



Frustration Alignment {Jeff Henderson}

INTRODUCTION

We all get frustrated. From constant traffic to high gas prices, it seems like frustration is on the rise. Though we constantly live with frustration, and we are constantly trying to eliminate our frustrations, have you ever stopped to think about what frustrates God? If we will move toward understanding what frustrates God and allow it to frustrate us, we will experience a significant moment in our spiritual journey. We will find our purpose, passion and role in the story of God.

DISCUSSION QUESTIONS

1. What is one of your common, everyday frustrations (traffic, long lines, junk mail...)?
2. How do you attempt to avoid or minimize these everyday frustrations?
3. If you were really honest with yourself and the others in your group, would you say that you are currently experiencing a general frustration with where you are in life?
4. Have you ever considered the fact that God gets frustrated too? Why or why not?
5. Read Mark 9:14-24. Why does God get frustrated with a lack of faith?
6. Until we have a frustration alignment with God, we will experience a "restlessness" in our hearts, a misalignment of our purpose in life. Have you seen this in your life or those of your family and friends?
7. What are ways that your group can encourage each other to find your frustration alignment?

THINK ABOUT IT

Where are your frustrations misaligned?

WHAT WILL YOU DO?

How can you continue to remind yourself of what frustrates God?

CHANGING YOUR MIND

"If you can'?" said Jesus. "Everything is possible for him who believes." Mark 9:23