

How to overcome Fear, Frustration and Stress?

Fear

We are told in God's Word to fear the Lord. The meaning of this kind of 'fear' is to respect, honor and obey the Lord.

Deuteronomy 6:24 "The LORD commanded us to obey all these decrees and to **fear** the LORD our God, so that we might always prosper and be kept alive, as is the case today." Here the meaning of 'fear' is to respect, honor and obey the Lord.

Another meaning of 'fear' is to be afraid. We can fear for the future. We are afraid of being punished for something wrong we did. There is fear of being caught. We fear the enemy. Some people fear ghosts. Some people living in fear of losing their job. There is fear of getting sick. Others fear flying in airplanes. Fear of height. Fear of water. All types of fear keep people from enjoying life. Actually fear is a lack of trust or a lack of faith.

Dealing with Fear.

*Isaiah 43:1, "But now, this is what the LORD says--
He who created you, O Jacob,
He who formed you, O Israel:
"Fear not, for I have redeemed you;
I have summoned you by name; you are mine."*

Actually fear is a lack of trust or a lack of faith in almighty God. He is our Father and we are His children. There is no need to fear because we are in the mighty hand of our father, who is extremely capable to take care of us. We deal with fear by trusting God for all aspects of life.

Frustration

Frustration is a human emotion that occurs in situations where one is **blocked from reaching a personal goal**. The more important the goal, the greater the frustration. It is comparable to anger.

Conflict can also be an internal source of frustration when one has competing goals that interfere with one another. External causes of frustration involve conditions beyond our control such as a blocked road or a lack of money or lack of a job.

Frustration may lead to downfall and deviation, because it wastes precious thinking ability and attention, which otherwise would have been used elsewhere in constructive and/or creative work. In some cases, it might lead to obsession or addiction.

Dealing with Frustration

Life is meant to be an experience of joy and peace. Whenever we reach a goal, we feel elated. But whenever we are prevented from reaching our goals, we may experience frustration. We may feel annoyed and discouraged and even feel anger.

Frustration has two meanings. One is the **feeling of disappointment** that some people get when they **cannot have what they want**. The second meaning is the **obstruction** of someone's plans or efforts. Frustration in the second sense is unavoidable. That is, some of our plans are bound to fail. There's nothing we can do about that. It's the nature of life. For example, the same snow that covers the ski slopes may make the roads to them impassable. So, your skiing trip may be frustrated, but YOU don't have to be. You can just say "Thank You Lord, You know best." **Accepting life is one of the secrets of avoiding frustration. The Bible refers to this as cross-bearing.**

Luke 9:23, "Then he said to them all: "If anyone would come after me, he must deny himself and take up his cross daily and follow me."

Let's see what we can learn from two more examples. Bob is speaking in a discussion group when he is suddenly interrupted. Bob says, "Excuse me; I get frustrated when someone interrupts me while I'm speaking." "Why are you angry?" another member asks Bob. "I'm not angry; I'm frustrated," Bob answers angrily. **See how a little frustration can create tension?**

However I do need to ask myself, 'is anything I have to say more important than what you have to say'? Even if what I have to say is worthwhile, it can't be so earth-shattering that it must be said NOW. Can't it wait for another moment? Even though it may not be proper etiquette to interrupt others, when viewed through the lens of compassion, disruptive behavior may be seen as expressions of enthusiasm or a need for recognition.

So, when I'm interrupted, I can choose to grow frustrated or to grow. That is, I can choose to grow angry or accepting, be impatient or understanding, and unsympathetic or compassionate. Instead of defending my rights I must defend the rights of others. Isn't that what Christ meant by meekness? He was meek when it came to defending

Himself, but rigorous in defending others. **When we take the meek approach**, we not only help others, but we help ourselves, for in allowing them to speak, we give ourselves the opportunity to learn.

Sometimes I am on the telephone a staff member is calling sharing a problem. Then along comes my daughter Dahee, "Father! Father" she says, interrupting. As I am concentrating to listen to my staff member Dahee is talking and telling me something important to her. So I feel frustrated and have an urge to scold my daughter. But I love my daughter and so I say to my staff member "I understand how you feel. But Dahee is calling me now. Let me see what she wants; then, I'll get back to you. Talk to you soon." So I turn to Dahee and give her full attention, "Now, what did you want to tell me?"

Would you like to rid yourself of frustration forever? You can if you have a big enough dream! Mother Teresa's dream was so great it removed the frustration normally associated with poverty, sickness, homelessness, suffering, and death. The Bible teaches us that when we are filled with the Holy Spirit there will be visions and dreams:

Acts 2:17, " `In the last days, God says,
I will pour out my Spirit on all people.
Your sons and daughters will prophesy,
your young men will see visions,
your old men will dream dreams."

We need a vision of the lost people going to a Christless eternity and then dream of plans of action to do something about it.

