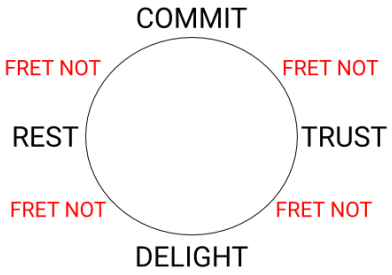
FRET Not!

The Cycle Of Victorious Living



Psalm 37:1-8 (NKJV)

1. **Commit** your ways to the Lord (verse 5)
2. **Trust** in the Lord and rely on His faithfulness (verse 3)
3. **Delight** in the Lord! (verse 4)
4. **Rest** in the Lord. (verse 7)
5. **Fret not!** "Churned up" **F**orfeiting **R**est **E**very **T**ime

Why do you fret?

1. You compare your situation with others.
   (verse 7; John 21:22)
2. You complain that your situation is worse than that of wicked evil people.
   (verse7; Proverbs 24:19)
3. You allow your situation to justify your anger.
   (verse 8)
4. You **choose** to **harm yourself** and the **situation.**
   (verse 8; Matthew 6:27; Deuteronomy 28:58-59; 65-67)
   A. When you fret it does only one thing **for you**: harm.
   B. When you fret it does only one thing for your **situation**: harm.
      (Matthew 6:31-34)
   C. When you fret it does only one thing for **all the other people** in your situation: harm.
      (Hebrews 12:15)