

ENCOURAGEMENT FOR *Real Life*

27. Are You Mad at God? Here's How to Let Go

You are listening to episode 27 of the Encouragement for Real Life podcast, "Are You Mad at God? Here's How to Let Go." Thank you for listening in today. I'm glad you're here. Have you ever been mad at God? Or maybe you're mad at Him right now. Or maybe you've been mad at Him for so long, that you've decided you really don't want anything to do with Him and you're living your life without Him. Well, friend, I believe we've all been there. I believe we've all experienced anger towards God at one point or another in our lives. In this episode we're discussing this and the help and hope available to us when we are mad at God. So, let's get into this episode and find some encouragement as we go.

Can I be completely transparent with you today? I recently got mad at God. Yes, I did. I was so angry at Him. I remember exactly where I was, driving home from getting tested for this nasty virus three days before Christmas, and I knew the results would return positive. Approaching our little Iowa town, I voiced out loud to God, "I can't believe You allowed this virus to invade our lives right now. Especially after I prayed and prayed, asking You to protect our family Christmas."

Frustration, disappointment, sadness, and a whole lot of other emotions consumed me. Which spiraled me into anger.

I was so mad at God.

And I told Him so, and then my best friend. My best friend received the brunt of my anger on the phone a few minutes later. I told her I was mad. I was mad at this virus, mad at the timing, mad that our family Christmas would be "canceled," and mad that God allowed this to happen now. She asked why I was mad and for some details. And the answer spewed out of my mouth.

"Because I prayed and prayed and prayed for God to protect our family Christmas and He didn't."

There it was. I was mad at God because He didn't give me what I wanted and what I asked for.

My friend encouraged me the best way she could, and after our conversation ended, I apologized to God with my head hung low. I knew my attitude was wrong. I knew God was still good and that His plans were still good. So, I repented of my attitude and for my anger towards Him.

You see, Christmas is so very special to me. I look forward to it, actually, probably all year long. It's when our family gathers together to celebrate Jesus' birth, with our special traditions and blessings that bring us all such joy. There's no better gift for me than to be with my family. I cherish it all so much.

And so, when this gift was taken away this year, I got upset. I got angry. And I blamed God for it all.

And the kicker for me was this. This is what I struggled with the most. I prayed daily specifically for God to protect our family time together over Christmas. And I knew He would. Because He has done that over and over and over with special occasions and family gatherings in the past. I pray. He answers.

That's my experience with Him. So, there was no question in my mind that He would come through again.

So, when I woke that morning three days before Christmas, feeling like I was hit by a truck, the reality of God not answering my prayer the way I expected was a hard thing to swallow. I seriously couldn't believe it.

What about you? When have you gotten mad at God? Or are you mad at Him how?

I believe there a number of reasons why we get mad at God.

Here are a handful:

1 - We don't get what we want or ask for.

This was me in December. I didn't get my family Christmas on Christmas, and I got upset and angry.

2 - We believe God owes us.

This was also me in December. I prayed daily, and by golly, God should have answered my request, right? Wrong. I acted as if God owed me something for my faithful prayers.

3 - We get something we don't want.

What about the bad things that happen in life? When we treat God as a genie in a bottle, we think we should only receive good things and never the bad things. We may think, "If God really loved me, He wouldn't allow this bad thing in my life."

4 - We blame God for the actions of others.

And how others behave. Especially the actions of those who claim to follow Jesus. When their actions are hypocritical or hurtful, we blame God and sometimes turn away from Him because of them. Or we blame Him and ask, "Why didn't you stop them?"

5 - We think we know better.

God sees the big picture, and we do not. When we think we know better than God, or think we have a certain situation figured out, we can get upset when He doesn't do what we think He should do, or when things don't go the way we think they should go.

6 - We don't trust God.

We like to be in control, don't we? And when things spin out of control, we don't trust God enough to handle them. We try to take matters into our own hands, and in the end, we get mad at God for the mess we're in. The very mess we've caused.

There's a better way to live, isn't there? I say yes!

Staying mad at God (or anyone, for that matter) isn't healthy.

Letting go of the anger is the key. But how do we do that? Sometimes that's easier said than done, right? What can we do when we're mad at God?

I think it all starts at acknowledging who God is and who He isn't.

God is all-powerful, all-knowing, in control, and nothing takes Him by surprise.

He created all things, sustains all things, and holds everything in this world together.

God has good plans for our lives and He uses all situations and circumstances for our good and His glory.

He is light, love, hope, joy, peace, majestic, holy, perfect, faithful, trustworthy.

God is not a genie in a bottle that we use for wishes and prayers.

God is not our sugar daddy, giving us whatever we ask for.

