



What the Christmas Story Teaches you about
Defeating Frustration

“Why are you down in the dumps, dear soul? Why are you crying the blues? Fix my eyes on God— soon I’ll be praising again. He puts a smile on my face. He’s my God.”

Psalm 42:5 (The Message)

“This plan of mine is not what you would work out, neither are my thoughts the same as yours!” **Isaiah 55:8 (The Living Bible)**

When God messes up
your plans: _____ Him

“... but before they came together, she was found to be with child through the Holy Spirit.” **Matthew 1:18 (NIV84)**

“And Joseph her husband, being a righteous man and not wanting to disgrace her, planned to send her away secretly. But when he had considered this, behold, an angel of the Lord appeared to him in a dream, saying, “Joseph, son of David, do not be afraid to take Mary as your wife; for the Child who has been conceived in her is of the Holy Spirit.” **Matthew 1:19–20 (NASB95)**

“I have fought the good fight, I have finished the race, and I have remained faithful. And now the prize awaits me—the crown of righteousness, which the Lord, the righteous Judge, will give me on the day of his return. And the prize is not just for me but for all who eagerly look forward to his appearing.” **2 Timothy 4:7–8 (NLT)**

“When Joseph woke up, he did as the angel of the Lord commanded and took Mary as his wife.” **Matthew 1:24 (NLT)**

When others mess up
your plans: _____ Him

“While they were in Bethlehem, the time came for Mary to have the baby,” **Luke 2:6 (NCV)**

““O Bethlehem Ephrathah, you are but a small Judean village, yet you will be the birthplace of my King who is alive from everlasting ages past!””

Micah 5:2 (The Living Bible)

...for he [God] chose us in advance, and he makes everything work out according to his plan.” **Ephesians 1:11(NLT)**

When you mess up the
plan. _____ to Him

“Instructed by the king, they set off. Then the star appeared again, the same star they had seen in the eastern skies. It led them on until it hovered over the place of the child.” **Matthew 2:9 (The Message)**

“If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.” **1 John 1:9 (NIV84)**