

**FIGHTING "FRET"**

PSALM 37:1-9

I. The root of real "fret" v.1

- A. Evildoers
- B. Envy

II. The reason to reject "fret" v.2

III. The route to remove "fret"

- A. Confidence in the Lord v.3
- B. Concentrate on the Lord v.4
- C. Commit to the Lord v.5-6
- D. Commune with the Lord v.7