

need to know what my name is, and what it is not! My name is **Michael Shelly Williams**, not JESUS! How many times have we nailed ourselves to a fool's cross on an ignorant hill? Then got buried in a:

- Tomb of Debt we can't pay off
- toxic relationship we can't get out of
- A spider web of grief we can't untangle?



NOTES:	

June 7, 2009

Message Title:

“What I’ve Learned About Handling Frustration”



Scripture:

Matthew 6:24-34 (NIV)

24 "No one can serve two masters.

Either he will hate the one and love the other, or he will be devoted to the one and despise the other.

You cannot serve both God and Money. 25

"Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear: Is not life more important than food, and the body more important than clothes?"

26 Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? 27 Who of you by worrying can add a single hour to his life? 28 "And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin. 29 Yet I tell you that not even Solomon in all his splendor was dressed like one of these. 30 If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you, O you of little faith? 31 So do not worry, saying, 'What shall we eat?' or 'What shall we

drink?' or 'What shall we wear?' 32 For the pagans run after all these things, and your heavenly Father knows that you need them. 33 But seek first his kingdom and his righteousness, and all these things will be given to you as well. 34 Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own. (Matthew 6:24-34, NIV)



Introduction

All of us have known frustration. Or are frustrated. Maybe somebody here is so frustrated that if you are touched, you will explode like a balloon. **What is frustration?** We may feel it, but not know what it is. We may have an idea about it, but not be able to put a handle on it.

What is frustration?

- Wanting something, and we can't have it
- Wanting someone and they are not available
- Wanting an experience (like getting high—in all of its shapes forms and fashions), and can't do it
- Wanting to do something and not able to
- Having all of the above within our grasp, and can't get it
- Having had all of the above and have them slip out of our hands



That can make us A) even more frustrated and B) angrier.

Such can put us on a collision course with:

- Getting put out doors
- Losing a job
- Losing a relationship

In a world like this, who can afford to lose anything? Therefore the Master speaks to frustration. In Matthew 6:24-34, Jesus speaks to the issue of a lack of money, but in actuality, he speaks to the frustration that arises out a lack of anything that “If I don’t get it, I will just die.” He ends it basically at Matthew 6:33. There he speaks to all of us in the midst of our frustration and says, “But seek first his kingdom and his righteousness, and all these things will be given to you as well.”

Point I: Step 1 to handling frustration

I need to be honest about my frustration level and realize that I could be the author of it. That is why there are some things that do not need to be prayed on.

- If I am not, I will make everyone I come into contact with pay for my frustration
- I may run into someone that is not in the mood for “my stuff”

Point II: Step 2 to handling frustration

I need to be honest and admit when I did handle my stuff—my way—the consequences made it even more frustrating. That is guaranteed when we “*lean to our own understanding*.” And in all my ways acknowledge him, he will direct my path. That’s why the Master said, But seek first his kingdom and his righteousness, and all these things will be given to you as well.

Conclusion

Finally, If I want to handle my frustrations correctly, then I