

June 17, 2020

Fret Not

This is the first of a series of meditations on Psalm 37. Take a moment to read **Psalm 37:1-9**. This is a rich passage with lots of spiritual nuggets to meditate upon. We will begin with the first two words, Fret not. How many times does this phrase appear in this passage?

The Hebrew word for fret means to grow warm, to increase in intensity. We often think of it in terms of needless worry or to be anxious. Philippians 4:6 says, "Be careful [or anxious] for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God." What things cause you to be anxious or to worry? How often are these circumstances beyond your control? Do the things you worry about actually come to pass?

In this passage, all three instances of the phrase, fret not, relate to evil doers or wicked men. In essence we are not to worry or become anxious about the ways or prosperity of the wicked. In II Corinthians 10:12, Paul warns us not to fall into the snare of comparing ourselves to others. "For we dare not make ourselves of the number, or compare ourselves with some that commend themselves: but they measuring themselves by themselves, and comparing themselves among themselves, are not wise." Why are we not to worry or become angry with the wicked?

Read verses 1-2 again. We are not to fret because of evil doers, because they shall be cut down like the grass. Their end shall come suddenly upon them. Proverbs 6:15, speaking of the wicked, says, "Therefore shall his calamity come suddenly; suddenly shall he be broken without remedy." Read verses 8-9. The warning here is slightly different. We are not to be influenced by wicked men to do evil. We must be careful not to yield to peer pressure. Don't worry about what others think. Again, we see that evil doers shall be cut off.

Now go back and read verse 7. Sometimes it appears that the wicked are prosperous. This can lead to envy in the heart of the believer. Turn and read **Psalm 73:2-22**. In verses 2-16 David was struggling with the prosperity of the wicked. It can be hard for the believer who is struggling, to trust God, when the ungodly seem to be dwelling in prosperity, but verses 17-22 put it into a proper perspective. The key verse is verse 17. While the wicked may prosper in this life, their eternal destiny is one of pain, suffering and torment. As believers, we may not have a lot in this life, but we will enjoy the riches of heaven for all eternity. In verse 21, David confesses that he was grieved and pricked or convicted for the loss. As a believer, what should our attitude be toward wicked, ungodly men?