



“And this is the commandment we have from Him, that the one who loves God should love his brother also.” 1 John 4: 21

Sunday – April 17, 2016

Heart to Heart...

God speaks to fretting in Psalm 37:8. **“Do not fret; it leads only to evil doing.”** The Hebrew term *“fret”* literally means “to eat away, to gnaw, to worry, to agitate, to wear out.” It is easy to say to someone to not worry or fret but then our world gets turned upside down and we run into the agony others have gone through. We sit in our misery of fretting and wringing our hands. Our minds are running to this idea and that idea on how to deal with the situation at hand. What does the Lord think we should do? **“Rest in the Lord and wait patiently for Him.”** (Psalm 37:7) Rest and wait patiently? What are the two key ingredients needed when worries hit our mind? Rest and patience! Where are we going to find that? **In the Lord!**

Is it really possible to *“rest in the Lord”* and not fret? Yes! First we must realize that resting is not dependent on your external circumstances but completely on your relationship with the Lord Himself. Circumstances do not alter the Lord’s abilities. God is faithful and can never be anything else. God knows nothing how to be unfaithful as that is impossible for Him. If we can trust His faithfulness, leaning on His word we can rest knowing it is impossible for God to lie. The problem is with our faith.

The reason many have such difficulty *“resting”* and *“patiently waiting”* is because we are trying to work out our situations with our own abilities. Many try to direct the situation the way they want it to go. We say we trust but when we examine ourselves, there is little *“resting”* and *“waiting.”* That’s a trust issue. We think we have to help. When we try to help it leads us into more insecurity and fretting because things don’t work out the way we planned. What’s next? SIN. That’s where all fretting leads us. Fretting arises out of our determination to have things work our way and according to our plans and it ends up crippling what the Lord already had under His control for our benefit. The situation is pushed further down the road and our pain increases because of our fears and helping. Many times we grow little in difficulties because we put our hands on the situation instead of resting in the Lord.

When we look carefully at Jesus when He walked upon our planet, His purpose was never to accomplish His plan but to fulfill the plan of God. He learned obedience from the things that He suffered (Hebrews 5:8). Even when faced with death, the agony in his soul, He took it to God giving the Father full rights over the situation and rested in the will of God. God strengthened Him. Jesus knew God was righteous and would never do anything unrighteous. Jesus practiced what He calls us to do.

Have we been propping up our foolishness by fretting in situations because we don't believe God can handle it? Do we really believe we can work things out better and for the righteous purpose of God better than God? All our fretting is caused by planning and acting without God. ***“Do not fret, it leads only to evildoing. For evildoers will be cut off, but those who wait for the Lord will inherit the land.”*** (Psalm 37:8-9) Think about it!!!

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