



Psalm 37

Fret v Faith

- 1) What does it mean to fret? When have you “blazed up” on the inside?
- 2) What are some of the aspects of faith that you appreciate from v.3-8? (*Trust in the Lord, dwell in the land, delight yourself in the Lord, commit your way to the Lord, rest in the Lord and wait patiently*).
- 3) In the end, what is the difference between the righteous and the wicked? Why does God seem to honor faith so much?
- 4) Explain verse 39- *Salvation is from the Lord!*
- 5) What can you do to lessen your fretting and increase your faith?