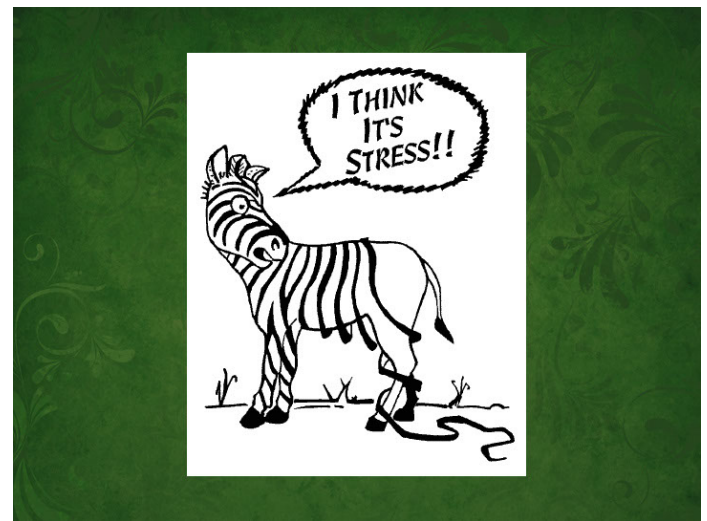
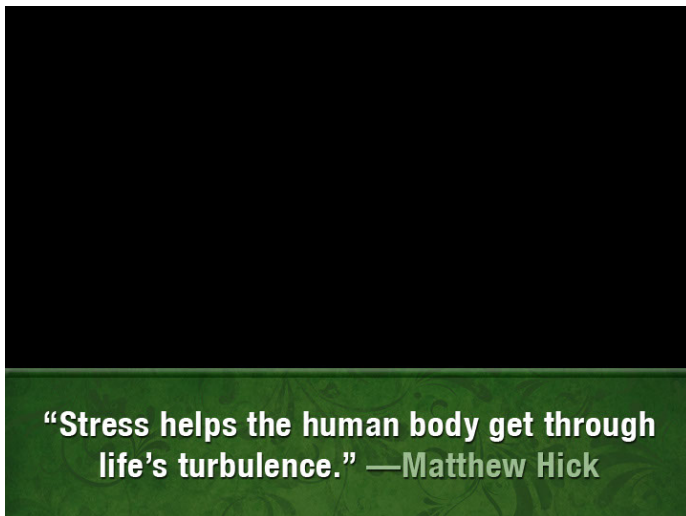




