

Handling Your Frustrations

One of the things I've had to learn was to handle my frustrations. The only way I was able to succeed was to practise my King being my source of supply and the handler of all my problems. Then, resting in that so I didn't pick up the cause of the frustration.

Handling frustrations isn't easy. I don't think anyone can do it perfectly. So here's some advice from Heaven to help you if you haven't been shown by the Spirit how to do it the best way for yourself.

*“Be sensitive to situations that require tolerance and kindness, so that you do not make matters worse. You have the ability to extend grace and mercy to others even in extreme conditions, but you must **rein in your own frustrations**. It is better to be part of the solution instead of part of the problem.”*¹

For me it usually originates from disappointment and regret, the very ones he told me to refuse to entertain.² Frustrations then erupt from your 'pain tank'³. Genuinely and continuously forgiving and releasing people who have hurt or offended you is essential to drain your 'pain tank'. That's why he stated (above) that we must extend grace and mercy to others, just like he does to us.

Here's some more of his advice:

*“Quiet your soul and ask for My wisdom and direction before you do something you will regret. Take this time to draw near to Me and be close so that you can stay on course. Refuse to allow your emotions to take the lead. Otherwise, you could find yourself far from what is right and purposeful.”*⁴

*“You have worried about things that you have no control over and have fabricated possible outcomes. That was a waste of time and energy. You should release your concerns to Me and then wait patiently to see the outcome. Worry always muddies the water.”*⁵

Brian Simmons adds his advice to give you the right attitude to have:

*“When you long to walk with him in total abandon, he will answer the cry of your heart. No aspect of your life is off-limits. Even the walls you built to protect yourself from pain, have caught his attention. But your well-constructed hiding places will not hinder the Healer. He will patiently wait for you to yield. In this new season of maturing love, you'll discover how safe his love is. Open your heart and invite him in. Let nothing hinder your sacred intimacy with Jesus.”*⁶

Laurence

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- 1 – Marsha Burns “Small Straws in the Soft Wind” (July 28, 2021) www.ft111.com/straws2021.htm
 - 2 – “The Word – September 2018” canberraforerunners.org/wp-content/uploads/2021/07/The-Word-September-2018.pdf
 - 3 – An expression used by Jack Frost (www.shilohplace.org) to describe pain from hurts building up inside you.
 - 4 – Marsha Burns “Small Straws in the Soft Wind” (July 29, 2021) www.ft111.com/straws2021.htm
 - 5 – Marsha Burns “Small Straws in the Soft Wind” (July 30, 2021) www.ft111.com/straws2021.htm
 - 6 – Brian Simmons (29-7-2021) “Encounter God's Heart...Hidden” [Distributed e-newsletter] mailchi.mp/broadstreetpublishing/00000-618394?e=3ca23beeed OR us10.campaign-archive.com/?u=8c3eb957a5ad87253d475a511&id=1cfa6daf94