

# FAITH & LIFE

## Conversations

Dealing with Disappointment and Frustration During COVID-19

Presented by:

Pat Stream, Pastor of Counseling, ACBC Certified Counselor

FAITH COMMUNITY CHURCH

May 5, 2020

# Agenda

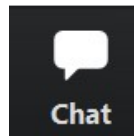
- Opening Instructions – 5 minutes
- Understanding Disappointment and Frustration – 20 minutes
- Practical Strategies – 20 minutes
- Question and Answer – 5 minutes
- Prayer – 10 minutes

# Instructions for a Good Experience

- Please keep your microphone muted



- Asking a question – use chat
  - Type: “I have a question.”



- Closing Poll



- This is being recorded for sharing and slide deck will be accessible after viewing.
- Prayer for our meeting

# Disappointment and Frustration



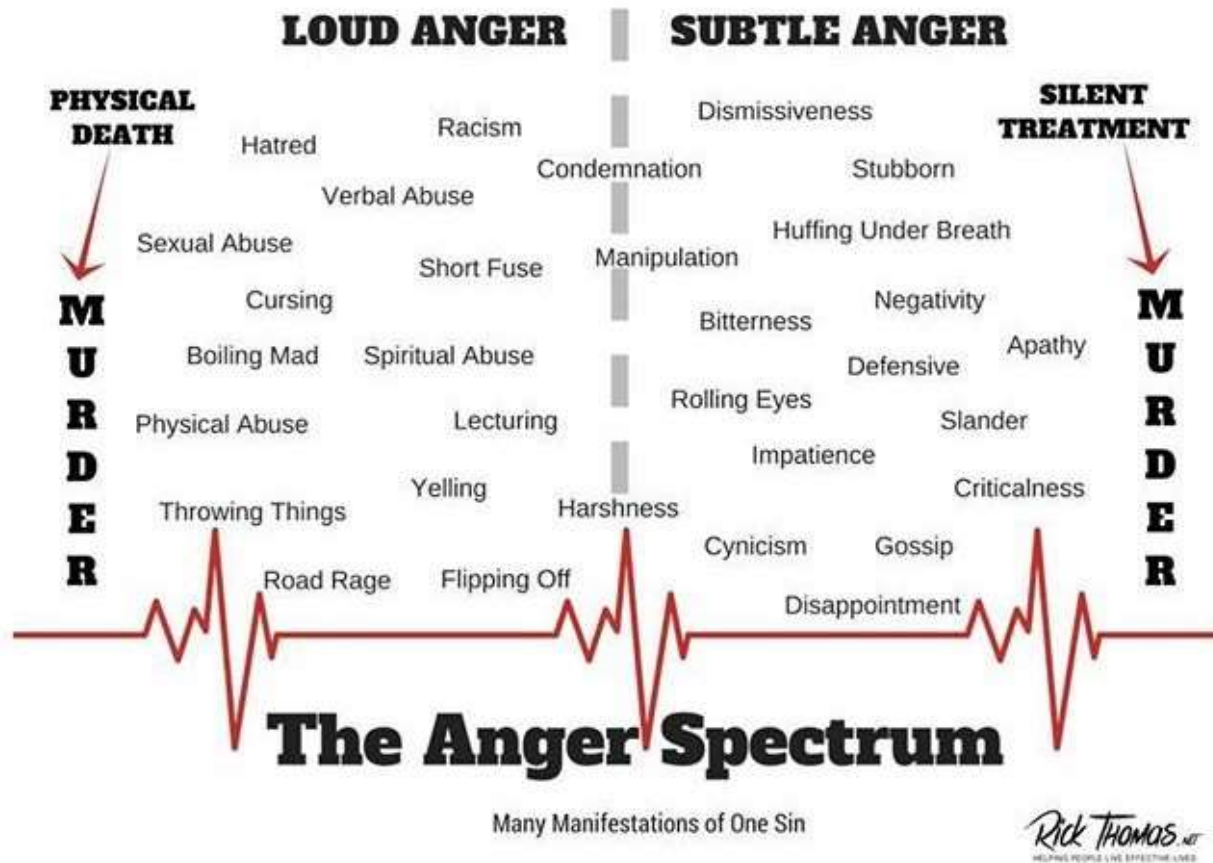
# You Are Not Alone

## **1 Corinthians 10:13**

“No temptation has overtaken you except such as is common to man; but God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear it.”

