

Handle Your Frustration in a Godly Way With These 5 Bible-Based Steps

“You will keep in perfect peace, whose mind is stayed on You, because he trusts in You” (Is. 26:3).

Here are five simple steps for dealing with frustrations in your life.

Ask yourself, “Did I cause it?” The Bible says, “For whatever a man sows, that will he also reap” (Gal. 6:7). We are often frustrated by things in life because we bring them on ourselves.

Ask yourself, “What can I learn from it?” Romans 8:28b says, “All things work together for good to those who love God.” There are many bad things in the world, but all things work together. God can even take the negative and turn it into a positive if we let him. Use irritation as an opportunity to become more like Christ.

Thank God in the situation. In 1 Thessalonians 5:18a we read, “In everything give thanks, for this is the will of God in Christ Jesus concerning you.” You don’t have to be thankful for a bad situation, but you can be thankful in a bad situation. Frustration may be a blessing in disguise.

Turn the frustration into a funny, humorous event. The Bible says, “A merry heart does good like a medicine” (Prov. 17:22a). A sense of humor is God’s antidote for anger and frustration.

Ask God to fill you with his love. Why? Because 1 Corinthians 13:5b says, “[Love] is not easily provoked.” Love is self-giving, not self-serving. We get irritated because we think

everyone and everything has to revolve around us. Love concentrates on the other person.

Jesus faced constant frustrations, but he never got irritated. He always made time for people. We get so preoccupied with our own things that we forget that people are the priority in life.

Talk It Over

Think about a frustration you are facing, and apply these steps:

- Ask yourself, “Did I cause it?”
“For whatever a man sows, that will he also reap” (Gal. 6:7).
- Ask yourself, “What can I learn from it?”
“All things work together for good to those who love God” (Rom. 8:28b).
- Thank God in the situation.
“In everything give thanks, for this is the will of God in Christ Jesus concerning you” (1 Thess. 5:18a).
- Turn the frustration into a funny, humorous event.
“A merry heart does good like a medicine” (Proverbs 17:22a).
- Ask God to fill you with his love. “[Love] is not easily provoked” (1 Cor. 13:5b). {eoa}

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