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## Don't Be Frustrated

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Life is like a maze, like a puzzle that we have to work our way through, full of challenges, lots of different passages and we can't always see the end. It can be a confusing network of passages linked together, wanting to cause us to become bewildered or to stop, causing stress in our lives, making us think we can never make it through but there is a way through. We have to rely on God and His ways, that as we trust in Him, He will show us the way.

Have you ever had to deal with stress, worry or the cares of the world? Cares or worries are always meant to draw us in a different direction, it pulls us away from the answer, from the provision that God has already provided for us in this life. As long as we can keep the stress, worries and cares from getting on the inside of us, we will be able to overcome. Letting them take position inside us will lead to adverse reaction that is not favorable to us or others we are around. The following scriptures address the problems of stress, worry and cares, and the verses tell us that they will be hard to deal with, but God has given us a way to deal with them.

2 Tim 3:1 "But understand this, that in the last days will come (set in) perilous times of great stress and trouble [hard to deal with and hard to bear]." AMP

Jesus has been teaching his disciples and preparing them for His departure in chapter 14-16 and parts of 17, that in the world there would be things hard to deal with, but that things would be all right. There is a contrast between Timothy and John regarding the stress that they would be encountering, but He encourages them to be of good cheer, because He has overcome the world and deprived it of its power.

John 16:33 "I have told you these things, so that in Me you may have [perfect] peace and confidence. In the world you have tribulation and trials and distress and frustration; but be of good cheer [take courage; be confident, certain, undaunted]! For I have overcome the world. [I have deprived it of power to harm you and have conquered it for you.]" AMP

As believers we don't understand what God has provided for us in this world, peace and safety even though there will be great trials and tribulations, things we will have to overcome on a daily basis. We cannot be walking by the worlds standards, we are in the world but not of the world. Jesus has overcome all those things that would frustrate and cause harm to us. We need to learn how to enter into the rest that Jesus has provided for us.

Luke 21:34 "But take heed to yourselves and be on your guard, lest your hearts be overburdened and depressed (weighed down) with the giddiness and headache and nausea of self-indulgence, drunkenness, and worldly worries and cares pertaining to [the business of] this life, and [lest] that day come upon you suddenly like a trap or a noose;" AMP

Luke 21:34 "But be on your guard. Don't let the sharp edge of your expectation get dulled by parties and drinking and shopping. Otherwise, that Day is going to take you by complete surprise, spring on you suddenly like a trap, for it's going to come on everyone, everywhere, at once. So, whatever you do, don't go to sleep at the switch. Pray constantly that you will have the strength and wits to make it through everything that's coming and end up on your feet before the Son of Man." MESSAGE

Jesus is teaching how not to be overburdened by taking on all the problems that arise around us, don't be allowed to be weighted down by life itself or allow ourselves to be caught in a trap. If we get in a trap it puts limits on us, we won't be able to enter into the plans and purposes that God has for us, the stress, worries and cares become "blessing blockers" that will cause us not to have the provisions available to us that God has provided. Favor and increase that needs to be following us around every day of our lives, wherever we go, blessings that are ours. Stress, worries and cares are not something that should be taken lightly, but are real problems that should not be in a believers life.

1 Peter 5:7 "Casting all your \*care upon him; for he careth for you." KJV

1 Peter 5:7 "Give all your worries and \*cares to God, for he cares about you." NLT

\*care means mental suffering or concern, cares always deals with our minds and emotions, overboard in excess, being stressed out, something that is trouble to our emotions, weighted down by responsibility, will always cause you to go a different direction

\*\* casting is a decisive action and a choice has to be made

Give all our stress, worries and concerns to God because He cares about us and when we do this, we are going to leave those things there, not picking them up and

carrying them off with us again. The choice is ours, the one who is casting their cares over on Jesus. Jesus is designed to carry all our problems and challenges, but we have to let Him have them. He can't take what we hang on to.

Matt 11:28-29 "Come to Me, all you who labor and are heavy-laden and overburdened, and I will cause you to rest. [I will ease and relieve and refresh your souls.] 29 Take My yoke upon you and learn of Me, for I am gentle (meek) and humble (lowly) in heart, and you will find rest (relief and ease and refreshment and recreation and blessed quiet) for your souls." AMP

Jesus is speaking to the people who overburdened, heavy-laden, come to Him, give Him the problems, take His yoke and see that it is light and there is rest in Him. Worry and stress will wear a person out, unable to take any more. Rest means it make us exempt from anything that comes to destroy, all signs of stress and worry are things that will destroy. We all need rest and relaxation, come to Him to be whole, enjoy life and have fun.

Phil 4:6-7 "Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. 7 And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus." KJV

Phil 4:6-7 "Don't be pulled in different directions or worried about a thing. Be saturated in prayer throughout each day, offering your faith-filled requests before God with overflowing gratitude. Tell him every detail of your life, 7 then God's wonderful peace that transcends human understanding, will make the answers known to you through Jesus Christ." PASSION

Phil 4:6-7 "Don't fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns. Before you know it, a sense of God's wholeness, everything coming together for good, will come and settle you down. It's wonderful what happens when Christ displaces worry at the center of your life." MESSAGE

Don't let the adversary into your life, causing you to be concerned, but turn those worries and concerns into petitions that can be prayed about. God knows what you have need of and He will make the answers known to you.

Luke 10:39-42 "And she had a sister named Mary, who seated herself at the Lord's feet and was listening to His teaching. 40 But Martha [overly occupied and too busy] was distracted with much serving; and she came up to Him and said, Lord, is it nothing to You that my sister has left me to serve alone? Tell her then to help me [to lend a hand and do her part along with me]! 41 But the Lord replied to her by saying, Martha, Martha, you are anxious and troubled about many things; 42 There is need of only one or but a few things. Mary has chosen the good portion [that which is to her advantage], which shall not be taken away from her." AMP

Luke 10:39-42 "She had a sister, Mary, who sat before the Master, hanging on every word he said. But Martha was pulled away by all she had to do in the kitchen. Later, she stepped in, interrupting them. "Master, don't you care that my sister has abandoned the kitchen to me? Tell her to lend me a hand." 41-42 The Master said, "Martha, dear Martha, you're fussing far too much and getting yourself worked up over nothing. One thing only is essential, and Mary has chosen it—it's the main course, and won't be taken from her.'" MESSAGE

Jesus has taken all of his disciples with Him to Mary and Martha's house, Martha was always concerned about preparing food for all those there. She is feeling like that she could use some help, but her sister Mary was only involved in listening to what Jesus had to say. Jesus explained to her that Mary had chosen the best, that there was no need to be worrying about the food, allowing herself to become too busy. We must all have priorities in life, this was Mary's and Martha needed to know how to cast her care and not worry about the little things and don't be the problem.

Are we listening to what Jesus is teaching us, do we have our priorities in the right place or are we too busy with the worldly things around us? We all have choices that need to be made, are we making choices that are to our advantage or are we letting stress, worries and cares be the main focus in our lives? Our answer is learning to cast those things on Jesus, not holding on to them, thanking Him for the results, having peace and rest in our lives. We have been trained to overcome by the expulsive power that is in Christ Jesus.

Stress, worries and cares are "blessing blockers", we must deal with them. Not allowing them to take hold of our lives, casting them over on the Lord, will release God's peace to rest upon all the believers. Dealing with the "blessing blockers" allows us to become whole in our lives.