



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

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**Sunday – January 18, 2026**

## **Heart to Heart...**

One of the greatest insights from God's word we have on fretting or worry is found in Psalm 37:8: ***"Do not fret; it leads only to evil doing."*** Look where fretting will take someone. That should make us perk up our hearts and ears. The Hebrew term "fret" literally means "to eat away, to worry, to agitate, to wear out." We know each of those words well. It is easy to tell someone not to "fret" or worry but when our world gets turned upside down and the gnawing agony hits the heart things can change. ***"Rest in the Lord and wait patiently for Him."*** (Psalm 37:7) It is easy to tell someone to "rest in the Lord" when things are going well for us, but it is completely different when we are during a difficulty.

Is it possible to "rest in the Lord" and not "fret?" "Rest in the Lord" is not dependent on your external circumstances but on your relationship with God! God is faithful and will always be faithful. When God asks things of us, He is not demanding the impossible. GOD DOESN'T KNOW HOW TO BE UNFAITHFUL!!! If we can trust His faithfulness, we can trust Him at His word because He is absolutely reliable no matter what our circumstances are.

God's faithfulness and trustworthiness are not altered by our circumstances! The reason many can never "rest in the Lord" is because they are always trying to work out their situations they face. They try to help this or determine that, and it only leads to more fretting and frustrations because things don't work the way we planned! Simply put, we just don't trust God. We think it is up to us.

We have heard people say it, "The Lord helps those who help themselves!" Where did that teaching come from? Not from the Lord! That's a "do it yourself without God statement. Worry and fretting will always take one into sin if it continues to lead our lives. Fretting rises out of our determination to have things work our way and by our plans.

When Jesus walked the earth, His purpose was NEVER to accomplish His plans but to fulfill the will of God. The will of God was at His heart. In the difficulties He faced, He rested in His Father. He knew God was faithful and righteous and could never be anything other than who He is. Have we been propping up our foolishness with the idea that our circumstances are too much for God to handle? Do we really believe we can work things out better and for the righteous purpose of God by doing things ourselves? 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, they will inherit the land.”*** (Psalm 37:8-9) That should get our attention. Think about it!!!

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