

Fret Not

September 11, 2022

OPENING SCRIPTURE: John 14:15-31

KEY VERSE: John 14:27

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

1

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)

2

Don't ask "Why,"

instead ask,

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

3

**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.**

4

Our confession today is:

**“Fret and fear
get out of here.”**

5

**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)**

6

FRET NOT

7

Fear is the opposite of faith.

**Fret and worry
bring about fear.**

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

8

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

9

FRET NOT

1) Fret Not Thyself.

10

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

11

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

12

REFERENCES:
Psalm 37:2
Galatians 6:7-8

13

FRET NOT
1) Fret Not Thyself.
2) Trust In The Lord.

14

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)

15

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

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

16

REFERENCES:

Psalm 37:5-6

17

FRET NOT

1) Fret Not Thyself.

2) Trust In The Lord.

3) Delight Thyself.

18

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

19

**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.**

20

**Selfish people
are not happy.**

**Giving people
are satisfied.**

21

REFERENCES:
John 14:13-14

22

FRET NOT

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

23

**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)**

24

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

25

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

26

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

27

REFERENCES:

Psalm 37:9-10

28

**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)**

29

REFERENCES:

Matthew 6:33-34

30

FRET NOT

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

31

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

32

Control your emotions.

Especially your anger.

33

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

34

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

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

35

REFERENCES:

Galatians 6:7-8

Nehemiah 8:10

Psalms 37:11

36

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

37

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

38

REFERENCES:
Acts 10:38
Proverbs 3:5-6
Mark 11:22-26

39

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)

40

FRET NOT

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

41