## Four Promises for Living in Real Life

1. Your disappointment and frustration are not unique.
  - Lie: no one else has ever gone through this before
2. Your God is faithful.
  - Lie: God's not there for you; He's left you on your own for this one.
3. What you are disappointed or frustrated about is not more than you can handle.
  - Lie: This is too much, no one can endure this
4. There is a way out of your disappointment or frustration.
  - Lie: There's no way out, you're stuck



### Matthew 5:21-23

<sup>21</sup> “You have heard that it was said to those of old, ‘You shall not murder; and whoever murders will be liable to judgment.’ <sup>22</sup> But I say to you that everyone who is angry with his brother will be liable to judgment; whoever insults his brother will be liable to the council; and whoever says, ‘You fool!’ will be liable to the hell of fire.

# Defining Anger

- The most problematic emotion
  - Influence on Anxiety and Depression and Physical Health
  - Gateway emotion to many sins (Tim Keller)
- A whole-person active response of negative moral judgement against a perceived evil
  - That is wrong!
  - I am against that!
  - It moves you to say or do something about what is wrong.

# Defining Anger

- Anger in the Bible
  - Mentioned nearly 500 times
    - 455 related to God
    - 45 related to human anger
- 3 types of anger
  - God's Divine Anger
  - Human Righteous Anger
  - Human Sinful Anger



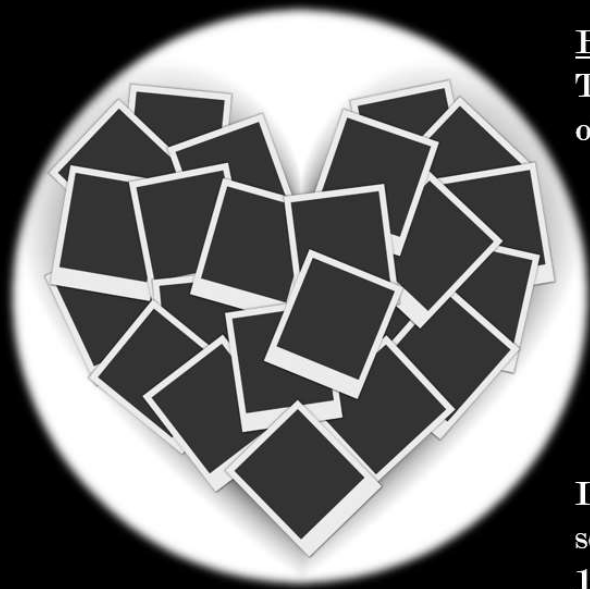
# Why Do We Get Angry?

James 4: 1-4

What causes quarrels and what causes fights among you? Is it not this, that your passions are at war within you? <sup>2</sup> You desire and do not have, so you murder. You covet and cannot obtain, so you fight and quarrel. You do not have, because you do not ask. <sup>3</sup> You ask and do not receive, because you ask wrongly, to spend it on your passions. <sup>4</sup> You adulterous people! Do you not know that friendship with the world is enmity with God? Therefore whoever wishes to be a friend of the world makes himself an enemy of God.

# The Heart is the Target

## - The Assorted Pictures of the Heart -



### Biblical Description:

The Bible describes our heart as the control center of every person. (Proverbs 4:23)

Therefore, what is in the heart is bound to manifest itself in our responses to life and people around us. (Luke 6:45-48)

It is quite uncomfortable to think that God sees the whole picture of our hearts (Psalm 139:1-2; Matthew 6:4)

[Source: Biblical Counseling Alliance](#)

