

# HOW TO COPE WITH DAILY FRUSTRATIONS

## How To Be At Peace - Part 2

**Philippians 2:14-15** "Do everything without complaining or arguing, so that you may become blameless and pure, children of God without fault in a crooked and depraved generation, in which you shine like stars in the universe."

### Three Common Types of Frustrations

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Four Reactions When Facing Irritation

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

**Philippians 1:6** "Being confident of this, He who began a good work in you will carry it on to completion until the day of Christ Jesus."

**Isaiah 26:3** "You will keep in perfect peace him whose mind is steadfast, because he trusts in you."

### Five Simple Steps to Handle Frustrations

1. Ask yourself, \_\_\_\_\_

**Galatians 6:8a** "The one who sows to please his sinful nature, from that nature will reap destruction..."

2. Ask yourself, \_\_\_\_\_

**Romans 8:28** "And we know that in all things God works for the good of those who love him, who have been called according to his purpose."

3. \_\_\_\_\_ in the situation.

**Philippians 4:6** "Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your request to God."

**1 Thessalonians 5:18** "Give thanks in all circumstances, for this is God's will for you in Christ Jesus."

4. Turn the frustration into a \_\_\_\_\_.

**Proverbs 17:22a** "A cheerful heart is good medicine..."

5. Ask God to fill \_\_\_\_\_.

**I Corinthians 13:4-5** "Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs."