

1 Do Not Worry

2 Lunch at First Watch

- Yesterday, I sat down to have lunch with someone who attends our church and we had a very interesting conversation.
- I do not want to reveal the identity of this person—due to pastoral confidentiality, but I will give you a couple of hints.
 - He plays drums for our worship team, and
 - He is married to the prettiest worship leader in our church.
- If somehow God opens your mind to the identity of this person, please keep it to yourself, as I would hate to embarrass anyone at our church.

3 Conversation

- While we ate our lunch, we discussed how watching the news was like an infomercial for high blood pressure medicine.
- As many of you know, last week during the Boston Marathon, two immigrant young men from Chechnya set off two bombs killing three individuals and injuring and maiming many more.
- Not only this, we find out these two Chechnyians were muslim terrorists and when caught were on their way to set off more bombs in New York City.
- What is so frustrating about all of this is that it seems our culture has so lost touch with what's right and wrong that for many it is out-of-bounds to discuss that the primary motivation for their crimes was religion.

4 Concerned

- Why this is important is because there is are estimated 300,000 muslims in the world, who under the right circumstances would become jihadist terrorists, if given the chance.
- So if we as a country are more interested in political correctness where we don't followup on those who display obvious patterns of suspicion, we endanger everyone.
- Not only this, but there are other things going on that I feel very frustrated about as well.
 - The media's silence over the trial of the abortion doctor.
 - The obvious politicalization of the FAA's sequester cutbacks.
 - The legalization of marijuana and the celebration of heathenism in Denver.
 - Louisville Cardinals winning the NCAA Basketball Championship.

5 Amnesia Test

- Last week, as many of you remember, controlling our thought life is very important as it affect our behavior and our relationship with God.
- And the key to changing our thought life is the renewing of our minds, which happens as we follow God's word.

- When we walk out God's word, we draw close to God and through this intimacy we come to know God's thoughts—His good and pleasing will.
- Well guess what God said to me when I started to give into worry—fretting what was going on in the world?
- He said in that soft, still voice: “Don't fret because you don't have to take care of the wicked; I will.”

6 Scriptural Evidence

- In Psalm 37, we have this plea . . . Do not fret because of evil men or be envious of those who do wrong . . . (Psalms 37:1 NIV)
- In other words, don't worry about people who seem to be getting away with murder. Why? Because they're not going anywhere. God has got their number.
 - Don't get your blood pressure up.
 - Don't get bent out of shape worrying about the wicked.
- I don't know about you, but it is a marvelous and calming relief to know that I don't have to take care of the wicked.

7 The Wicked will be Cut Off

- In Psalm 37, there are 40 verses and four times there is this awesome phrase: “They shall be cut off.”
- A little while, and the wicked will be no more; though you look for them, they will not be found. (Psalms 37:10 NIV)
- I have seen a wicked and ruthless man flourishing like a green tree in its native soil, but he soon passed away and was no more; though I looked for him, he could not be found. (Psalms 37:35–36 NIV)
- Like the grass they will soon wither, like green plants they will soon die away. (Psalms 37:2 NIV)
- In fact, the Lord laughs at the wicked, for he knows their day is coming. (Psalms 37:13 NIV)

8 The Ways of the Wicked

- The wicked plot against the righteous and gnash their teeth at them . . . (Psalms 37:12 NIV)
- The wicked draw the sword and bend the bow to bring down the poor and needy, to slay those whose ways are upright. (Psalms 37:14 NIV)
- The wicked borrow and do not repay, . . . (Psalms 37:21 NIV)
- The wicked lie in wait for the righteous, seeking their very lives . . . (Psalms 37:32 NIV)

9 Instruction for the Righteous

- So in the mean time, what should the righteous do?
 - Trust in the LORD and do good . . . (Psalms 37:3 NIV)
 - Delight yourself in the LORD . . . (Psalms 37:4 NIV)
 - Commit your way to the LORD; trust in him. . . (Psalms 37:5 NIV)
 - Be still before the LORD and wait patiently for him; . . . (Psalm 37:7a)
 - Do not fret when men succeed in their ways . . . (Psalms 37:7b NIV)
- By the way, what does “to fret” mean?
 - According to the dictionary, to fret means to express worry, annoyance, discontent, or the like.

10 Why Fret Not

- Why should we not fret?
 - Refrain from anger and turn from wrath; do not fret — it leads only to evil. (Psalms 37:8 NIV)
 - In other words, worry and frustration can lead to anger and anger can lead into us doing and saying things we wish we hadn't.
 - So instead of blowing up our enemies, we should do good and wait patiently for the Lord who will soon deal with the situation, if we don't get in the way.

11 Question

- Let me ask a question here,
 - How many conflicts have been started because certain people didn't commit their way to the Lord?
 - How many friendships and marriages have been broken all because someone couldn't refrain from evil?
 - How many good jobs have been lost all because of the rotten attitudes we developed by not delighting ourselves in the Lord?
 - In other words, how many problems have we created for ourselves, by giving into the temptation of worrying and fretting about our circumstances?

12 Blessings for Trusting God

- However, what happens when we trust in the Lord?
 - dwell in the land and enjoy safe pasture. (Psalms 37:3 NIV)
 - He will give you the desires of your heart. (Psalms 37:4 NIV)
 - He will make your righteousness shine like the dawn, the justice of your cause like the noonday sun. (Psalms 37:6 NIV)
 - The days of the blameless are known to the LORD, and their inheritance will endure forever. (Psalms 37:18 NIV)

- In times of disaster they will not wither; in days of famine they will enjoy plenty.
(Psalms 37:19 NIV)

13 Turn from Evil

- Turn from evil and do good; then you will dwell in the land forever. For the LORD loves the just and will not forsake his faithful ones. They will be protected forever, but the offspring of the wicked will be cut off; the righteous will inherit the land and dwell in it forever. (Psalms 37:27–29 NIV)
- Wait for the LORD and keep his way. (Psalms 37:34 NIV)
- The LORD helps them and delivers them; he delivers them from the wicked and saves them, because they take refuge in him. (Psalms 37:40 NIV)

14 Taking Refuge in the Lord

- So according to Psalm 37, how do you take refuge in the Lord.
 - Turn from evil and do good. (v. 37:27)
 - In other words, we take refuge in the Lord when we submit to His will and follow His word.
 - As it says in Proverbs 30, Every word of God is flawless; he is a shield to those who take refuge in him. (Proverbs 30:5 NIV)
 - How great is your goodness, which you have stored up for those who fear you, which you bestow in the sight of men on those who take refuge in you. (Psalms 31:19 NIV)

15 What Fretting Can Do

16 Why Worry?

- The wicked are completely out of our hands. God will deal with them when it is appropriate, and only He knows when that time will come.
- What is under our control is how we respond to it and—far more importantly—how we handle what God has given us.
- No doubt, if we all take an inventory of our lives, we will find ourselves surrounded with good things.
- Why would we fix our eyes on others and worry about what they have or don't have and what they're doing or not doing.
- Unless God has placed us in an area of doing something about it, we should stop worrying about the wicked and enjoy the life God has given us.

17 Best Day of My Life

- Last week, I read a poem by Dr. Gregory Lusignot, entitled “Today, is the best day of my Life.”

- In my opinion, it is a wonderful little poem that teaches us to take time to smell the roses and look on the bright side of life—since God is control.
- I wonder if we should make that poem required reading for a while, until we get it deep down in our hearts.
- When we dwell on trouble, disappointment, and how frustrated we are, we are in reality placing ourselves on slippery ground and setting up ourselves for trouble.
- We become easy targets for the enemy of our soul—to tempt us further where we practice evil instead of good and no longer abide in an intimate relationship with the Lord.
- Instead of inheriting the land and prospering, we wander in a spiritual wilderness.

18 Conclusion

- Let us take control of our thought life and stop worrying about what others are doing or not doing.
- Whether it has to do with what is going on in Washington, DC, or Frankfort, KY, or right here in Lexington.
- God is in control. Let us show everyone we trust in the Lord and let us delight ourselves in Him who is faithful.
- As the Scripture says, when we commit our way to the Lord and do what is right, he will give [us] the desires of your heart. (Psalms 37:4 NIV)
- In other words, if we want to be blessed and see good days, let us refrain from evil and do good.

19 God's Promise

- I was young and now I am old, yet I have never seen the righteous forsaken or their children begging bread. (Psalms 37:25 NIV)