

## *Overcoming Frustration*

We wonder why we have so much difficulty seeking the Lord in our prayer times.

This morning I was frustrated in seeking after the Lord for two hours!

Then I sang, "Now none but Christ can satisfy . . ."

Immediately there was a breakthrough and the tears flowed.

Why do we have such difficulty?

Three reasons come to mind.

As soon as we leave the place of prayer our attention is absorbed by the concerns of time and space. Gone is the preoccupation with the Lord that has consumed our attention.

We allow ourselves to be pressed with the rush of life that leaves little room for God.

We get angry at all the things, people, and circumstances that seem to be against us. Too often our anger is even directed beyond these to God Himself, leaving us in a state of unhappy rebellion. When we next return to the place of prayer, we need to confess and forsake this rebellion. Then our attention must be redirected to the Lord. We need to read or quote worship-filled scripture, books, and hymns by those who are or were seekers too. Or listen to my Psalms for Worship tape.

But, we mustn't wait so long to do something about the problem.

We need to learn to take the Lord with us into the day, find time for Him during the day, confess and forsake our angry rebellion immediately that we recognize it, and frequently replace rush with rest.

Just slow down as often as you can. Make room for God in your life.

Then learn to go often throughout the day into the little chapel in your spirit where God especially resides with you in rest and peace.

Whenever there is a tug at your heart, a check in your conscience, or a break in the demands on your busy mind and body, stop. Be quiet before the Lord. Talk to Him. Wait on Him. Worship Him. Sing a hymn. Quote a scripture passage. Remind yourself that the Lord is totally trustworthy. Let your yearnings reach out to Him.

Come to a place of peace and rest in Him. Stay there quietly with Him for a time if you can.

If you can't find rest, don't worry about it. Don't give up this practice. Do whatever part of it you can. The more of it you do, the less strange will seem seeking the Lord in the place of prayer when next you return there.

Jesus, I am resting, resting  
In the joy of what Thou art.



-Jean Sophia Piggott