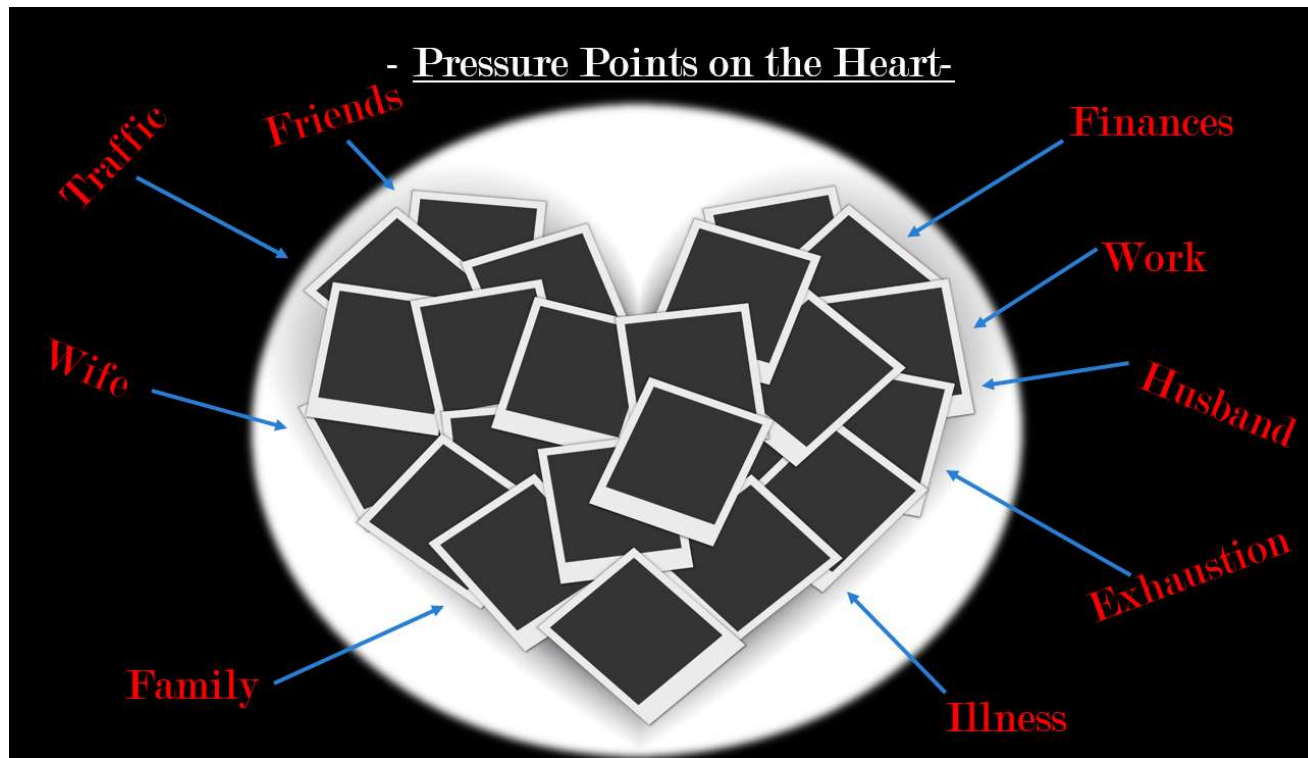
### **Proverbs 4:23:**

Keep your heart with all vigilance, for from it flow the springs of life.

### **Luke 6:45-48**

<sup>45</sup> The good person out of the good treasure of his heart produces good, and the evil person out of his evil treasure produces evil, for out of the abundance of the heart his mouth speaks

# The Heart is the Target



[Source: Biblical Counseling Alliance](#)

# The Heart is the Target

- Pressure Points Reveal what the Heart Loves -



The pressure points become a window into what the heart worships.

The deception is that sinners are not always aware of what they are worshiping and can even worship good things to the wrong degree. (Jeremiah 17:9-10)

## **Jeremiah 17:9-10**

<sup>9</sup> The heart is deceitful above all things, and desperately sick; who can understand it?

<sup>10</sup> "I the LORD search the heart and test the mind, to give every man according to his ways, according to the fruit of his deeds."

[Source: Biblical Counseling Alliance](#)

# The Heart is the Target

## - The Behavior of the Heart – Luke 6:45-48



Behavior is like the check engine light on a vehicle. It comes on to indicate that there is something wrong with the engine.

A mechanic doesn't give a customer a hammer to smash the light, or instruct them to take out the fuse to turn off the light.

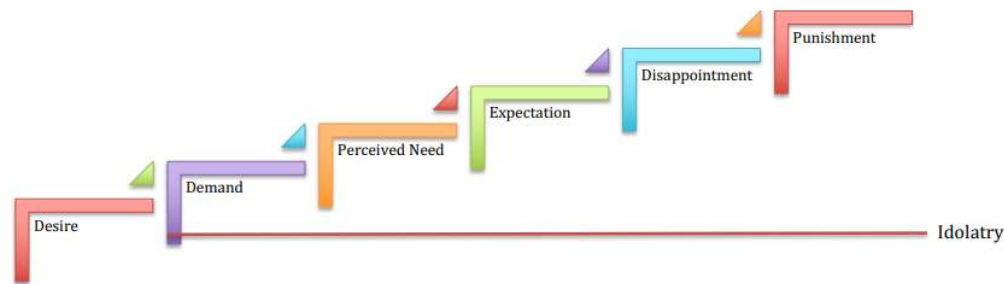
In order for us to change we must do more than address our behavior, but our behavior is an indicator of what we might be worshiping more than God.

