

**Fret Not**

March 22, 2020

**TEXT:** Psalm 37:1-11

**KEY VERSE:** Psalm 37:3

**Psalm 37:3** Trust in the LORD, and do good;  
so shalt thou dwell in the land, and verily  
thou shalt be fed.

**Fret and fear get out of here.**

1) **Fret Not** \_\_\_\_\_.

2) **Trust In** \_\_\_\_\_.

3) \_\_\_\_\_ **Thyself.**

4) \_\_\_\_\_ **The Lord.**

5) **Cease** \_\_\_\_\_.

**Text:**  
**Psalm 37:1-11**

**Key Verse:**  
**Psalm 37:3**

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**KEY VERSE:**

**Trust in the Lord, and do good; so shalt thou dwell in the land, and verily thou shalt be fed.**  
**(Psalm 37:3)**

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**Don't ask "Why,"**

**instead ask,**

**"What do you want me to do, Lord?"**

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**God wants to be  
involved in our lives;  
He wants to  
fellowship with us.**

**As we trust Him,  
He will be near, and  
He will provide for us.**

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**Our confession today is:**

**“Fret and fear  
get out of here.”**

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**If my people,  
which are called by my name,  
shall humble themselves, and pray,  
and seek my face,  
and turn from their wicked ways;  
then will I hear from heaven,  
and will forgive their sin,  
and will heal their land.  
(2 Chronicles 7:14)**

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**FRET AND FEAR  
GET OUT OF HERE.**

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**FRET NOT**

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**Fear is the opposite of faith.**

**Fret and worry  
bring about fear.**

**Have faith and displace all  
doubt and fear.**

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**FRET NOT**

**1) Fret Not Thyself.**

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**Fret not thyself because of evildoers, neither be thou envious against the workers of iniquity.**  
**(Psalm 37:1)**

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**Do all you can to stop sin,  
but don't fret about the  
deeds of people.**

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**REFERENCES:**

**Psalm 37:2**

**Galatians 6:7-8**

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**FRET NOT**

**1) Fret Not Thyself.**

**2) Trust In The Lord.**

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**KEY VERSE:**

**Trust in the Lord, and do good; so shalt thou dwell in the land, and verily thou shalt be fed.**  
**(Psalm 37:3)**

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**When we do good,  
God is glorified.**

**It takes the Spirit of God  
to do good all the time.**

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**REFERENCES:**

**Psalm 37:5-6**

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**FRET NOT**

**1) Fret Not Thyself.**

**2) Trust In The Lord.**

**3) Delight Thyself.**

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**Delight thyself also in the Lord; and he shall give thee the desires of thine heart.  
(Psalm 37:4)**

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**Delight thyself  
also in the Lord.**

**Don't delight in yourself,  
in your job,  
or anything else that  
you have done or  
accomplished,  
but delight yourself  
in the Lord.**

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**Selfish people  
are not happy.**

**Giving people  
are satisfied.**

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**REFERENCES:**  
**John 14:13-14**

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**FRET NOT**

**1) Fret Not Thyself.**  
**2) Trust In The Lord.**  
**3) Delight Thyself.**  
**4) Rest In The Lord.**

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**Rest in the Lord, and wait  
patiently for him: fret not  
thyself because of him who  
prospereth in his way, because  
of the man who bringeth  
wicked devices to pass.  
**(Psalm 37:7)****

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**Occupy  
the presence of the Lord  
with your  
faithful service.**

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**My soul,  
wait thou only upon God;  
for my expectation  
*is* from him.  
(Psalm 62:5)**

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**And he called his ten servants,  
and delivered them  
ten pounds,  
and said unto them,  
Occupy till I come.  
(Luke 19:13)**

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**REFERENCES:**

**Psalm 37:9-10**

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**A good *man* leaveth  
an inheritance to  
his children's children:  
and the wealth of the sinner  
is laid up for the just.  
(Proverbs 13:22)**

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**REFERENCES:**

**Matthew 6:33-34**

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**FRET NOT**

- 1) Fret Not Thyself.
- 2) Trust In The Lord.
- 3) Delight Thyself.
- 4) Rest In The Lord.
- 5) Cease From Anger.

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**Cease from anger,  
and forsake wrath:  
fret not thyself  
in any wise to do evil.  
(Psalm 37:8)**

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**Control your emotions.**  
  
**Especially your anger.**

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**Be ye angry, and sin not:  
let not the sun go down  
upon your wrath:  
(Ephesians 4:26)**

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**Don't worry yourself  
right into trouble.**

**If you're going to worry  
don't pray,  
but if you're going to pray,  
then don't worry.**

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**REFERENCES:**

**Galatians 6:7-8**

**Nehemiah 8:10**

**Psalms 37:11**

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**FRET AND FEAR  
GET OUT OF HERE.**

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**Just because someone  
else does evil ...  
does not stop me from  
doing good and  
following the Lord.**

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**REFERENCES:**

**Acts 10:38**

**Proverbs 3:5-6**

**Mark 11:22-26**

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**CONCLUDING SCRIPTURE:**

**And if it seem evil unto you to serve the Lord, choose you this day whom ye will serve; whether the gods which your fathers served that were on the other side of the flood, or the gods of the Amorites, in whose land ye dwell: but as for me and my house, we will serve the Lord. (Joshua 24:15)**

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**FRET NOT**

- 1) Fret Not Thyself.**
- 2) Trust In The Lord.**
- 3) Delight Thyself.**
- 4) Rest In The Lord.**
- 5) Cease From Anger.**

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**FRET AND FEAR  
GET OUT OF HERE.**

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