

Issue 37 – When Grief Shows Up as Frustration

Messy story of the week

It wasn't a big moment. No slammed doors. No shouting.

Just a normal Tuesday.

Dinner was running late, someone couldn't find their shoes, and a simple question turned into a sharp response that felt bigger than the moment. Not explosive... just *tight*. Irritated. Heavy.

Later, in the quiet, the thought came:

"Why did that feel so intense?"

Nothing about the situation justified that level of reaction.

But something underneath it did.

Because sometimes what looks like frustration... is actually grief that hasn't had a place to go.

Faithful God Then and Now

Key Verse: *"The Lord is close to the brokenhearted and saves those who are crushed in spirit."*
— Psalm 34:18

God doesn't wait for us to label our grief correctly before He draws near.

He meets us in the spillover.

In Scripture, we see people who didn't always express their pain in neat, understandable ways. Job wrestled. David wept and raged. The Israelites complained in the wilderness.

And still... God stayed close.

Not because their responses were perfect, but because their hearts were hurting.

What we can learn

- What feels like "overreaction" often has a deeper root
- Emotions come from what we're thinking or carrying, not just what's happening in front of us

- Unprocessed grief doesn't disappear... it leaks into everyday moments
 - Awareness creates space to respond differently next time
 - God meets us in the middle of messy, imperfect reactions
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Behind the curtain

In coaching, one of the most common patterns I see is this:

People try to fix their reactions without understanding what's fueling them.

They focus on the behavior ("I need to stop snapping") without slowing down long enough to ask, "*What am I carrying right now?*"

When grief, disappointment, or stress goes unacknowledged, it doesn't stay contained. It shows up sideways... in tone, in tension, in withdrawal, or in quick irritation.

The goal isn't perfection.

It's awareness that leads to different choices.

Faithful family tools

If this resonates with you, you're not alone... and you don't have to figure it out on your own either.

I've created a free resource to help you begin recognizing what's happening underneath your reactions and how to respond with more clarity and intention.

👉 [Free Course](#)

Or, if you'd rather take the next step with support:

👉 On Facebook: [Faithful Families | Christian Marriage and Parenting Help](#)

👉 Work with me – [Start the application process](#)

Faith Step for the Week

Instead of trying to "fix" your reactions this week, practice noticing them.

Let awareness come before change.

Bible passage

Psalm 34

2-minute practice

The next time you feel irritation rise, pause and ask yourself:

- What am I thinking right now?
- What might I be carrying into this moment?

No fixing. No judging. Just noticing.

Prayer

Lord,

You see what I'm carrying, even when I don't have words for it yet.

Help me slow down and become aware of what's happening in my heart.

Give me wisdom to understand my reactions and grace to respond differently.

Thank You for staying close to me, even in the messy moments.

Amen.

Coming Next

Next week, we're going to look more closely at why we react the way we do... especially in the moments we wish we could take back.

Not just what's happening on the surface, but what's actually driving those reactions and how to begin shifting them.

Did you miss an issue? Check out the archive:

<https://faithfulfamilycoaching.com/archive>