

## Wait—Don't Fret

### Description

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Psalm 37:1-11

It has been said “comparison is the thief of joy.” The natural inclination to compare mine with yours will often rob me of the blessing that God is offering.

The psalmist is reminding us that we need not focus on the wicked around us, as much as we need to focus on God. The word “fret” means “to be kindled with anger” (vv. 1, 7-8). Comparison leads me down a path of anger. We waste time being frustrated about situations that seem unfair to us.

We find the remedy to brewing anger in the stanzas of the psalm: “be still before the Lord and wait patiently for him.” These words mean to grow silent while something grows within you. The opposite of allowing anger to grow is to wait quietly while God works on our heart. Instead of comparing one life situation with another, we are encouraged to focus on what God is doing in our life.

What in your life have you been comparing to someone else? Where do you need to stop fretting and focus on what He is doing in you?

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