

Overcoming The Stronghold of Fretting

Psalm 37

Fretting The Meaning:

“to feel or express worry, annoyance, discontent, or the like. To irritate, annoy, or vex; torment.”

Fretting The Outcome: v.8

“Do not fret, it only causes harm.”

- a) It causes us to lose our joy.
- b) We encounter battle fatigue.
- c) Which can and often leads to depression.
- d) Then fear.
- e) A lose of peace and purpose.

How Do We Win Over The Battle Of Fretting:

1) Trust in the Lord, and do good. V.3

Enter Proverbs 3:5-6;

Trust:

Lord:

Heart:

Understanding:

Lean

Acknowledge:

Make straight:

2) Dwell in the land, and feed on His faithfulness: v.3

Meaning: to continue in a given condition as a permanent resident.

Lamentations 3:22-24; "Through the Lord's mercies we are not consumed, because His compassions fail not. They are new every morning; Great is Your faithfulness. The Lord is my portion, says my soul, therefore I hope in Him."

3) Delight yourself in the Lord...: v.4

Meaning: to take pleasure in, to be content.

4) Commit your way to the Lord: v.5

5) Rest in the Lord, and wait patiently for Him: v.7

Psalm 46

v.10; *“Cease striving and know that I am God.”*

The word “cease” is a Hebrew term which means to “relax.”