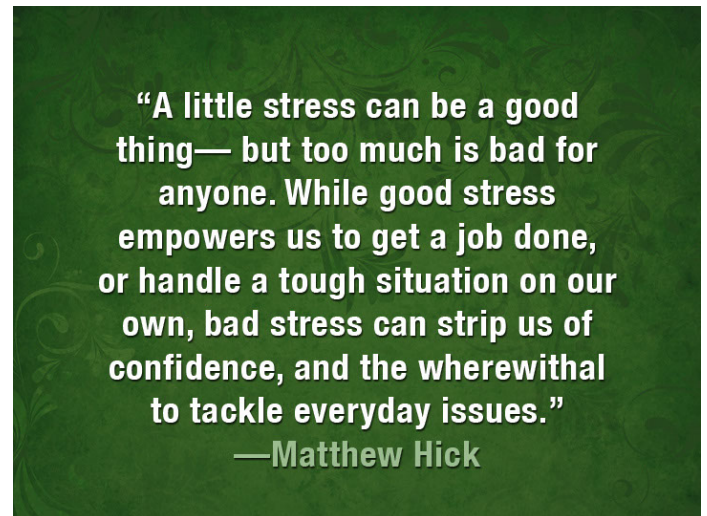
01.tif



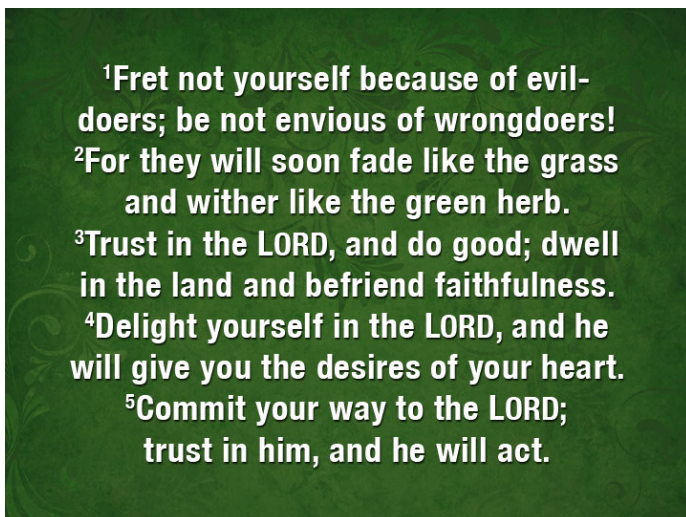
02.tif



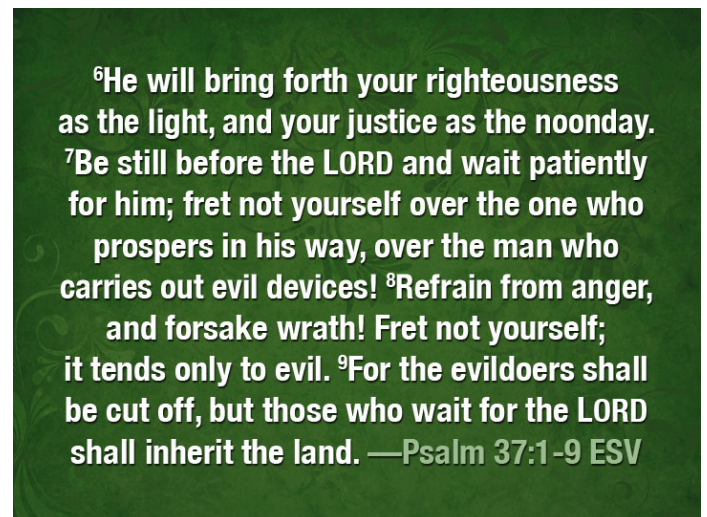
03.tif



04.tif



05.tif



06.tif

**fret = to express worry, annoyance, discontent; to cause corrosion; gnaw into; to torment; irritate, annoy, or vex.**

07.tif

**What is at the core of much of our fretting?**

08.tif

**What is at the core of much of our fretting?  
Distrust in God.**

09.tif

**<sup>1</sup>Fret not yourself because of evildoers;  
be not envious of wrongdoers!...**

**<sup>7</sup>Be still before the LORD and wait  
patiently for him; fret not yourself over  
the one who prospers in his way, over  
the man who carries out evil devices!**

**<sup>8</sup>Refrain from anger, and forsake wrath!  
Fret not yourself; it tends only to evil.**

**—Psalm 37:1, 7-8 ESV**

10.tif

**Trust in the Lord and Do Good  
Psalm 37:3**

11.tif

**Don't worry over anything  
whatever; tell God every detail  
of your needs in earnest and  
thankful prayer, and the peace of  
God which transcends human  
understanding, will keep constant  
guard over your hearts and minds  
as they rest in Christ Jesus.**

**—Philippians 4:6-7 (Phillips)**

12.tif

**Trust in the LORD, and do good;  
dwell in the land and befriend faithfulness.**  
—Psalm 37:3 ESV

13.tif

- Mow a yard
- Write a note
- Give a mom a break and provide child care
- Fix a meal or bake a cake
- Pick up someone's bill in a restaurant
- Over tip an overtaxed waitress
- Make a visit to someone ill or home bound

14.tif

**"Well-being can come by well-doing."**  
—W. Graham Scroggie

15.tif

**Delight Yourself in the Lord**  
Psalm 37:4

16.tif

**<sup>25</sup>I have been young, and now  
am old, yet I have not seen the  
righteous forsaken or his children  
begging for bread. <sup>26</sup>He is ever  
lending generously, and his  
children become a blessing.**

—Psalm 37:25-26 ESV

18.tif

**Commit Your Way to the Lord**  
Psalm 37:5

19.tif

**<sup>23</sup>The steps of a man are established by the LORD, when he delights in his way;  
<sup>24</sup>though he fall, he shall not be cast headlong, for the LORD upholds his hand.**

**—Psalm 37:23-24 ESV**

20.tif

**Be Still Before the Lord  
Psalm 37:7**

21.tif

**<sup>1</sup>God is our refuge and strength, a very present help in trouble...  
<sup>10</sup>“Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!” —Psalm 46:1, 10 ESV**

22.tif

**Knowledge**  
*Discovering Something New  
So You Can Be Better at Whatever You Do*

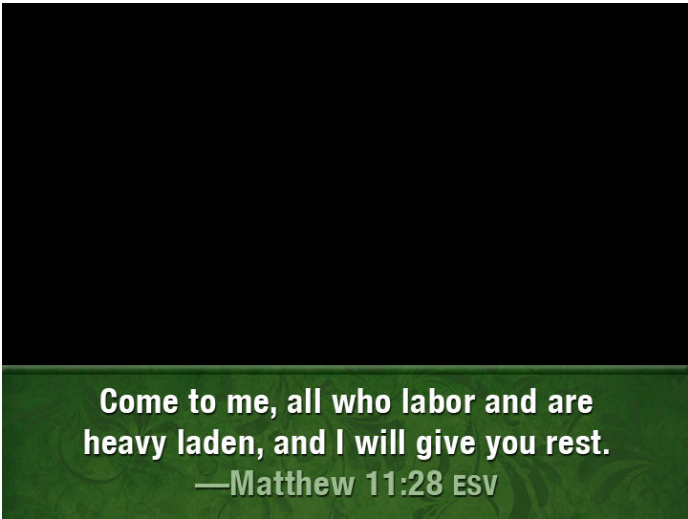
22a.tif

**Wait for the Lord  
Psalm 37:34**

23.tif

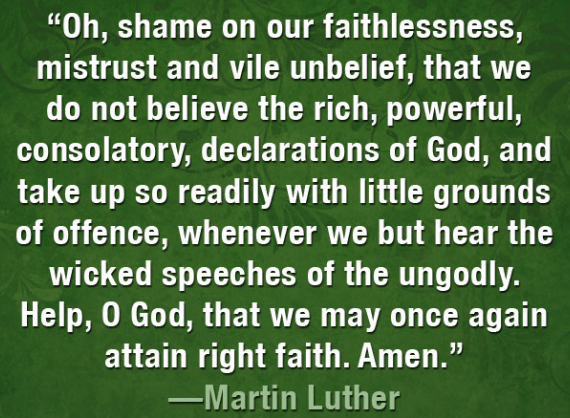
**You keep him in perfect peace whose mind is stayed on you, because he trusts in you. —Isaiah 26:3 ESV**

24.tif



**Come to me, all who labor and are  
heavy laden, and I will give you rest.**  
—Matthew 11:28 ESV

24a.tif



**“Oh, shame on our faithlessness,  
mistrust and vile unbelief, that we  
do not believe the rich, powerful,  
consolatory, declarations of God, and  
take up so readily with little grounds  
of offence, whenever we but hear the  
wicked speeches of the ungodly.  
Help, O God, that we may once again  
attain right faith. Amen.”**  
—Martin Luther

25.tif