

An illustration of a woman with dark hair in pigtails, wearing glasses, a purple and red checkered sweater, and blue pants. She is covering her eyes with her right hand, suggesting frustration or distress. The background is a soft, abstract wash of pink and purple colors with some floral and circular motifs.

Family Discussion

Tell God about Your Frustrations

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)



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?



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.

