

Dealing With Frustration

Demetrius Warren; October 2, 2013



Luke 10:38-42 - ³⁸Now it happened as they went that He entered a certain village; and a certain woman named Martha welcomed Him into her house. ³⁹And she had a sister called Mary, who also sat at Jesus' feet and heard His word. ⁴⁰But Martha was distracted with much serving, and she approached Him and said, "Lord, do You not care that my sister has left me to serve alone? Therefore tell her to help me." ⁴¹And Jesus answered and said to her, "**Martha, Martha, you are worried and troubled about many things. ⁴²But one thing is needed, and Mary has chosen that good part, which will not be taken away from her.**"

SUMMARY:

We must not allow the daily chores of our lives which are our jobs, children, finances and spare time to be more consuming than building a relationship with Christ through reading, praying and seeking God for an answer to problems that we have no control over. In Verse 42 Jesus said "But one thing is needed, and Mary has chosen that good part, which will not be taken away from her." Are you choosing the "good part" or are you allowing frustration to control your life.

NOTES:

DISCUSSION POINTS:

- ❖ Tell a story of how frustration caused you to not show Christ-like character.
 - Who was affected or infected most by it?
 - Did you apologize?
- ❖ What area's of your life, do you blame for showing your frustration to others?
 - What do you say or do?
 - What were the results of it?
 - Can you hear the voice of Christ
- ❖ What "distractions" do you use as an excuse to not listen to God?
 - What do you allow to "threaten" a better relationship with Christ?
 - Are those distractions causing you to lash out at others?

APPLICATION:

- ❖ Change how you face challenges
- ❖ Learn to be silent Everything doesn't deserve a response
- ❖ See God in the middle of tough times
- ❖ It's all temporary!

ON YOUR OWN...

Please Read & Meditate On The Word:

Matthew 5:9
2 Corinthians 13:11
Matthew 11:28-30
John 14:27
John 16:33
John 20:19
Romans 14:17-19