

## FRET NOT

TEXT: (Proverbs 24:19-20, NIV)

<sup>19</sup>Do not fret because of evildoers or be envious of the wicked, <sup>20</sup>for the evildoer has no future hope, and the lamp of the wicked will be snuffed out.

### INTRODUCTION

1. “Do not fret because of those who are evil or be envious of those who do wrong; for like the grass they will soon wither, like green plants they will soon die away” (Psalm 37:1-2, NIV).

### I. CARNAL TENDENCIES

1. “The hearts of men, moreover, are full of evil” (Ecclesiastes 9:3, NIV).

#### A. Worry

1. “Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life?” (Matthew 6:25-27, NIV).
2. “No one can serve two masters. Either you will hate the one and love the other, or you will be devoted to the one and despise the other. You cannot serve both God and money” (Matthew 6:24, NIV).
3. “If you decide for God, living a life of God-worship, it follows that you don’t fuss about what’s on the table at mealtimes or whether the clothes in your closet are in fashion. There is far more to your life than the food you put in your stomach, more to your outer appearance than the clothes you hang on your body. Look at the birds, free and unfettered, not tied down to a job description, careless in the care of God. And you count far more to him than birds” (Matthew 6:25-26, MSG).

#### B. Envy

1. “Let us not become conceited, provoking and envying each other” (Galatians 5:26, NIV).
2. “A heart at peace gives life to the body, but envy rots the bones” (Proverbs 14:30, NIV).

#### C. Comparison

1. “Do not fret because of evildoers or be envious of the wicked, for the evildoer has no future hope, and the lamp of the wicked will be snuffed out” (Proverbs 24:19-20, NIV).
2. “We do not dare to classify or compare ourselves with some who commend themselves. When they measure themselves by themselves and compare themselves with themselves, they are not wise. We, however, will not boast beyond proper limits, but will confine our boasting to the sphere of service God himself has assigned to us, a sphere that also includes you” (II Corinthians 10:12-13, NIV).
3. “Since this is the kind of life we have chosen, the life of the Spirit, let us make sure that we do not just hold it as an idea in our heads or a sentiment in our hearts, but work out its implications in every detail of our lives. That means we will not compare ourselves with each other as if one of us were better and another worse. We have far more interesting things to do with our lives. Each of us is an original” (Galatians 5:25-26, MSG).
4. “Trust in the LORD and do good; dwell in the land and enjoy safe pasture. Take

delight in the LORD, and he will give you the desires of your heart" (Psalm 37:3-4, NIV).

## II. WHAT DAVID'S FAITH RELIED ON

### A. The True Light

1. "The LORD is my light and my salvation—whom shall I fear" (Psalm 27:1, NIV)?
2. "Then David's men swore to him, saying, 'Never again will you go out with us to battle, so that the lamp of Israel will not be extinguished'" (II Samuel 21:17, NIV).

### B. Personal Experiences with the LORD

1. "The LORD is the stronghold of my life—of whom shall I be afraid? When evil men advance against me to devour my flesh, when my enemies and my foes attack me, they will stumble and fall. Though an army besiege me, my heart will not fear; though war break out against me, even then will I be confident" (Psalm 27:1-3, NIV).
2. "And we know that in all things God works for the good of those who love him, who have been called according to his purpose" (Romans 8:28, NIV).
3. "And they overcame [the devil] by the blood of the Lamb, and by the word of their testimony" (Revelation 12:11, NIV).

### C. Learned to Encourage Himself

1. "Saul was told that David had gone to Keilah, and he said, 'God has handed him over to me, for David has imprisoned himself by entering a town with gates and bars.' And Saul called up all his forces for battle, to go down to Keilah to besiege David and his men" (I Samuel 23:7-8, NIV).
2. "But David thought to himself, 'One of these days I will be destroyed by the hand of Saul. The best thing I can do is to escape to the land of the Philistines. Then Saul will give up searching for me anywhere in Israel, and I will slip out of his hand'" (I Samuel 27:1-2, NIV).
3. "But David encouraged himself in the LORD his God" (I Samuel 30:6, KJV).
4. "David strengthened himself with trust in his God" (I Samuel 30:6, MSG).

## III. FRET CONVERTERS

### A. Abundant Life

1. "The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full" (John 10:10, NIV).

### B. Joy

1. "The fruit of the Spirit is...joy" (Galatians 5:22, NIV).
2. "I tell you...there will be more rejoicing in heaven over one sinner who repents than over ninety-nine righteous persons who do not need to repent" (Luke 15:7, NIV).

### C. Righteousness

1. "Always be clothed in white, and always anoint your head with oil" (Ecclesiastes 9:8, NIV).
2. "Be very careful, then, how you live—not as unwise but as wise, making the most of every opportunity, because the days are evil" (Ephesians 5:15-16, NIV).

## CONCLUSION

1. "But they that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint" (Isaiah 40:31, KJV).