

Fret Not – Then What??

Chaplain Rick Bradley

It certainly is easy to fret – there’s been enough evil during 2020, so far, “to last a lifetime.” And, if it’s not the reports of violence that plague a person, there’s plenty else in our lives that can disturb our sleep most every night.

My wife, Kathy, and I have some reminders for ourselves on a little piece of cardstock – taped to the tile backsplash of our kitchen sink:

Do not fret because of evildoers,
Nor be envious of the workers of iniquity.
For they shall soon be cut down like the grass,
And wither as the green herb. (Psalm 37:1)

Right: that doesn’t usually happen as quickly as we wish, but God eventually deals with that sort.

Yet, it’s hard to quit fretting if we have no **positive steps** to take. Here, then, are some of King David’s recommendations in that same Psalm:

Trust in the LORD, and **do good**;

Isn’t it fascinating? If we turn from fretting and do something good for someone, **fretting fades**. Then:

Delight yourself also in the LORD,
And He shall give you the desires of your heart.

We do not receive all our old desires, but God shapes our desires, and, like that song, “Count your many blessings—name them one by one, and it will surprise you what the Lord has done.”

King David offered two more steps, and then a helpful observation. The next step:

Commit your way to the LORD, (Pray)
Trust also in Him,
And He shall bring it to pass.

Again, it is according to His own timetable, but sometimes he corrects crummy things quickly. At the latest, when Jesus comes again and rules over the whole world, He will set everything right. Meanwhile, we may choose to take the next step:

Rest in the LORD, and wait patiently for Him;

And King David made this candid observation:

Do not fret—it only causes harm.

Yes, really, I might harm others while in my fretful state, and, the one I hurt the most is myself. But I am most blessed, with peace and hope and strength and joy, when I **Trust, Delight, Commit, and Rest** in the LORD.