[Source: Biblical Counseling Alliance](#)

## Understanding Anger

# The Heart is the Target

### Elevation from Desire to Idolatry (James 4:1-8, Colossians 3:5)



#### **Heart Level Diagnostic Questions:**

1. Are you angry?
2. Do you have a right to be angry?
3. Why are you so downcast?
4. Where is your treasure?
5. What have you lost?
6. What happened that you didn't think should have happened?
7. Why did it affect you so much?
8. Where is God currently in your thinking?
9. What part did God have to play in this event/situation?
10. Are you especially worried about something?
11. Why are you so afraid?
12. Why do you feel so guilty?
13. What do you feel like you must cover up?

Tripp, P.D. (2001). War of words: Getting to the heart of your communication struggles. (P&R Publishers: Philipsburg, NJ).  
Handout created by Jeremy Lelek, Ph.D., LPC-S

## Understanding Anger

# The Heart is the Target

| Power Idol  | Approval Idol  |
|---|--|
| <ul style="list-style-type: none"><li>• Control</li><li>• Position</li><li>• Influence</li><li>• Success</li><li>• Strength</li></ul> <p><i>Symptoms:</i> Has to be in position of power, is demanding, wants the final decision, <u>thwarts</u> other leaders, bursts of anger.</p> <p><i>Truth:</i> <b>God is glorious</b>, so I don't have to produce results.</p> | <ul style="list-style-type: none"><li>• Relationships</li><li>• Achievement</li><li>• Ethnicity</li><li>• Social Circles</li><li>• Appearance</li></ul> <p><i>Symptoms:</i> Takes criticism and failure badly, finds it hard to relax, is proud or envious, desires inclusion, <u>craves</u> recognition.</p> <p><i>Truth:</i> <b>God is gracious</b>, so I don't have to prove myself.</p>  |
| Security Idol   | Comfort Idol   |
| <ul style="list-style-type: none"><li>• Family</li><li>• Finances</li><li>• Protection</li><li>• Religion</li><li>• Safety</li><li>• Future</li></ul> <p><i>Symptoms:</i> Is overbearing, is inflexible, is impatient, is irresponsible, <u>hides</u> weaknesses.</p> <p><i>Truth:</i> <b>God is great</b>, so I don't have to be in control.</p>                     | <ul style="list-style-type: none"><li>• Pleasure</li><li>• Health</li><li>• Freedom</li><li>• Excesses</li><li>• Home and vehicles</li><li>• Recreation</li></ul> <p><i>Symptoms:</i> Feels ministry is a burden, often complains, makes people feel like a burden or a duty, lacks joy, <u>has</u> inconsistent moods.</p> <p><i>Truth:</i> <b>God is good</b>, so I don't have to look elsewhere for comfort, peace, and fulfillment</p> |

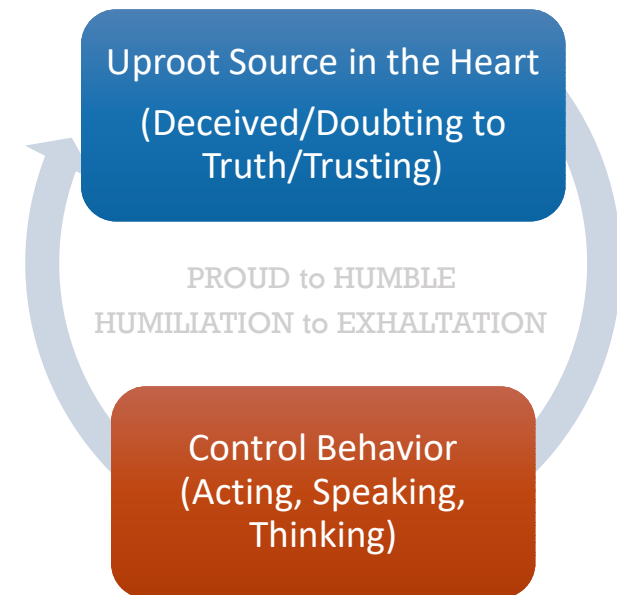


# God's Plan of Hope and Healing Anger

## James 4: 5-10

<sup>5</sup> Or do you suppose it is to no purpose that the Scripture says, "He yearns jealously over the spirit that he has made to dwell in us"? <sup>6</sup> But he gives more grace. Therefore it says, "God opposes the proud but gives grace to the humble." <sup>7</sup> Submit yourselves therefore to God. Resist the devil, and he will flee from you. <sup>8</sup> Draw near to God, and he will draw near to you. Cleanse your hands, you sinners, and purify your hearts, you double-minded. <sup>9</sup> Be wretched and mourn and weep. Let your laughter be turned to mourning and your joy to gloom. <sup>10</sup> Humble yourselves before the Lord, and he will exalt you.

