



October 26, 2008

## What To Do When You Feel Frustrated

*(How to keep mole hills from becoming mountains)*

(SERIES: Mastering My Emotional Monsters: 04 of 08)  
by Dr. David Foster

---

“Therefore go and make disciples of all nations, **baptizing them** in the name of the Father and of the Son and of the Holy Spirit,” (Matthew 28:19)

“**Whoever believes and is baptized will be saved**, but whoever does not believe will be condemned.”  
(Mark 16:16)

-----  
"My father David had it in his heart to build a temple for the Name of the LORD, the God of Israel. But the LORD said to my father David, 'Because it was in your heart to build a temple for my Name, **you did well to have this in your heart**. Nevertheless, you are not the one to build the temple, but your son, who is your own flesh and blood--he is the one who will build the temple for my Name.'" (1 Ki 8:17-19)

### From God's Perspective . . . .

No means **not yes yet**, I have a better **way**.

Wait means **slow down**, I have a better **time**.

Overwhelmed means **grow**, you need **strength**.

ObeY means **go**, you only need enough **to start**.

"Tell the priests who carry the ark of the covenant: 'When you reach the edge of the Jordan's waters, go and stand in the river.'" (Josh 3:8)

### When You Feel Frustrated, Remember . . .

Not every great idea is God's **ideal for you**.

"My father David had it in his heart to build a temple for the Name of the LORD, the God of Israel."

God judges by **intent not content**.

"But the LORD said to my father David, 'Because it was in your heart to build a temple for my Name, you did **well to have this in your heart**.'" "

God's best gifts are at the **back of the store**.

"Nevertheless, you are not the one to build the temple, but your son, who is your own flesh and blood--he is the one who will build the temple for my Name.'" (1 Ki 8:17-19)

"We are saved by trusting. And trusting means looking forward to getting something we don't yet have--for a man who already has something doesn't need to hope and trust that he will get it. But if we must keep trusting God for something that hasn't happened yet, it teaches us to wait patiently and confidently." (Rom 8:24-25)