

Fighting Frustration

“And let us not be weary in well doing: for in due season we shall reap, if we faint not.”

Galatians 6:9

No matter how strong your faith may be, sometimes the challenges of life can really get the best of your spirit. You may be applying for jobs and every door seems to be closed. Perhaps you have been trying to lose some weight and it just doesn't seem to be working. Maybe you have been praying and hoping for your relationship to improve but things appear to be getting worse. It is during moments like these when it is easy for us to grow weary and become frustrated even to the point of giving up. Nevertheless, when the spirit of frustration begins to rise up in your heart, you must fight it with all your spiritual might and remember that, if you just hold on, you will see the fruit of your commitment.

For many, fighting frustration is easier said than done. However, as with most of the challenges we face, God offers the solution in His word. Here are just a few suggestions from the scriptures that you can use to overcome the feeling of being upset and annoyed when things don't seem to be changing or you are not achieving your goals:

1. **Choose to Rejoice** (Habakkuk 3:17-18; James 1:2-4) – When challenges come, the attitude (mindset) you choose to maintain will be critical to not only if you get through but how you get through. Maintain a positive attitude (Philippians 4:8) that is based on your confidence in the presence, power and promises of God.
2. **Be Grateful** (1 Thessalonians 5:18) – As crazy as it may sound, you don't have to be thankful for a bad situation but you can be thankful in a bad situation. If you trust that God is ordering your steps according to Proverbs 3:5-6, you must believe that He has a reason for this delay and that it is according to His divine plan for your life.
3. **Learn from It** (Romans 5:3-5) – Is there a lesson that you can learn from this frustrating situation? Maybe God is trying to teach you how to be patient and trust Him. Whatever you can gain from this moment, commit it to memory to help yourself or someone else.
4. **Be Patient** (Romans 12:12; Psalm 37:7-9) – So many of God's children miss their blessings and get in trouble because they are impatient. It is easy for us to think that God has forsaken us or is asleep when we are facing the challenges of life but, time and time again, the word encourages us to wait on the Lord. See Psalm 121
5. **Keep Pushing** (Philippians 4:6-7) – Paul's words from Galatians 6:9 give us the assurance that, if we don't quit, we will reap the benefits of our positive actions. Therefore, when frustration arises, you must not give up; but, keep praying, keep working and keep trusting.

Hang in there! This too shall pass.