## God's Two Fold Plan for Anger





# God's Plan of Hope and Healing Anger

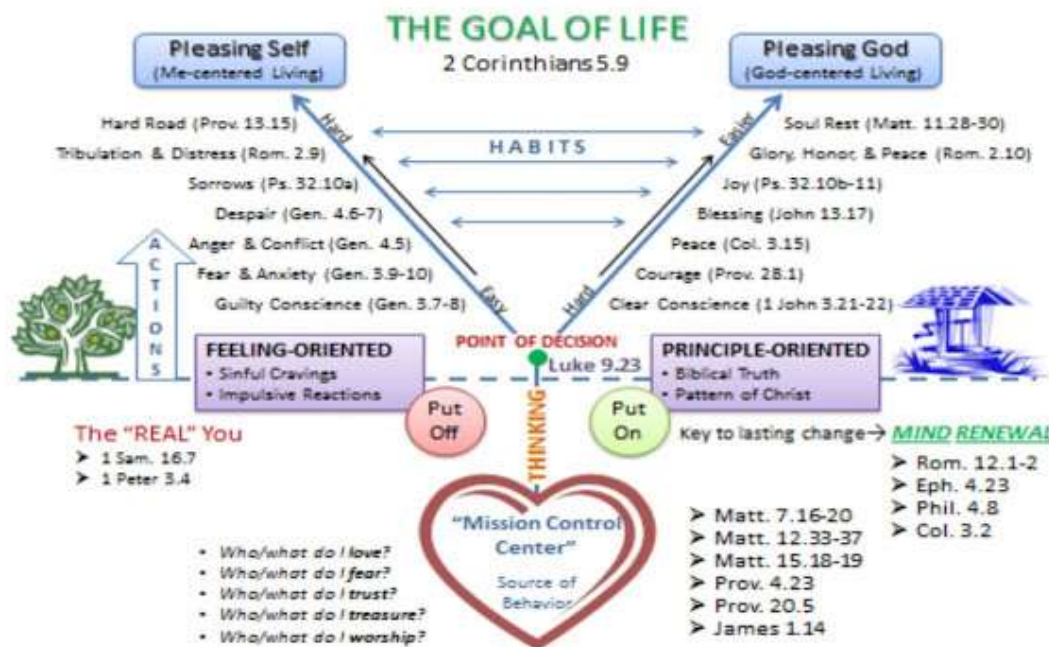
## Tool #1: Journal of Upsets

|       | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------|--------|---------|-----------|----------|--------|----------|
| 7:00  |        |         |           |          |        |          |
| 7:30  |        |         |           |          |        |          |
| 8:00  |        |         |           |          |        |          |
| 8:30  |        |         |           |          |        |          |
| 9:00  |        |         |           |          |        |          |
| 9:30  |        |         |           |          |        |          |
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| 10:30 |        |         |           |          |        |          |
| 11:00 |        |         |           |          |        |          |

| Sunday | What triggered the upset?<br>(what happened?) | What did you think? | What did you do? | What did you want? |
|--------|---|---------------------|------------------|--------------------|
| 7:00   | 1.  | 1.                  | 1.               | 1.                 |
| 7:30   |   |                     |                  |                    |
| 8:00   |   |                     |                  |                    |
| 8:30   |   |                     |                  |                    |
| 9:00   |   |                     |                  |                    |
| 9:30   | 2.  | 2.                  | 2.               | 2.                 |
| 10:00  |   |                     |                  |                    |
| 10:30  |   |                     |                  |                    |
| 11:00  |   |                     |                  |                    |
| 11:30  |   |                     |                  |                    |
| 12:00  | 3.  | 3.                  | 3.               | 3.                 |
| 12:30  |   |                     |                  |                    |
| 1:00   |   |                     |                  |                    |
| 1:30   |   |                     |                  |                    |
| 2:00   |   |                     |                  |                    |
| 2:30   | 4.  | 4.                  | 4.               | 4.                 |
| 3:00   |   |                     |                  |                    |
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| 7:30   | 6.  | 6.                  | 6.               | 6.                 |
| 8:00   |   |                     |                  |                    |
| 8:30   |   |                     |                  |                    |
| 9:00   |   |                     |                  |                    |
| 9:30   | 7.  | 7.                  | 7.               | 7.                 |
| 10:00  |   |                     |                  |                    |
| 10:30  |   |                     |                  |                    |
| 11:00  |   |                     |                  |                    |

