

Psalms 139:17-24

Frustration is a feeling of dissatisfaction, often accompanied by anxiety or depression, resulting from unfulfilled needs or unresolved problems.

1. Focus on God's thoughts instead of our frustration.

Psalms 139:1-6; Psalms 139:13-16

2. Filter our thoughts through God's word.

Luke 9:51-56 (NKJV)

3. Choose joy and find peace in the midst of frustration.

Philippians 4:4-8 (NIV)

Daily Prayer:

Search me and know my heart.

Test me and know my anxious thoughts.

Show me what is right and wrong, and teach me how to live.

Small Group Outline & Discussion Questions

Connect:

Have each person share a high and low from this past week.

Consider:

We can choose joy and find peace in the midst of frustration.

Choose one or two questions for your group to discuss as time allows.

- ▶ Think about the last year or so. When were you the most frustrated – at the beginning, somewhere in the middle or now? What has been the major source of your frustration?
- ▶ Do you think most believers think that a life of faith should be frustration free? Why or why not?
- ▶ Read Psalms 139:1-6, 13-18. When you think of God knowing you so well does it feel wonderful, scary, too good to be true or something else?
- ▶ Read Psalm 139:19-22. How comfortable are you sharing your gut level thoughts with God?
- ▶ Of these three statements which is most relevant in your life right now?
 - It's the tension that keeps our ego in check.
 - It's the struggle that makes our faith stronger.
 - It's the frustration that tests our focus.

Commit:

Spend 1-2 minutes in silence with these questions then share your thoughts.

Read Philippians 4:4-8. Choose one level from below that you could focus on. What is one practical way you can lean into guarding more intentionally?

- Guard your heart for your heart determines your thoughts.
- Guard your thoughts for your thoughts determine your words.
- Guard your words for your words determine your actions.
- Guard your actions for your actions determine your habits.
- Guard your habits for your habits determine the direction of your life.

Care:

Pray Psalm 139:23-24 out loud together.