

FROM FRUSTRATION TO FULFILLMENT

SCRIPTURAL REFERENCE

II Kings 6:1-7

ADDITIONAL STUDY

Psalm 66:11-13
John 16:33
Matthew 11:28-29

MY PRAYER FOR YOU

I speak God's peace over you and I end every unrelenting disappointment in your life. May the God of heaven deal with every root of frustration in your life and keep appointment with you; may He answer the deep needs in your heart. May He restore what you lost, may He correct what went wrong, may He give that person a change of heart in your favor, may your 'sunken axe-head' float again. You will not go back empty handed and you will not bow your head in shame. God will lift your head and put a testimony in your mouth, in Jesus name.

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But as one was cutting down a tree, the iron ax head fell into the water; and he cried out and said, "Alas, master! For it was borrowed".
- II Kings 6:5

The dictionary defines frustration as "the feeling of being upset or annoyed, especially because of inability to change or achieve something." Life is full of frustrations. From the minor irritations of losing something to the major problem of continued failure in the pursuit of a desired goal. If not properly handled, the impact of frustration can be catastrophic. It includes anger, aggression, quitting (burn out or giving up), loss of self-esteem and self-confidence, stress, drug abuse, depression and sometimes it even stretches to the point of being suicidal, etc.

There is a saying that, "Frustration begets anger and anger begets aggression." A man battling with frustration gets irritable; he becomes quite harsh and unpleasant towards those closest to him. He gets angry with his work, his boss, his friends and may often lash out in verbal assault; he beats his children and kicks his dog – they all become the victims of his frustration. Some people deal with their frustration by withdrawing and going into their shell; they lose their usually bright self and they do everything with a lackluster attitude.

The man in our story became frustrated because he lost something he borrowed from another person. It sank beneath the river, in a place where retrieving it would be impossible. He borrowed because he didn't have one and couldn't afford one. He must have been poor himself and the borrower may be too...for the 'axe head' seemed a big deal. In expressing his frustration, he cried, "ALAS!" This word is often used to express grief or concern. He was grieved by the loss. However, Elisha represented God there who came and performed a miracle for the recovery of the sunken axe-head. I can imagine the sense of relief and joy that must have flushed the man's soul. God is committed to bring you from frustration to fulfillment. Don't suffer in silence. Cry to Him, "Alas Lord, my marriage." "Alas Lord, my payment is held back." "Alas Lord, help me come out of debt." etc. The sons of the prophet ensured they never went on that expedition without inviting Elisha. Also, get God involved in all you do, and when frustration comes, you are assured that He will bring you into rich fulfillment.

Join us on an interesting journey this week on #Inspired2Go, as we talk about handling and overcoming frustration.