



WHAT TO DO WHEN YOU ARE MAD AT GOD

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Are You Mad At God?

I've got to believe at some point in your life, you've raised your fist and shouted out in anger at God. Most of us have done it. Maybe your parent died, or you had a friend get seriously sick, or even killed. Maybe you have cancer, or some kind of handicap. These and other serious issues enter our lives, making it easy to target God for our pain.

Someone described anger this way: ***Anger is a human emotional response to situations that are either out of our control or out of our ability to understand, or both.***

Have you ever wondered why we get so angry at God? That's what I want to talk about, because I can assure you that while God allows us to cry out to Him, He doesn't want us stuck in rage towards Him. *Write below in the space a time where you have been mad or upset:*

WHAT ARE SOME OF REASONS WHY WE GET MAD AT GOD?

The main reason we get so upset with God is because *we think He owes us something*. This usually happens in two ways:

A. WE DON'T GET SOMETHING WE WANT.

Have you ever really wanted a relationship with that perfect girl or guy? Or you really wanted that job you knew for certain would be perfect for you? You expected to be making xxx,xxx dollars at the age of 40. When these things didn't work out, you no doubt could have found yourself hurt and disappointed. Our first impulse is almost always to blame God.

Daphne wrote: ***When we get mad at God it is really like a 2-year-old throwing a fit because Mommy or Daddy won't let them stick their finger in the light socket. The 2-year-old can only see what he/she wants, the parent sees the bigger picture, and the danger. When we are mad at God we show our immaturity, ignorance, and our shortsightedness.***

Is there something right now you want really bad but you haven't gotten it yet? Write it below...

B. WE GET SOMETHING WE DON'T EXPECT.

When something bad happens to someone we love, or to us, or someone gets really sick, or even dies we wonder why these things have to happen. Do we sometimes think of God as a big genie in the sky who should only give us good things and prevent the bad??

I received a comment from someone who said: ***Some people wonder why their lives end up being a certain way, and they blame God for it, because if God really cared for them, then He wouldn't let them suffer.***

Why do Bad Things Happen? Write your answer below:

We think, "If God is so loving, why am I in so much pain? Is He punishing me for no reason by allowing horrible things to happen to me, or the people I love, or even the world?"

MAYBE We think God 'owes' us something.

Both of these situations can make a person feel like God doesn't care about us. After all the prayers we've prayed, God still didn't heal your brother's cancer, or get you the job you wanted. Joe wrote: ***I have to admit that I am angry at God. The more I have prayed for help and guidance, the more I get nothing. He is ignoring me. It's His right to do with me what He will, but I am frustrated because I have done what I think I am supposed to do and yet no response, no help.***

We get angry when we think God owes us something. When in fact, *God owes us nothing.* Wait- write down your response to that thought- 'God owes us nothing'....do you agree or disagree? Why?

A couple other reasons:

- We get angry with God when we don't know all the facts. It's so easy to think we know everything, but we can only see a very small part of the picture.
- We get angry at God when we see others claim to know Him, and then act like hypocrites. It's easy to blame God for the faults of others.
- These are just a few reasons why people get angry with God. Of course, there are many more.

QUESTION: *How do you get over being mad at God?*

ANSWER: *Know what you can expect from Him.*

If we think God is going to be our genie in a bottle, and make everything good in our lives, we're going to be mad at God when something bad happens. Having faith in God is not insurance against hardships. Read John 16:33- *What does it say? How should this change our perspective?*

SO WHAT CAN WE 'EXPECT' FROM GOD (JUST A FEW THOUGHTS...)

- **His Peace** – If we trust in Him and believe in Him we will have peace even in the hard times. Do you want to know how to find this peace?
- **God Wins in the End** – This world is full of sin, hate and death and that comes from the enemy, Satan, not from God. However, for all those who believe in Jesus there is glorious, eternal life in heaven.
- **His Comfort** – He promises to be near those who are hurting. *"The Lord is close to the brokenhearted and saves those who are crushed in spirit."* (Psalm 34:18)
- **His love** – He promises His love for us. *"God is love, and whoever abides in love abides in God, and God abides in him."* (1 John 4:16) He loves your heart and is with you in the midst of whatever your circumstances.
- **Life with greater meaning and significance** – If we got everything we thought we wanted, we'd be spoiled and selfish. God is a wise father who knows what we need to become the best men and women we can be.

Which one of these speaks the most to you right now and why? Write it below...

What can you do when you are mad at God?

1) Tell him how you feel.

The best thing you can do is tell God what you're angry about. He wants to hear from you about what you're thinking and feeling. Tell God honestly where you are at. God knows what's going on inside of you, but He wants to you be able to come to Him with honesty and openness.

2) Place the blame for evil on Satan not on God.

God is good and Holy and perfect and loving. He is the opposite of evil. You may be mad at God because he didn't prevent the bad from happening to you, but he is not to *blame* for the bad thing, Satan is. Jesus says in the Bible "*The thief's purpose is to steal, kill and destroy. My purpose is to give life in all its fullness.*" (John 10:10)

3) Pray for courage, strength and peace to make it through the day.

Betsy wrote: *I find it easiest to leave everything in God's hands and pray that he will care for me and do what's BEST for me, not what I want, but what is best. It's very hard, and I have trouble with that at times, but that is my overall goal.*

4) Trust that God will use a hardship for something beyond what you can see.

So can God use for everything we go through for a greater purpose? I believe He can. Ask God for understanding to see the bigger picture. Over time, you may see more clearly a how God used your trial for good.

Jill wrote honestly: *I feel like I have a daily tug of war with God. I know everything happens for a reason, but when you're lonely, broke, bored, and feel helpless, it is really hard to say, okay God, I know you're doing this for a reason.*

Betsy echoed Jill's thoughts: *After many trials I learned that it is best to accept what God has done and believe that it is for my good, whether I like it or not.*

Believing He does have a reason for everything we go through helps us to trust that something bigger is going on here, even more than we can probably understand. But I'm not God, He is. And I'm just going to trust that He knows what's going on with me.

5) Get involved in other people's lives.

A lot of our anger and frustration in life comes from thinking about ourselves too much – we think about the way things are and how different they are from how we wish they'd be.

Yevgenia wrote: ***One of the best things I have learned while going through this is God won't put you through something unless he knows you will be able to overcome it. Another way I have used these things in a positive way is by using my experiences to help others who are going through similar things in their lives.***

The best way to find joy and peace from the hardships of life is to get involved in other people's lives. Take an interest in other people and their circumstances. Share in their joy and their pain.

6) Decide to have a relationship with God.

The Bible says the only way to know God is by knowing His son, Jesus. Jesus was basically God with skin-on and gave us a way to know who He is, His love, and how to be in relationship with Him.

Take the remaining space and write out a prayer incorporating steps 1-6 below. Pull this sheet out in the future and read your prayer you just wrote.