# God's Plan of Hope and Healing Anger



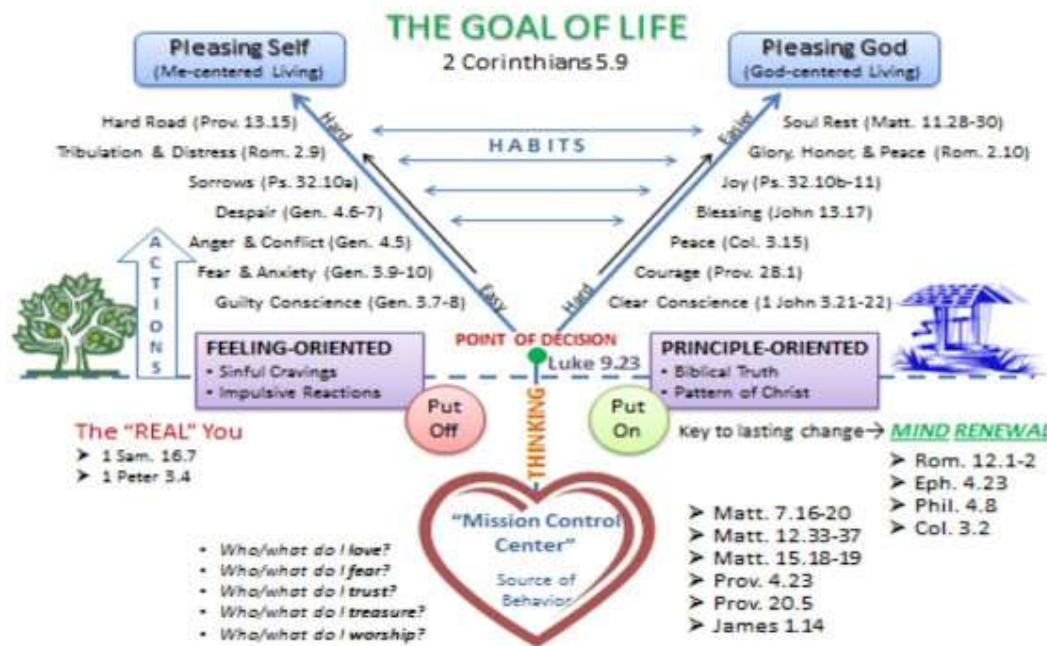
## Romans 12:1-2

I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship.<sup>2</sup> **Do not be conformed to this world, but be transformed by the renewal of your mind,** that by testing you may discern what is the will of God, what is good and acceptable and perfect.

## Ephesians 4: 17-24

<sup>20</sup> But that is not the way you learned Christ!—  
<sup>21</sup> assuming that you have heard about him and were taught in him, as the truth is in Jesus, <sup>22</sup> to put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, <sup>23</sup> **and to be renewed in the spirit of your minds,** <sup>24</sup> and to put on the new self, created after the likeness of God in true righteousness and holiness.

# God's Plan of Hope and Healing Anger



## Mind Renewal:

1. God's Grace
2. God's Provisions
3. God's Promises in Christ

# God's Plan of Hope and Healing Anger

**Focus on these attributes of God when you are angry:**

- 1) He is the Righteous Judge of Your Offenders,
- 2) He is the Merciful Forgiver and Righteous Judge of Your Sins
- 3) He is Your Good, Loving, Wise and Sovereign Father.

