

LIFE SKILLS FROM PSALMS

Part 1

SKILLS ARE DEVELOPED IN DOING: DON'T FRET (Psalms 37:1-4 NKJV)

- Do not fret because of others
 1. Fret - to be angry, to burn, kindled
 2. Can be a result of comparison
- Especially do not fret because of people doing wrong and doing well
 1. Too easy to see things from a limited perspective (***Psalms 73:3-5 NKJV***)
 2. And we don't know the eternal story (***Psalms 37:7-10 NKJV***)
 3. We are playing the long game (***1 Peter 1:24-25 NKJV***)
 4. There is a life to come (***Proverbs 23:17-18 NKJV***)

SKILL ARE DEVELOPED IN DOING: TRUST THE LORD (Psalms 37:3 NKJV)

- A direct counter to fretting
 1. Don't ask yourself, tell yourself (***Psalms 56:10-11 NKJV***)
 2. Trust in the Lord will involve trust in His Word
- Trust and do good (***1 Peter 2:15 NKJV***)
 1. A counter to those who do wrong
 2. Doing good is much harder to oppose
- Dwell in the land
 1. Stay planted; don't jump around (***Psalms 92:12-14 NKJV***)
- Cultivate / feed on faithfulness
 1. Faithfulness is firmness, steadfastness
 2. Cultivate faithfulness in the little things (***Luke 19:17 NKJV***)
 3. Feed securely on His faithfulness (***1 Corinthians 1:9 NKJV***) (***Psalms 119:138 NKJV***)