

Nine Tests Every Christian Must Face

Lesson 8- The Frustration Test

2 Cor. 11:16 (Msg)

Let me come back to where I started—and don't hold it against me if I continue to sound a little foolish. Or if you'd rather, just accept that I am a fool and let me rant on a little.

2 Cor. 11:17-18 (Msg)

I didn't learn this kind of talk from Christ. [18] Oh, no, it's a bad habit I picked up from the three-ring preachers that are so popular these days.

2 Cor. 11:19 (Msg)

Since you sit there in the judgment seat observing all these shenanigans, you can afford to humor an occasional fool who happens along.

2 Cor. 11:20 (Msg)

You have such admirable tolerance for impostors who rob your freedom, rip you off, steal you blind, put you down—even slap your face!

2Cor.11:21(Msg)

I shouldn't admit it to you, but our stomachs aren't strong enough to tolerate that kind of stuff. Since you admire the egomaniacs of the pulpit so much (remember, this is your old friend, the fool, talking), let me try my hand at it.

2Cor12:1(Msg)

You've forced me to talk this way, and I do it against my better judgment. But now that we're at it, I may as well bring up the matter of visions and revelations that God gave me.

Everyone who tries to accomplish something will face frustrations.

And the more effort one gives in trying to accomplish will measure the degree of frustration.

- Frustration is not the final answer...but only A step toward accomplishing your goals.
- Frustration is defined as to bring to nothing, to break, to nullify, to make void, to disappoint.
- Frustration is an EMOTION that occurs in situations where one is blocked from reaching a personal GOAL. The more important the goal, the greater the frustration.
- Frustration is simply caused whenever the results you are experiencing do not seem to fit the effort and action you exerted. Frustration will occur whenever your actions are producing less and fewer results than you think they should.
- Life is full of frustrations. From the minor irritations of losing your car keys to the major anxieties of continued failure towards a goal, frustration is not a pleasant emotion in any magnitude.

Sources of frustration may be internal or external.

- Internal sources of frustration involve personal deficiencies such as a lack of confidence or fear of social situations that prevent one from reaching a goal.
- External causes of frustration involve conditions outside the person such as obstacles or a lack of money or other resources.

Dangers of Frustration

- Frustration is an emotion that can spiral downward
- Frustrating problems are incredibly energy consuming
- Frustration may lead to downfall and deviation, because it wastes resources.
- Frustration can lead to obsession.

Effects of Frustration

- Frustration leads to bad decisions which makes the problem worse
- Frustration negates the progress achieved
- Frustration discourages any real advancement
- Frustration limits perceptions

Why the Frustration Test

- Frustration can indicate problems in character.
- Frustration reveals the need for patience.
- Frustration reveals if we are submitted unto God.
- Frustration reveals the need of TRUST.
- Frustration reveals the need of HUMILITY
- Frustration reveals the need of God's direction

How to handle Frustration

1) Realize that difficulties are inevitable in life.

- Job 14:1 As for man, the son of woman, his days are short and full of trouble.
 - It is called LIFE—deal with it.
 - It is called LIFE—get over it.
- Don't whine and complain, it only makes matters worse.
- Those that feel sorry for themselves usually draw others of the same mind-set
- Frustration often leads to depression and a pity-party
- God rarely attends a pity-party

2) Determine cause of frustration

- Is the problem external or internal?
- Why are things not working out?
- Can anything be done to change the outcome?
- Will more time make a difference?

3) Seek the counsel of God and listen

- Folly of Balaam
- Folly of King Saul

4) Do what you can and leave the rest to God.

5) Don't make matters worse

6) Remember that this frustration too shall pass.

- How we handle frustrations determines who we are, and where we are going.
- How we handle frustrations reveals our maturity
- How we handle frustrations reveals the level to which we can lead.
- Your ability to lead is equal with your ability to stand frustration
- (illustration) If you have a church of a hundred, you will have 1 person who feels that their calling is to keep you humble.
- If you have a church of a thousand, you will have 10 people who feel that their calling is to keep you humble.

Your promises, your successes, and your leadership depends upon you passing the Frustration Test.