

Christ Apostolic Miracle Ministry Sunday School

Week 35: August 30th, 2026

Topic: The darkness is thriving – Part 10

Bible Reading: Genesis 1:1-8

Utilization of frustration by the Darkness

Today, frustration is rampant among mankind and it is one of the weapons that Satan is using at this end time to make people turn their backs on their Maker. Frustration is a choice strategy of the darkness to make Christians rebel against God. Frustration is a common struggle tied to anger, impatience and worldly trouble; It is also a spirit that the darkness is using to wage war against humanity. It must be noted that the spiritual root of frustration is a misplaced desire for control, and a lack of surrender to divine timing and sovereignty of God. Frustration often blooms when humans try to manage outcomes or circumstances that only God can direct. Therefore, do your best and leave the rest to God.

Frustration usually happens when people shift focus from God's steady presence to unfulfilled promises or delayed hopes which creates inner turmoil. Most Christians become frustrated when a normal human reaction to a broken world, representing distress, delayed plans, or unmet expectations tied to living under the weight of sin and human limitation. Instead of pleading with God through prayer requests; they will start querying their Creator and lose faith in the awesome power of God. These so-called Christians who think they are knowledgeable or perfect will take to sinful outbursts against God, rather than being patient and trust in unquestionable authority of God.

Root cause of frustration: The root cause of frustration is the gap between a person's expectation and reality which occurs when an obstacle blocks a desired goal or need. Most Christians are frustrated due to unmet expectations by holding rigid or unrealistic standards for themselves or other people. Another circumstance that makes frustration prevalent is personal limitation, when people are struggling with a lack of skills, confidence or physical energy or resources to reach a target. The last but not the least cause of frustration is conflicting desires; when people want

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to eat their cakes and still keep them; that is when humans want two different things that cannot happen at the same time. Are you one of those who want to be a friend of God and world at the same time?

Is frustration a sin? Frustration is not a sin; because it is normal, or automatic human emotion that happens when you feel blocked, stuck or unable to change a hard situation. Though emotions are physical and mental reactions, they are not moral choices; because they always displease God. It is your acts and deeds together with what you do when you are frustrated that constitutes sins. Do not forget that frustration always crosses the red line into sin, when it controls your actions or makes you break the rule of God concerning love and patience. Anytime that you allow your frustration to make you misbehave or resist the Lord; you have fallen into sin and you are at the risk of spiritual attack. Beware, so that your frustration will not make the heavens reject and desert you.

How to Deal with frustration: Anytime you notice a clear change in your behavior, body language and mood, it means you are frustrated. When you are short tempered; getting annoyed, or snapping over small or minor issues. Procrastination; avoiding work or duties because of mental stress. Reclusion, pulling away from conversations, groups or daily tasks; it signifies that you are frustrated. Whenever you notice these signs, make sure that you are in spirit; by thinking about the Bible passages, singing Gospel music and praying ceaselessly in your heart to overcome the frustration that can ruin your life.

How to deal with your frustration is to acknowledge your emotion without sinning against your Maker; then pause to find the root cause of your frustration; then choose quick resolution and forgiveness. You can overcome the spirit of frustration by surrendering your need for control over to God and choosing inner peace over reacting to external obstacles. Take steps to identify the root cause; if it is poor planning or mistakes that brought the situation on you; which is your duty or responsibility. Examine your pride; investigate if your anger stems from expecting people to always follow your plans. Lastly, assess the situation if it is spiritual attacks that are causing persistent roadblocks with the aim to steal your joy, glory and patience. Then, take appropriate steps to defeat your frustration.

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Do not be frustrated with God: Never be mad at or upset with Almighty God; instead, take steps to humble yourself, and tell your Creator the truth. Do not hide your feelings or pretend to be fine. Instead, repent and ask for forgiveness of your transgressions. God is big enough to know the thoughts of your mind and handle your raw emotions. It is better if you are honest and transparent by keeping your relationship with God real; instead of breaking it off. Inasmuch as God can be trusted to keep His Words; He will fulfill His pending promises in your life; if you are faithful to him. Remember that delay is not denial; so, wait for God's time and everything will fall into place; because God's time is the best time.