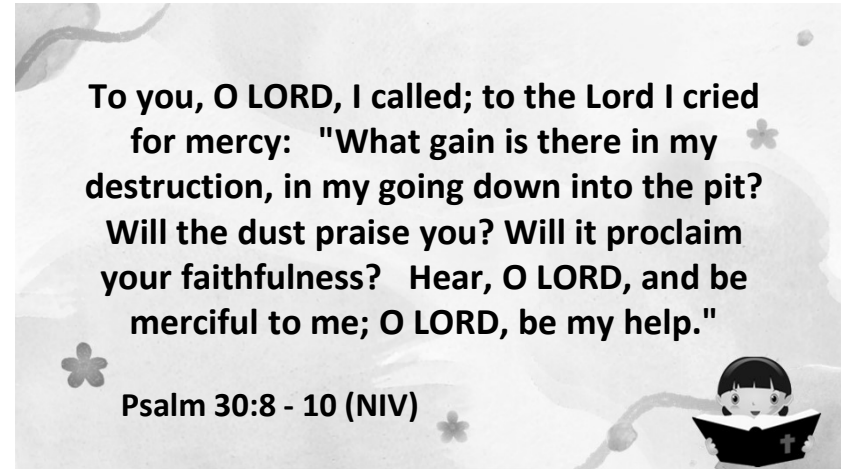




Family Discussion

Tell God about Your Frustrations

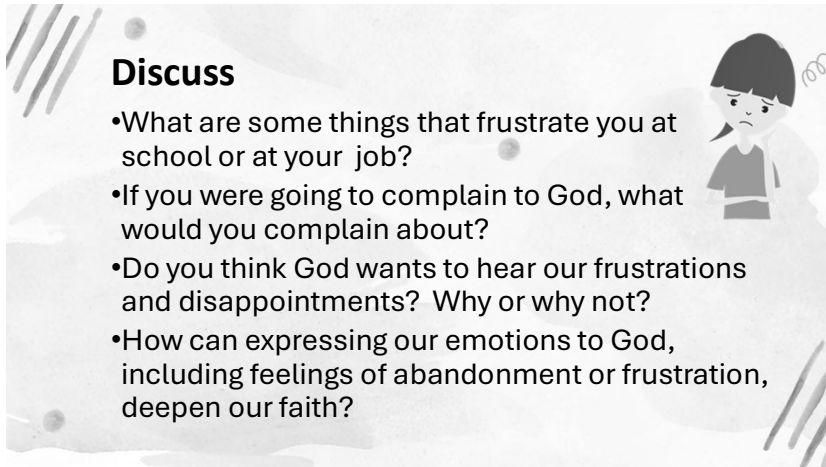
1



To you, O LORD, I called; to the Lord I cried for mercy: "What gain is there in my destruction, in my going down into the pit? Will the dust praise you? Will it proclaim your faithfulness? Hear, O LORD, and be merciful to me; O LORD, be my help."

Psalm 30:8 - 10 (NIV)

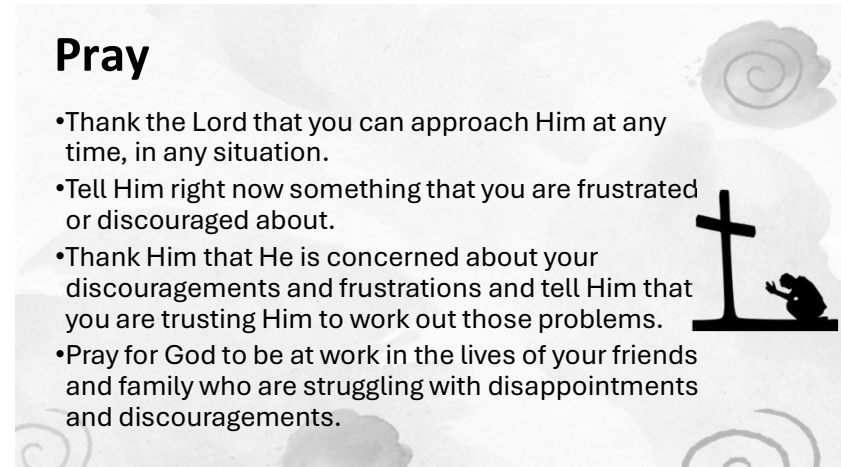
2



Discuss

- What are some things that frustrate you at school or at your job?
- If you were going to complain to God, what would you complain about?
- Do you think God wants to hear our frustrations and disappointments? Why or why not?
- How can expressing our emotions to God, including feelings of abandonment or frustration, deepen our faith?

3



Pray

- Thank the Lord that you can approach Him at any time, in any situation.
- Tell Him right now something that you are frustrated or discouraged about.
- Thank Him that He is concerned about your discouragements and frustrations and tell Him that you are trusting Him to work out those problems.
- Pray for God to be at work in the lives of your friends and family who are struggling with disappointments and discouragements.

4