

Curb Your Frustration

Father recently said to us:

“Curb your frustration. It does no good to spew out your dissatisfaction and criticism. What you dislike in others mirrors what you dislike in yourself. Deal with your own shortcomings and imperfections and have compassion on those around you. You will be judged with the same measure that you judge. Be kind.”¹

I’ve found frustration to be as spiritually damaging as destroying my rest and peace, as regrets and disappointments. Father told me to stop regretting² and being disappointed³, and it’s proved very beneficial (when I do it, that is). I’ve also found that frustration has the same root as the other two – self. The three of them are connected to not getting what we want, what we deserve or what we think is rightfully ours. Knowing that self-centredness shows me that it doesn’t belong in the Kingdom, and therefore, it has no place in my life. Frustration must be eliminated from all our lives, so we can further ‘plug the holes’ that stop us growing in our sonship and being released to greater assignments.

Frustration also causes us to vent our dissatisfaction at others and that leads to criticising them. We all know that the critical spirit is a constant attacker in our spiritual lives, so frustration needs to be eliminated from that perspective, as well.

Now here’s a true statement, something we don’t think about when we assess ourselves: “What you dislike in others mirrors what you dislike in yourself”. That bears a lot of thought. I’ll leave you to meditate on it.

In his message, Father again instructs us to ‘clean up our own mess’ by dealing with our shortcomings and imperfections. These are all under our control, so we should never regard them (or justify them), as “That’s who I am”. We can’t even consider them to be foibles that others have to tolerate. Anything in our lives that isn’t a characteristic of Jesus of Nazareth (our prototype⁴) has no place in the Kingdom, and therefore, no place in our lives. Simply put, they have to go.

I don’t think I need to say anything about having compassion for others, except that it’s not just an emotion. Compassion is also related to making good decisions which consider others, rather than ourselves. Think about it.

Our judgement is not what we think, so I’ll leave that for another message.

Finally, be kind. Kindness has to be a characteristic of our lives, just as love should be. Being kind should flow out of us as naturally as compassion, forgiveness and love. Being kind is not an occasional act, nor is it a desire to do good works when you see that one needs doing. Kindness is not an activity, it’s a state of mind – a heart attitude.

Laurence
23-7-2022

(www.CanberraForerunners.org)

COPYRIGHT

*This document is free to copy, republish and distribute, but only 'as is'. It is free to quote from at length.
All Canberra Forerunners' documents are licensed under
Creative Commons Attribution-NonCommercial-NoDerivs 3.0 Unported License
Quotes are the copyright of their authors.*

(Readers will need to look up for themselves any scriptures alluded to in this document)

1 – Marsha Burns “Small Straws in the Soft Wind” (July 22, 2022) ft111.com/smallstraws.htm [ARCHIVE: www.ft111.com/straws2022.htm]

2 – “No Regrets, No Looking Back” canberraforerunners.org/wp-content/uploads/2020/10/6b-No-Regrets-No-Looking-Back.pdf

3 – “The Word – September 4th 2018” POINT #23 canberraforerunners.org/wp-content/uploads/2021/07/The-Word-September-2018.pdf

4 – “The Word – November 11th 2018” POINT #5 canberraforerunners.org/wp-content/uploads/The-Word-11th-November-2018.pdf