

Psalm 37:1-11

Background:

(1) The nature of the Psalm

(2) The nature of Proverbs

I. Don't Fret!

A. Does "fret" mean worry, or stew about?

B. Four attitudes to avoid (37:1, 8)

II. Instead....

A. Five attitudes to practice (37:4, 5, 7)

B. Reasons why (37:4, 6, 7, 9-11)

III. Does anyone "fret" in today's world?