REMEDIES

Diagnoses: Frustration-The feeling of being upset or annoyed, especially because of inability to change or achieve something.

Frustration is inevitable in this walk of life. It can be accompanied by failure, which both can propel you to success.

* “Things don’t always go the way you expect them to. That’s both the joy and frustrations in life.” - Michael Stunhibarg
* “I’ve come to believe that all my failures and frustrations were actually laying the foundation for the understanding that have created the new level of living I now enjoy.” – Anthony Robbins

Remedies: Delight, Content, Pleasure   
Delight- Please (someone) greatly, happiness, joy.

People are encouraged to delight in that which please God-His law. (Ps.1:2) That is way for Christ’s sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong. (2 Cor. 12:10) When anxiety was great in me, your consolation bought me joy. (Ps, 94:19)

Content- In a state of peaceful happiness, pleased, satisfied. But goodness with contentment is great gain (! Tim. 6:6) I’m not saying this because I am in need. For I have learned to be content whatever the circumstances. (Phil. 4:11) The fear of the Lord leads to life; then one rests content, untouched by trouble. (Prov. 19:23)

Pleasure- Feeling of happiness, satisfaction and enjoyment. Let them shout for joy and be glad, that favour my righteous cause yea, let them say continually, let the Lord be magnified, which hath pleasure in the prosperity of his servants. (Ps. 35:27) The Lord takes pleasure in them that fear him, in those that hope in his mercy. (Ps. 147:11) For it is God which worketh in you both to will and to do of his good pleasures. (Phil. 2:13)

Monthly Gem:

In life, some uncertainties can lead to frustration in marriage, family, relationships, as well as issues on the job and financial crises. It is inevitable. Be assured that when you are faced with these challenges that life brings, you can look to the Lord for peace, joy and strength. He will encourage you to preserver and to hold on to His unchanging hand. He will never leave you nor forsake you, for His promises are given to you.