Stress, Definition of Stress, What is Stress?,

If you were to ask a dozen people to define stress, or explain what causes stress for them, or how stress affects them, you would likely get 12 different answers to each of these requests. The reason for this is that there is no definition of stress that everyone agrees on, what is stressful for one person may be pleasurable or have little effect on others and we all react to stress differently.

The term "stress", as it is currently used was coined by Hans Selye in 1936, who defined it as "**the non-specific response of the body to any demand for change**". He later demonstrated that persistent stress could cause to develop various diseases , such as heart attacks, stroke, kidney disease and rheumatoid arthritis.

Some people used stress to refer to an overbearing or bad boss or some other unpleasant situation they were subjected to. For many,

stress was their reaction to this in the form of chest pain, heartburn, or headache. Others used stress to refer to what they perceived as the end result of these repeated responses, such as an ulcer or heart attack.

Stress is difficult to define because it is so different for each of us. A good example is by observing passengers on a steep roller coaster ride. Some are hunched down in the back seats, eyes shut, jaws clenched and white knuckled with an iron grip on the retaining bar. They can't wait for the ride in the torture chamber to end so they can get back on solid ground. But up front are the wide-eyed thrill seekers, yelling and relishing each steep plunge who race to get on the very next ride. And in between you may find a few with an air of nonchalance that borders on boredom. So, was the roller coaster ride stressful?

The roller coaster analogy is useful in explaining why the same stressor can differ so much for each of us. What distinguished the passengers in the back from those up front **was the sense of control** they had over the event. While neither group had any more or less control **their perceptions and expectations were quite different.** Many times we create our own stress because of faulty perceptions you can learn to correct. You can teach people to move from the back of the roller coaster to the front, and, as Eleanor Roosevelt noted, nobody can make you feel inferior without your consent. While everyone can't agree on a definition of stress, all of our experimental and clinical research confirms that the **sense of having little or no control is always distressful** – and that's what stress is all about.

Dealing with Stress

We see that stress has to do with change and our response to it. Things happen to us and we don't like it. So how can we deal with change and be overcomers of stress?

We are not responsible for any situation we cannot change. But we are responsible for the things we can change. We can't change the weather and our surroundings, neither can we change the character or attitude of other people. Only God can change people's hearts. So we pray for others who cause us problems.

But we can change our thinking as the Lord told the people in Matthew 18:2-4,

"He called a little child and had him stand among them. And he said: "I tell you the truth, unless you change and become like

little children, you will never enter the kingdom of heaven. Therefore, whoever humbles himself like this child is the greatest in the kingdom of heaven."

A little child has no fear for tomorrow and is full of trust and confidence to father and mother. A little child is not frustrated and is not suffering from stress either. A little child does not worry about what to eat tomorrow or what to wear. As long as father and mother are close by all is well. We all know that our God will never leave us nor forsake us. He is an eternal God and He want to establish us and He never ever dies!

Romans 16:25-27,

"Now to him who is able to establish you by my gospel and the proclamation of Jesus Christ, according to the revelation of the mystery hidden for long ages past, but now revealed and made known through the prophetic writings by the command of the ETERNAL GOD, so that all nations might believe and obey him-- to the only wise God be glory forever through Jesus Christ! Amen."

God wants to establish us so that we are free from fear, frustration and stress and obey His command to proclaim the wonderful Gospel so that people might believe and obey God. So we concentrate not on our own problems but concentrate on others.

Romans 12:2,

"Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is--his good, pleasing and perfect will."

How do we overcome fear, frustration and stress? Our thinking needs to be changed and be renewed by the Holy Spirit.

Luke 22-30,

"Then Jesus said to his disciples: "Therefore I tell you, do not worry about your life, what you will eat; or about your body, what you will wear. Life is more than food, and the body more than clothes. Consider the ravens: They do not sow or reap, they have no storeroom or barn; yet God feeds them. And how much more valuable you are than birds! Who of you by

worrying can add a single hour to his life? Since you cannot do this very little thing, why do you worry about the rest?

"Consider how the lilies grow. They do not labor or spin. Yet I tell you, not even Solomon in all his splendor was dressed like one of these. If that is how God clothes the grass of the field, which is here today, and tomorrow is thrown into the fire, how much more will he clothe you, O you of little faith! And do not set your heart on what you will eat or drink; do not worry about it. For the pagan world runs after all such things, and your Father knows that you need them. But seek His kingdom, and these things will be given to you as well."

The Lord Jesus is teaching us not to worry about life. Jesus says "look at the birds and the wonderful way God takes care of them". "Look at the lilies, how beautifully they are dressed." How much more valuable we are than the birds?

"Don't be like the pagans" says the Lord. The pagans run around with fear, frustration and stress. We must seek first His kingdom and the Lord will take good care of us. Praise the mighty Name of Jesus.