



April 14, 2024 | Pastor Clay Carlson

Title: “Get Off The Fret Train”

Text: Mark 4:35-41; Psalm 37:1,7,8

Sometimes we choose to be the passenger on a certain train.

It's a bad train to be on.

Its not a passenger train...

It's not a freight train...

It is the Fret Train!

On this “Fret Locomotive” there is a certain
“train of thought”**WORRY!**

Why Worry Will Sink You Ship Faster Than Water:

1. Fret is the Opposite of _____ (vs. 40)

Romans 8:28 And we know that all things work together for good to them that love God, to them who are the called according to his purpose.

2. Fretting Robs you of _____ (vs. 38)

Psalm 37:7 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.

3. Fretting is _____ (vs. 37)

Matthew 6:27 Which of you by taking thought can add one cubit unto his stature?

4. To Fret is to be _____ (to rob you of joy)

1 Peter 1:8-9 8 Whom having not seen, ye love; in whom, though now ye see him not, yet believing, ye rejoice with joy unspeakable and full of glory: 9 Receiving the end of your faith, even the salvation of your souls.

5. Fretting Tells You the _____ that Jesus Does Not Care (vs. 38)

1 Peter 5:7 Casting all your care upon him; for he careth for you.”