# God's Plan of Hope and Healing Anger

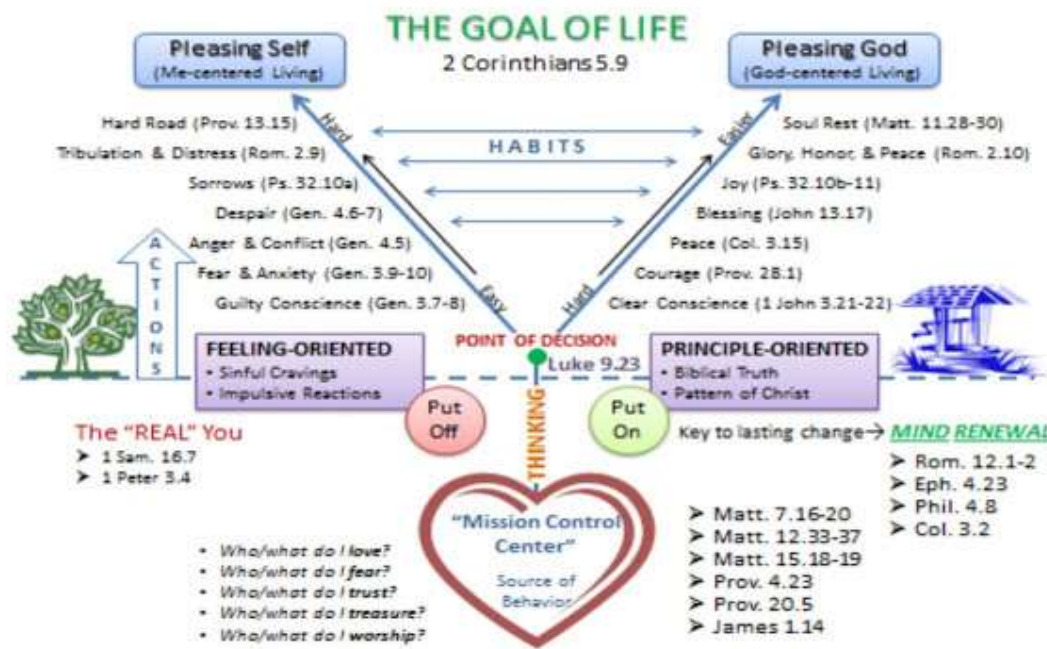
- **Jesus...**

- He did not repay evil for evil but he was constructively displeased often and yet loved greatly.
- He stood up for the helpless and victimized.
- He called out wrong doers but holds out promises of forgiveness, inviting wrongdoers into new life.
- Jesus willingly died for the weak, ungodly, sinful enemies of God.

- **God is for you!**

- [Romans 8:18-39](#)

# God's Plan of Hope and Healing Anger



## Put-ons:

1. Prayer
2. Forgiveness
3. Self-Control
4. Godly communication (listening and speaking)
5. Biblical peacemaking and problem-solving
6. Christ-like ministry
7. Contentment
8. Resolve to be constructive – slow to anger and showing mercy – use anger for good.

# God's Plan of Hope and Healing Anger

## Tool #2: Change Plan

**Idol:**  
**Evidenced by (the sin):**  
*Where/how this is manifested in my life:*

**Examples:** *Specific areas where I see this sin in my life*

**Wrong Thinking:** *What am I saying to myself? What am I believing?*

**New Thinking:**

**New Actions:**

**Verses to memorize:**

**Idol of "Comfort and Recognition" – evidenced by Self-Pity / Complaining**  
*Saying entirely too much in moments of despair, fear, or frustration*

**Examples:** *Specific areas where I see this sin in my life*

- going on and on to someone about parenting woes or some leadership responsibility I'm facing
- guilty of exaggeration and excessive drama and negativity
- saying too much at times when people ask how I'm doing

**Wrong Thinking:** *What am I saying to myself? What am I believing?*

- I have it so hard.
- I am overwhelmed.
- I can't do all this.
- It's not fair.

**New Thinking**

- God is faithful and He is in this trouble, and He's up to something good.
- Because I feel so weak and overwhelmed, this is a perfect time for God to display His power and greatness.
- I don't need to solicit pity from other people. God sees me, loves me, and has not abandoned me.
- How can I serve this other person right now? It's not all about what's going on with me right now. Don't dump on them. Bless and edify them.
- I can count this moment as joy (James 1:2-4) knowing that God is making me more complete through this. Therefore, a good day is not a day without trouble or interruptions; a good day is one that makes me more complete.

**New Actions**

- I will not say everything that I feel in the moment. I will sift, limit, and choose my words carefully.
- I will not recount the present difficulties and feel sorry for myself. Instead I will choose to think how incredibly blessed I am!
- My goal is to encourage and edify the person to whom I'm speaking. I don't want them to walk away feeling like they need a spiritual 'shower' to shake off the gloom and doom that I just spewed all over them.

