



Pastor W. L. Brown, Sermon notes, Carmichael Baptist Church, 2011

Fret Not, Forget Not, Fear Not

Psalm 37:1, 7-8; Deuteronomy 8:11; Isaiah 41:10, 13-14

The Bible is a wonderful resource of encouragement and enlightenment. Tonight I want us to briefly look at three phrases found in our three texts. They address common problems we all face in our Christian lives. We encounter difficulties with God's sovereign providential control. We encounter difficulties with our memories and responsibilities. And we encounter difficulties with disabling fear that undermines our peace and productiveness. To combat this often encountered problem let's study the Word.

I. Fret Not

A. The meaning

1. To grow hot or angry; the root word in Hebrew is "to glow" (literally to melt; RWP) "*and my wrath shall wax hot*" (Exodus 22:24).
2. Don't "blaze" up in anger, don't become aggravated, and don't let this goad you into an intense reaction of passion, (Gen. 44:18 "*burn*")
3. Cain was angry with God when his sacrifice was rejected, (Gen 4:5); Jacob's sons were "*wroth*" when they found out their sister had been raped, (Gen. 34:7); Jonah admitted his passionate anger against the gourd, "*even unto death.*"

B. The message

1. Events not understood in light of eternity can allow for us to respond with an irreverent and harmful passion.
2. Trust in the way God is dealing with you. It is not unfair. The providential work of God is just that, a work; trust him. He is in control. Don't let what you see and feel guide you without knowing the full story, (Psa. 37:2, Rom. 8:28; Deut. 8:16).

3. Don't get tripped up into thinking you can go ahead and do what they are doing, Psa. 37:8.
4. Don't prejudge a situation; God isn't done.

C. The mastering

1. Spurgeon wrote: "It seems hard to carnal judgments that the best meat should go to the dogs, while loving children pine for want of it."
2. This Psalm gives us four words to empower us and avoid the pitfalls of "fretting;"
3. "Trust in the Lord" – in his justice, (Rom. 9:20; Job 34:10-12)
4. "Delight thyself in the Lord" – in his ways, (Psa. 119:75, Deut. 32:4).
5. "Commit thy way" engage your walk, work and way with the Lord's will.
6. "Rest in the Lord" – hold yourself; quiet yourself and wait for God; Aaron, under very difficult circumstances stilled his voice, he held his peace, Lev. 10:1-5, 10. For God is just and righteous.

II. Forget Not

A. The imperative to adore, Psa. 103:1-2

1. We must never forget the multiple benefits that come to us by God's grace; even when we find ourselves in troublesome events. (James 1:2).
2. Stir up your heart, remember the multitude of benefits from the greatest to the least; his mercies are new every morning, (Lam. 3:22-23; Psa. 106:7; II Chronicles 32:25).

B. The instruction to achieve, Deut. 8:1-11

1. "*Remember all the way*" "*consider in thy heart*" be active in the "*keeping of his commandments*" lest when you are full (vs. 12) and "*thine heart be lifted up...*" (vs. 14). (Proverbs 3:1)
2. We must remember the instructive acts of power (TOD) God has displayed in our life, (Psa. 78:42).

3. Remember the whole, put all the parts together and maintain this memory as purposed protection against the natural pride of man. (Deut. 8:17). Keeping his commandments are protective.

III. Fear Not

A. The promise is factual

1. God is our God, or protector, he is our strong tower, (Gen. 15:1; Pro. 18:10; Deut. 31:6-8).
2. The shield is a large piece of defensive armor that protected during battle. God is our protector during conflicts and struggles.
3. The reward is God himself which is a compensation that will overshadow any delay or difficulty.
4. The promise and real, it is sure, it is directed to move us, to cause us to respond to his word and his will with confidence, (Joshua 10:8-9).

B. The promise is remarkable

1. All that God had promised had not yet happened; along the way things were not turning out the way Abram thought they would. He has had conflict after conflict.
2. After such a great victory all Abram sees is his advancing age; no seed; and passing on his inheritance to a bond slave (15:2).
3. His faith was challenged to see the impossible and the immeasurable, (Gen. 13:15-16).

C. The promise is productive

1. Fear not for the Lord will "*hold thy right hand*" he "*will help thee*" (Isaiah 41:13-14). God does not give us the "*spirit of fear*" which immobilizes, but the spirit of faith which moves us to victory.
2. Fear robs us of our advancements (Mat. 14:30) and steals our spiritual triumphs.

3. Improper fear can replace a proper motivating reverence which restricts us, and cautions us; (Exo. 20:20, "*And Moses said unto the people, Fear not: for God is come to prove you, and that his fear may be before your faces, that ye sin not.*") that leads to transgressions of God's will.
4. God identifies the proper fear that will replace a disabling and disastrous fear.
5. God will help us; not to sit in peace, or sleep in comfort; but to productive in his kingdom accomplishing his will, (Isaiah 41:10, "*Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness.*").