

## WHEN FEELING FRUSTRATED

### BIG IDEA

Turn your frustration into connection/inspiration rather than desperation.

### OPENER

When you are weak, tired, or uncomfortable, to whom or to what do you turn?

### SCRIPTURE

Matthew 6:9-13

### QUESTIONS

1. Up until now, what has been your experience with The Lord's Prayer? What from this sermon series has been your most meaningful take-away?
2. Of the five daily needs identified in the Lord's Prayer (physical, spiritual, relational, temptation or pain) which one or two of these has caused the most frustration in your life lately? Share which path you've taken.



3. In the sermon John talked about the humanity of Jesus, and how Jesus experienced the same frustrations that we experience. From the life of Jesus give examples, and how He responded.
4. How does this idea encourage you with the struggles in your life: My frustration is an opportunity to see God's power? Discuss.
5. How does your awareness that we have been forgiven by God help you to forgive others? How do the verses, Matthew 6:14-15, influence your ability and desire to forgive others?
6. Write an "I will" statement indicating how you will consistently seek God's help in one or two of the five daily needs of the Lord's Prayer.

## TAKEAWAY

Your frustrations matter to God.

Frustration helps me know what's broken in my life, so I can come to my Father who heals me.

In Christ, my frustration no longer defines me. My relationship with God defines me.

Where you are frustrated, call out to your Father accepting that He is only ever good to you.

## REFERENCES

Job 2, 42:5

Psalms 32:5

Proverbs 3:12

Matthew 18:21-22

John 1:12

Romans 8: 14-16

Philippians 4:19

2 Timothy 4:18

2 Thessalonians 3

1 John 1:8-9, 3:1

## DIGGING DEEPER

- Who in scripture asked God for “their daily bread?” What was their response?
- In asking God for “our daily bread,” how does this apply to you if your refrigerator and pantry are already full? Is this verse just about “my” daily bread or can it include generosity to others in need? Is this verse just about physical bread (See John 6:35)? Explain.
- Is there anyone you need to forgive? In what way do you need to ask God, the source of forgiveness, to help you do this?
- Share about a time in your life when everything was going well, and you slowly drifted away from God. What did you learn from that experience?
- It's easy to say, “God is good” until something goes wrong in our life. Read Job 2 and discuss the differences between how Job responded, and how his friends/family responded to the bad things that were happening?
- Read the following verses and discuss how and why God disciplines us.
  - Prov 3:11-12; 10:17; 15:32
  - Heb 12:5-11