**Verses to memorize:**  
**Proverbs 29:11 (NKJV)** "A fool vents all his feelings, but a wise man holds them back."

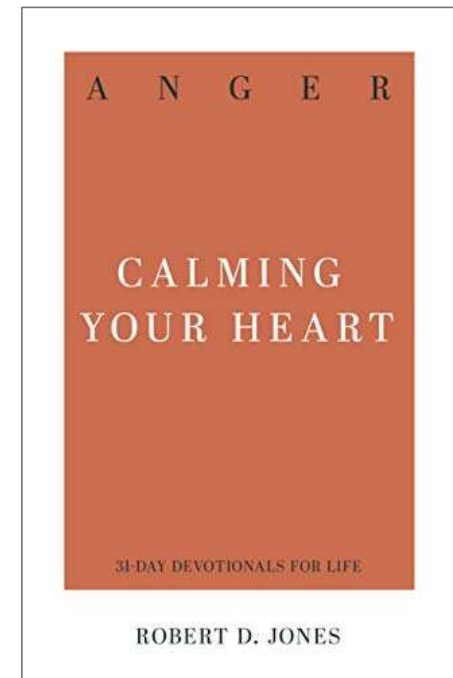
**Philippians 2:14-16 (ESV)** "Do all things without grumbling or disputing, that you may be blameless and innocent, children of God without blemish in the midst of a crooked and twisted generation, among whom you shine as lights in the world, holding fast to the word of life, so that in the day of Christ I may be proud that I did not run in vain or labor in vain."



## Practical Strategies for Fighting Depression

# Resources

- Book: Anger: Calming Your Heart (31 Day Devotional) by Robert Jones
  - [https://www.amazon.com/Anger-Calming-Heart-31-Day-Devotionals-ebook/dp/B07RD137K5/ref=sr\\_1\\_1?crid=3KPP7XCT22XI&dchild=1&keywords=calming+your+heart&qid=1588693402&srefix=calming+your+heart%2Caps%2C191&sr=8-1](https://www.amazon.com/Anger-Calming-Heart-31-Day-Devotionals-ebook/dp/B07RD137K5/ref=sr_1_1?crid=3KPP7XCT22XI&dchild=1&keywords=calming+your+heart&qid=1588693402&srefix=calming+your+heart%2Caps%2C191&sr=8-1)
- 100 Go-to Bible Texts for Life
  - <https://ibcd.org/wp-content/uploads/2016/04/approximately-100-go-to-texts-for-biblical-counselors.pdf>





# Motives for Change

1. To avoid damage to your body and soul
  1. Physical Health
  2. Spiritual Health
2. To stop damage or promote health in your relationships
3. To please God and bring him honor and delight

## **James 4: 5-6**

<sup>5</sup> Or do you suppose it is to no purpose that the Scripture says, “He yearns jealously over the spirit that he has made to dwell in us”? <sup>6</sup> But he gives more grace. Therefore it says, “God opposes the proud but gives grace to the humble.” <sup>7</sup> Submit yourselves therefore to God. Resist the devil, and he will flee from you. <sup>8</sup> Draw near to God, and he will draw near to you. Cleanse your hands, you sinners, and purify your hearts, you double-minded. <sup>9</sup> Be wretched and mourn and weep. Let your laughter be turned to mourning and your joy to gloom. <sup>10</sup> Humble yourselves before the Lord, and he will exalt you.

# Connect with God's Community

## **Ephesians 4: 14-16**

<sup>14</sup> Then we will no longer be infants, tossed back and forth by the waves, and blown here and there by every wind of teaching and by the cunning and craftiness of people in their deceitful scheming. <sup>15</sup> Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ. <sup>16</sup> From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work.

## Despite how you feel – connection is key

- Missional Communities at FCC
  - Locator here: <https://www.fcchudson.com/missional>
- Weekly Worship Services

Practical Strategies for Fighting Depression

# More Support through Coaching

## Short Term Biblical Coaching

- Free help and hope from the Bible.
  - We believe God's Word, the Bible, is sufficient to resolve life's most challenging situations and questions.
- There is hope and we'd love to help you find it.
- 3-4 weeks covering Anger topics.
- Email: [patstream@fcchudson.com](mailto:patstream@fcchudson.com)

- Question and Answer – 5 minutes
- Prayer – 10 minutes
- Poll