

# DEALING WITH FRUSTRATION

## I. Frustration is a **BLOCK** to a goal

- A. A block in a goal and the emotional state or response to it
- B. Responses can be more extreme in certain situations
- C. Frustration begets anger, aggression, anxiety, apathy, withdrawal

## II. Frustration is a **BELIEF** we have been stopped

- A. Luke 5:17-25 a belief you are stopped by what blocked you
- B. It comes from walking by sight & feelings not faith
- C. We can't be in faith and frustration at the same time

## III. Frustration is a **BURDEN** we need not carry

- A. Matt. 11:28-30 His yoke is easy/burden is light
- B. Zech. 4:6; Acts 3:19 Deal with frustration from the spirit not flesh