**Emotions: The Ups and Downs of Life #3 – Frustration** Psalm 139:1-18

Frustration builds and ultimately explodes when we fail to recognize Who God is and His never-ending presence and involvement in our lives. David understood the parallel between failing to understand Who God is and frustration.

Notice what David says about God’s involvement with us.

**1. God \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** vv. 1-6

**2. God has your life \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ vv. 7-12

**3. God has wired you with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ vv. 13-18