He does not owe us anything, and our worth in His eyes is not based on what we do or don't do.

He desires a real-life, two-way relationship with each of us, not a superficial, one-way association.

And even though He doesn't owe us anything, He's already given us everything we need through Jesus!

Knowing who God is and is not makes all the difference.

But it doesn't end there. It's healthy and wise to go to God and give yourself the opportunity to release the anger you're feeling. Because until we do, the anger will remain. And unaddressed anger is never a good thing.

Here are some things we can do to let the anger go.

Talk to God.

We can go to God and tell Him how we feel and how angry we are and why. He already knows, but when we're open and honest with God, He heals our hearts and attitudes and transforms our thinking to healthier ways. He can handle our anger and any of our feelings, and thankfully He does not hold them against us.

Trust God.

God uses all things we go through, and He will use our current circumstances as well. If He has allowed something in your life, it's for a reason. We might not be able to see it in the moment or know why. But we can trust God will be with us through it.

Jeremiah 29:11 MSG says this: I know what I'm doing. I have it all planned out—plans to take care of you, not abandon you, plans to give you the future you hope for.

And John 16:33, in the AMPC, says this: I have told you these things, so that in Me you may have [perfect] peace *and* confidence. In the world you have tribulation *and* trials *and* distress *and* frustration; but be of good cheer [take courage; be confident, certain, undaunted]! For I have overcome the world. [I have deprived it of power to harm you and have conquered it for you.]

Ask God for help.

Ask God to align our thoughts with His, to guide us, to equip us, to strengthen us. To help us see life from His perspective, if possible. The secret of our strength comes from remaining in Him.

I am the vine, and you are the branches. If you stay joined to me, and I stay joined to you, then you will produce lots of fruit. But you cannot do anything without me. John 15:5 CEV (Contemporary English Version)

God will give us what we need, right when we need it. And will help us along the way.

Consider the source.

I believe God doesn't cause bad things to happen, because God is good and not evil. The enemy of our souls, however, is evil. Instead of blaming God for the bad things that happen, let's consider the source of this bad thing. We may not know exactly where it came from, but we know the source of evil. This enemy would love nothing more than for us to get mad at God and turn away from Him. Let's not give into this enemy's schemes.

Go ahead and be angry. You do well to be angry—but don't use your anger as fuel for revenge. And don't stay angry. Don't go to bed angry. Don't give the Devil that kind of foothold in your life. Ephesians 4:26 MSG

Believe in God.

God desires a relationship with you and me, and yes that's possible, even when we can't see Him physically. A relationship with Him doesn't make life a cakewalk but it gives us strength for today and hope for tomorrow. This relationship happens through His Son, Jesus.

John 14:6 TPT: Jesus explained, "I am the Way, I am the Truth, and I am the Life. No one comes next to the Father except through *union with me*. To know me is to know my Father too.

If you have questions about this or would like more information, please contact me through my website. The link to do that is in the show notes.

Let it go.

We can let the anger go. Release it to God and tell Him we are sorry for being so angry. Restore our relationships with Him. Remember, God is always at work growing our faith in Him. This is one step of growth, and it's a good one.

Go out and make a difference.

Then, wherever God calls us, go be a light in this world. Go help another. Make someone else smile. When we're stuck in our anger, it's sometimes hard to look beyond ourselves. Let's lift the burden of others. Maybe someone you know is also mad at God. Share your experience with him or her. Your story might just be the help he or she needs to release his or her anger. Let's go out and do good.

Releasing the anger releases us.

And restores us in a right relationship with God.

And if you're feeling guilty for getting mad at God, let that go, too. You're not a bad person for feeling the way you feel. You're not a bad Christian for getting mad at God. He can handle it. Forgive yourself and live daily in His grace.

What we do with the anger matters. When we acknowledge it, talk to God about it, release it, and let it go, it can be a powerful stepping stone in our relationships with Him. God will always love us, no matter what.

We're talking candidly about this subject in our Encouragement for Real Life Community on Facebook this week. I invite you over to join the conversation. You'll find the link in the show notes.

If you found encouragement and hope in this episode, please rate or review it, so others can find this encouragement as well.

You know? I wasn't happy with myself about getting mad at God back in December. But that was how I felt. I'm glad God invites us to be open and honest with Him, and I'm glad I was able to do so. He helped me see where my thinking was skewed a bit and gently guided me to grace. Even though our family wasn't able to celebrate Christmas in the way I wanted, it was still good. We still celebrate, just a bit later. After all, Christmas isn't about me or the celebration anyway. God reminded me (again) through this experience what Christmas is really all about. And that's something I can take with me every day of my life.

God is so good to us, isn't He? Thank you for joining me here today. God bless you.

Julie Lefebvre