

Messenger of Truth

"Holding forth the Word of Life" (Phil. 2:16)

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Frustration

"Our fatigue is often caused not by work, but by worry, frustration, and resentment." – Dale Carnegie

"It is hardly possible to build anything if frustration, bitterness and a mood of helplessness prevail." – Lech Walesa

"I was an accomplice in my own frustration." – Peter Shaffer

"I'm just generally hugely frustrated, I'm a very, very frustrated man. I'm just a ball of pent-up frustration." – Allan Carr

"I share their frustration at times and I get down just like them when we suffer a bad result." – Steven Gerrard

All of us at times get frustrated. If we say that we don't, we are not being very honest.

The noun form of *frustration* is defined, "A feeling of anger or annoyance caused by being unable to do something: the state of being frustrated. A deep chronic sense or state of insecurity and dissatisfaction arising from unresolved problems or unfulfilled needs." (Webster)

A feeling of frustration emanates from such a wide variety of sources. Sometimes it is people. Those who are married seem to find occasions where we feel frustrated with our spouses; or perhaps our children. Or those feelings can be found with our friends and neighbors. And those feelings certainly can find their way into our work environment.

As wonderful as our technology is, there are times that it can be very frustrating as we can't get things to work, or they won't work right. We have our building projects, or our automobiles, or appliances that seem to work against us.

And if we are honest, we may find times when we feel frustrated with God. This may stem from not getting something that we want. Or perhaps even the sentiment that God no longer is hearing our prayers.

Not that it makes it right, but we know from of old, that even Job got frustrated with God. "Why is light given to him who is in misery, and life to the bitter of soul, who long for death, but it does not come, and search for it more than hidden treasures" (Job 3:20-21). "Oh, that I might have my request, that God would grant me the thing that I long for! That it would please God to crush me, that He would loose His hand and cut me off!" (Job 6:8-9).

Overcoming these feelings of frustration is not easy, but is important. Frustration can lead to hopelessness and abandonment of God. His reassurances are there to help us. "For He Himself has said, 'I will never leave you nor forsake you'" (Heb. 13:5).