

## SOMETHING TO THINK ABOUT

Review Republican  
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### REPLACE FRETTING WITH TRUST

Psalm 37:1 begins, “Do not fret,” and those words are repeated later in the chapter. The dictionary defines “fret” as “to eat way, gnaw, gall, vex, worry, agitate, wear away.”

Whenever H. Norman Wright hears this word, he is reminded of the scene he sees each year when he hikes along the Snake River in the Grand Teton National Park in Wyoming. Colonies of beavers live along the riverbanks, and often he sees trees that are at various stages of being gnawed to the ground by them. Some trees have slight rings around their trunks where the beavers have just started to chew on them. Other trees have several inches of bark eaten away, and some have already fallen to the ground because the beavers have gnawed through the trunks. Worry has the same effect on us. It will gradually eat away at us until it destroys us.

In addition to telling us not to fret, Psalm 37 gives us positive substitutes for worry. First, it says, “Trust (lean on, rely on, and be confident) in the Lord” (verse 3 AMP). Trust is a matter of not attempting to live an independent life or to cope with difficulties alone. It means going to a greater source for strength.

Second, verse four says, “Delight yourself also in the Lord (AMP). To delight means to rejoice in God and what He has done for us. Let God supply the joy for your life.

Third, verse five says, “Commit your way to the Lord” (AMP). Commitment is a definite act of the will, and it involves releasing your worries and anxieties to the Lord.

And fourth, we are to “rest in the Lord; wait for Him” (verse 7 AMP). This means to submit in silence to what He ordains, but to be ready and expectant for what He is going to do in your life.

Stop worrying and start praying. (Philippians 4:6-9, Psalm 34:1-4) The passage in Philippians can be divided into three basic stages. We are given a premise: Stop worrying. We are given a practice: Start praying. And we are given a promise: Peace. The promise is there and available, but we must follow the first

two steps in order for the third to occur. We must stop worrying and start praying if we are to begin receiving God's peace.

The results of prayer as a substitute for worry can be vividly seen in a crisis in David's life that prompted him to write Psalm 34. (See 1 Samuel 21:10; 22:2). David had escaped death at the hands of the Philistines by pretending to be insane. He then fled to the cave of Adullam along with four hundred men who were described as distressed, discontented, and in debt. In the midst of all this, David wrote a psalm of praise that begins, "I will bless the Lord at all times; His praise shall continually be in my mouth" (Psalm 34:1 (RSV)). He did not say he would praise the Lord sometimes, but at all times, even when his enemies were after him.

Psalm 34:1-6 (NASB)

1 I will bless the LORD at all times; His praise shall continually be in my mouth. 2 My soul shall make its boast in the LORD; the humble shall hear it and rejoice. 3 O magnify the LORD with me, and let us exalt His name together. 4 I sought the LORD, and He answered me, and delivered me from all my fears. 5 They looked to Him and were radiant, and their faces shall never be ashamed. 6 The poor man cried and the Lord heard him, and saved him out of all his troubles.

To live a victorious life in service to God you will have to learn how to trust Him. Worry is not trust. I watch people fret and worry about stuff that will never happen and it makes it nearly impossible for them to live in the present or look forward to the future. They can find the troubles in every situation and never learn to live and let God teach them how to live a better life in trust.

I understand that we all have disappointment in our lives. People have failed us and hurt us and damaged us. Will we learn to lean on God and seek His help with our situation and see what He wants us to learn from it, and step into the bright future He has for us?

The best way to get away from worry is to "Trust God" The next time you start to worry about something stop, open your wallet and read the words printed on those bills: "In God We Trust". Let it be a reminder to you that God is in charge and His is looking out for you. Our job is to trust Him.

David found release from his fears when he sought God. How are you doing in that area of your life?

So What Shall We Do?

Remember the four steps? The first is “Trust in the Lord”. Find your strength in Him instead of going off on your own. Second, “Delight yourself also in the LORD”. Be thankful to God for His blessings and rejoice in those blessings. Third, “Commit your way to the LORD”. This is a decision we must take part in if we want to be free of worry. Fourth, “Rest in the Lord; wait for Him”. Most of us aren’t very good at waiting. Give God some time to work with you and resolve your concerns. He is willing, but we must sit down and follow His lead if we hope for success.

Last, but not least, Stop worrying and start praying. Get in touch with God and you will find He is not only available, but willing to direct your path and free you from your worries.

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