

"How To Cope With Daily Frustrations"

**INTRODUCTION: Coal miners' greatest fear: Fear of _____
(Small stuff)**

Philippians 2:14-15 (NIV) "Do everything without complaining or arguing so that you may become blameless and pure, children of God, without fault in a crooked and depraved generation, in which you shine like stars in the universe."

THREE COMMON TYPES OF FRUSTRATIONS

1. _____ (_____)
2. _____ (_____)
3. _____ (_____)

FOUR TYPICAL REACTIONS WITH DAILY FRUSTRATIONS:

1. Some people **R** _____ it.
 2. Some people **R** _____ it.
 3. Some people **R** _____ to it.
 4. The Bible says: **R** _____ it.
- BIBLICAL KEY: Only way to treat things as small stuff is see it from _____ point of view.
 - The Book of _____ helps me see God's perspective.

Proverbs 4:5 (TEV) (God) "Get wisdom and understanding. Do not forget or ignore what I say."

- Irritations are a warning signal: I am not in tune with _____.

Galatians 5:22 (NIV) "But the fruit of the Spirit is...peace."

- Without peace I am not in tune with the _____.

FOUR PRACTICAL BIBLICAL STEPS TO HANDLE FRUSTRATIONS:

1. **Ask yourself: Did I _____ it?**

Galatians 6:7 (NIV) "A man reaps what he sows."

- Key from Book of Proverbs: Principle of learning to live on a _____.
- Our irritations are a reflection of _____.

2. Ask yourself: What can I _____ from it?

- HWJRTT= How would _____ respond to this?

Romans 8:28 (TEV) "We know that in all things God works for good with those who love Him."

- Jesus produces the fruit of the Spirit by allowing the _____
- God turns a negative into a positive with the _____.
- An oyster takes a grain of _____ and turns it into a _____

3. Practice: _____ God in the situation.

Philippians 4:6 (TEV) "Don't worry about anything..."

1 Thessalonians 5:18 (TEV) "Be thankful in all circumstances."

- You are not thankful _____ bad situations.
- You can be thankful _____ bad situations.
- God's specialty is turning _____ into _____

4. Ask God: Fill me with your _____.

1 Corinthians 13:5 (TEV) "Love is not...irritable."

- Love is not self-_____; it is self-_____.
- Love sees the _____ of others.
- When you are filled with God's love, _____ can irritate you.
- Key: The difference between irritation and no irritation is what's _____.
- Love always put _____ first.

CONCLUSION:

Luke 10:30-36 is the Parable of the Good Samaritan...

- Interruptions, inconvenience, irritations...verses the opportunity to serve.

WHAT IS YOUR ATTITUDE? HWJRTT