



FRUSTRATIONS IN MY LIFE

DEFINITION OF FRUSTRATION:

To prevent from accomplishing a purpose or fulfilling a desire; to cause feelings of discouragement or bafflement

Frustrate suggests defeating in the sense of nullifying another's accomplishment or making it ineffective

1. What frustration(s) have you recently experienced?
2. Do you know what “triggered” it? If so, what?
3. Does it relate to a desire?
4. If you know what “triggered” the frustration or comes from a desire, can you place that in a one or two word category? If you can do that, write down some words that would pertain.
5. Going to God’s Word (the Bible) can you find some Scriptures that could relate to what you have experienced? Make notes as you find these.
6. After looking through God’s Word (above #5), can you make any conclusions as to what the Lord may want to say to you in regards to the frustration(s) you experienced?

SOME INSIGHTS FROM SCRIPTURE IN RELATION TO FRUSTRATION

As you look at some of these other references, you can build upon this topic.



1. GOD WILL CAUSE FRUSTRATION:

Nehemiah 4:15 (AMP)

¹⁵ And when our enemies heard that their plot was known to us **and that God had frustrated their purpose,** we all returned to the wall, everyone to his work.

Thought: This may especially be true when opposition comes to what He may assign us to do. It is not a reflection upon what we are trying to do but what God is wanting accomplished as part of His purposes.

Job 5:12 (AMP)

¹² **He frustrates the devices of the crafty,** so that their hands cannot perform their enterprise or anything of [lasting] worth.

¹³ He catches the [so-called] wise in their own trickiness, and **the counsel of the schemers is brought to a quick end.**

In the Job reference, Elphaz (the one who made this statement) was rebuked by God for what he said but not all he said was in error. We see in 1 Corinthians 3:19 that Paul quoted verse 13.

FYI: The word “enterprise” in Job 5:12 literally means “realization.”

Another example of what was said in Job 5:13 would be Haman (look at Esther 5:14 and Esther 7:10).

Other Scriptures to look at:

Psalm 9:15-16

Isaiah 44:25

GOD IS EVER WORKING FOR THE GOOD.

2. WE CAN BRING FRUSTRATION UPON GOD’S WORK IN OUR LIVES

Galatians 2:21 (AMP)

²¹ [Therefore, I do not treat God’s gracious gift as something of minor importance and defeat its very purpose]; **I do not set aside and invalidate and frustrate and nullify the grace** (unmerited favor) of God. For if justification (righteousness, acquittal from guilt) comes through [observing the ritual of] the Law, then Christ (the Messiah) died groundlessly *and* to no purpose *and* in vain. [His death was then wholly superfluous.]

The word “frustrate” here means to annul or invalidate.

I do not frustrate, condemn or despise the doctrine of Christ's purpose of salvation and cleansing in my life. How do I do this? By not allowing its full work to be active within me.

Do not replace what is important and defeat its purposes.

Take Inventory: As you spend time with the Lord, ask Him to show you if you have invalidated His work in you in any way. If you have, repent and begin to allow Him full access. It is for your good that He does it!