

Psalm 37 "Fret Not"

February 9, 2025

Verse: Psalm 37:1-4

Homework: Read Psalm 37; Psalm 46

**"Fret NOT!"**

**1-6**

- Don't Worry! (See 1 Peter 5:7; Phil. 4:6-7) 1-2
  - Fret – (Hebrew) to be kindled (get fired up over); to be aroused & burn with anger
  - Fret = *To be consumed with worry, vexation, or annoyance. From the Middle English "freten" (to eat up or consume).*
    - Do not be envious – jealous of another; ill-will ranging to anger
    - Evil men/ Those who do wrong
    - Their end: Fade away!
- Do the Right Thing! 3-4
  - Trust in the Lord = Call to active obedience!
  - Do good. (See Gal. 6:9-10)
  - Dwell in the Land – the place of God's provision for you
  - Delight yourself in the LORD!
  - Delight – to take pleasure/ thoroughly enjoy.
  - Result: He will give you the desires of your heart.
- All-In! 5-6
  - Commit your way
  - He will make you shine!

**God's Got This!**

**7-11**

- Chill Out 7-8
  - Be still & wait patiently – Don't get "hot and bothered."
- Playing the Long Game 9-11
  - God's final answer – The wicked cut off / the righteous inherit!
  - Look all you want – you won't be able to find the "wicked"
  - The meek will inherit the land (See Matthew 5:5!)

**Key:** Don't worry, God's got this!

**Application:** "Fret Not!"

- What is the cure for worry?
  - Trust and do good. / Commit your way to the Lord.