

St James News: Thought for the day - Friday 1st May 2020

Frustration

- Revd Kit Gunasekera

There are many things that can make us feel frustrated even at the best of times. However, as we begin a new month with the current restrictions, we might be feeling this more and more!

We feel frustrated when we feel like we have come to the end of our patience or inner strength and our anxieties take over and we can see no relief to the problem. Sometimes we know we can be a bit more patient, other times, we feel that our frustration is justified. The emotion that often comes to us at that moment is anger, which can be helpful and not.

There were times when Jesus seemed to be frustrated with his disciples for being slow on the uptake, and other times He was frustrated with his opponents for their stubbornness. In turn, His disciples, were often frustrated with Jesus.

I find frustration is like waves, it comes, and it can feel like it's going to overcome me, but then it goes again. When the wave dies down, as it always does, I often find peace, and also some constructive ways as to how to deal with the issue. The trick is to stay calm at the height of the feeling, which I struggle to do often.

A good place to start, is to take it to God, to be honest with Him. The Psalms are a good source of venting frustration.

Psalm 4:4-5 says: Be angry, and do not sin; ponder in your own hearts ... and be silent...and put your trust in the LORD.

Trust in the LORD with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths. – Proverbs 3:5-6

Song: Faithful One – you can listen to it here –

https://www.youtube.com/watch?v=7PjSO5IhI0M&list=RD7PjSO5IhI0M&start_radio=1

Faithful one, so unchanging
Ageless one, you are my rock of peace

Lord of all I depend on you
I call out to you, again and again
I call out to you, again and again

You are my rock in times of trouble
You lift me up when I fall down
All through the storm
Your love is, the anchor
My hope is in You alone