (1 Corinthians 13:4–5, GNB)

Frustration is a sign I’m thinking of how this affects me.

Love is when I do something to bless you.

ACTION STEP

Oak Ridge’s Top 10 Love List!