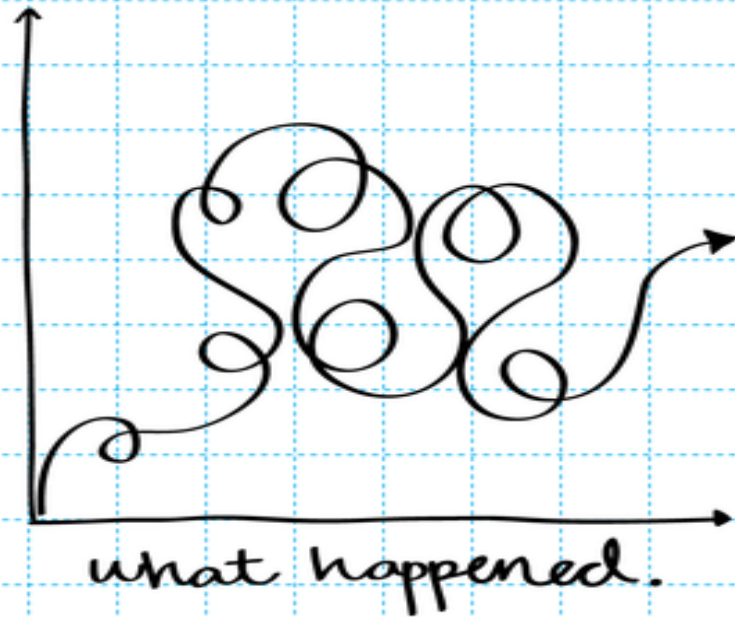
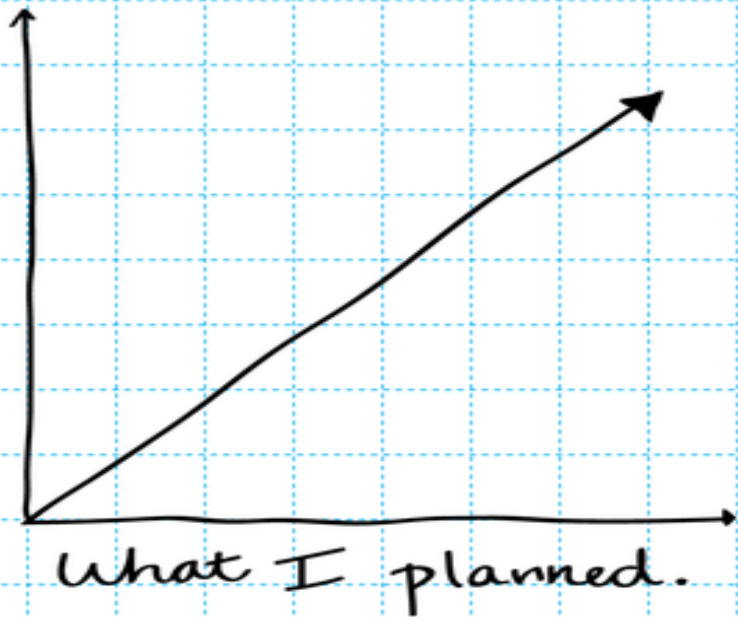


# THE **FRUSTRATION** TEST





♥ Julia

# What Causes Frustration

A man in a dark suit and white shirt is shown from the chest up, leaning forward with a frustrated expression. He is looking at a computer monitor which displays a grid-like pattern, possibly a spreadsheet or a technical drawing. The background is a dark, textured wall.

❖ Defeat

❖ Delays

❖ False  
Expectations

❖ Difficulties

❖ Disillusionment

❖ Lack of  
Resources

# Dangers of Frustration

- Can distort our perspective and cloud our judgement
- Can make us withdraw and quit
- Can promote self-centeredness

# What we can learn from the Frustration Test

- Reveals our maturity or lack thereof
- Reveals the level to which we can lead
- Is this just a season or a cycle

# Why the Frustration Test ?

- To accept God's sovereignty
- To remind us there is an end
- To draw us to seek Him

# Maturing thru the Frustration Test

- ❖ Find refuge in the sanctuary
- ❖ Keep my perspective eternally based
- ❖ Understand the power of associations
- ❖ Allow counsel to speak to your life
- ❖ Remember this is a season of life that will pass