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How to deal with frustration as a Christian

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We all experience days of frustration, regardless of who you are or what ever level of growth you may have in your Christian walk. But whenever things seem to get you down, always go back to the basics. Here are a few of the basic things we should do to get out of that state of frustration you may be in.

1. **Prayer**: Turn to God in prayer, expressing your frustrations and seeking His guidance and peace.  
- Philippians 4:6-7 (KJV) - "Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus."
2. **Trust in God's Sovereignty**: Remember that God is in control, even when things seem chaotic or frustrating.  
- Proverbs 3:5-6 (KJV) - "Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths."
3. **Patience**: Practice patience, knowing that God works in His own timing.  
- James 1:3-4 (KJV) - "Knowing this, that the trying of your faith worketh patience. But let patience have her perfect work, that ye may be perfect and entire, wanting nothing."
4. **Focus on the Eternal**: Keep your focus on eternal truths rather than temporary frustrations.  
- 2 Corinthians 4:17-18 (KJV) - "For our light affliction, which is but for a moment, worketh for us a far more exceeding and eternal weight of glory; While we look not at the things which are seen, but at the things which are not seen: for the things which are seen are temporal; but the things which are not seen are eternal."
5. **Seeking Wisdom**: Ask God for wisdom in dealing with frustrating situations.  
- James 1:5 (KJV) - "If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him."
6. **Gratitude**: Cultivate a spirit of gratitude, focusing on the blessings rather than the frustrations.  
- 1 Thessalonians 5:18 (KJV) - "In every thing give thanks: for this is the will of God in Christ Jesus concerning you."
7. **Community**: Seek support and encouragement from fellow believers.  
- Hebrews 10:24-25 (KJV) - "And let us consider one another to provoke unto love and to good works: Not forsaking the assembling of ourselves together, as the manner of some is; but exhorting one another: and so much the more, as ye see the day approaching."

8. **1 Peter 5:7**: "Casting all your care upon him; for he careth for you." This short but powerful verse encourages believers to give all their worries and frustrations to God, trusting that He cares for them.

By applying these principles and turning to the wisdom of Scripture, Christians can find strength and peace in the face of frustration.