

FRETTING

Fretting Over Things
I have No Control

Psalm 37:1-9

Psalm 37:1-2

Do not **fret** because of those who are evil
or be envious of those who do wrong;
²for like the grass they will soon wither,
like green plants they will soon die away.

1. **Trust** *in* the Lord.

Psalm 37:3

Psalm 37:3

Trust in the LORD and do good;
dwell in the land and **enjoy** safe pasture.

2. **Delight** *in* the Lord.

Psalm 37:4

Psalm 37:4

Take **delight** in the LORD,
and he will give you the desires
of your heart.

3. Commit *to* the Lord.

Psalm 37:5-6

Psalm 37:5-6

Commit your **way** to the LORD;
trust in him and he will do this:
⁶He will make your righteous **reward**
shine like the dawn, your vindication
like the noonday sun.

4. **Wait** *on* the Lord.

Psalm 37:7-8

Psalm 37:7

Be still before the LORD and **wait** patiently for him; do not **fret** when people succeed in **their ways**, when they carry out their wicked schemes.

Psalm 37:8

Refrain from anger and turn from wrath;
do not **fret**—it leads only to evil.

5. **Hope** *in* the Lord.

Psalm 37:9

Psalm 37:9

For those who are evil will be destroyed,
but those **who hope in the LORD**
will inherit the land.

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1. **Trust** *in* the Lord.
2. **Delight** *in* the Lord.
3. **Commit** *to* the Lord.
4. **Wait** *on* the Lord.
5. **Hope** *in* the Lord.

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Trust, Delight, Commit, Wait,
& Hope =

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Trust, Delight, Commit, Wait,
& Hope **In Jesus** =

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Trust, Delight, Commit, Wait,
& Hope **In Jesus** = **less Fret**