**Psalm 37:1-5 (ESV)**

1Fret not yourself because of evildoers;

be not envious of wrongdoers!  
2 For they will soon fade like the grass

and wither like the green herb.  
3 Trust in the LORD, and do good;

dwell in the land and befriend faithfulness.  
4 Delight yourself in the LORD,

and He will give you the desires of your heart.  
5 Commit your way to the LORD;

trust in Him, and He will act.

**Dear Friends in Christ,**

One of my favorite books in the Bible for inspirational and devotional reading is The Book of Psalms. Many of the psalms were written by King David. His life was filled with not only innumerable joys, but also long seasons of great loss, suffering and adversity.

It is interesting what will come to mind when you are reading God’s Word.  Because God’s Word is His *LIVING* Word – inspired by the Holy Spirit – Always pray before you read.  Ask God the Holy Spirit:  “What do You want to teach me today? … What do You want to Show me today?”  **And as you read …and Listen … God will speak to you!**

We read in Psalm 37:1,**“Fret not yourself because of evil doers.”**  Do you ever find yourself ***“Fretting?”***I must confess that I often find myself “Fretting” after listening to the evening news.  I also must confess that I love to listen to the news! But I am also aware that I often find myself ***“Fretting”*** after watching or listening to the news.  Please understand that I try to use a filter when listening. It goes something like this: “What if ONLY 50% of what I have just heard is True?”   Yes … I still find myself ***“Fretting!”***

After reading Psalm 37:1, I wrote in my Bible next to verse 1, this word to myself:  “Listening to the evening news!”  I needed God’s Word to re-focus my heart and mind and feelings!  I needed the Holy Spirit to speak God’s Word of Hope and Promise and Peace and Sovereignty into my life.

It is not only GOD’s Word that brings Peace back into my life.  It is the powerful words of great hymns.  This month I will share one of my favorite hymns with you.  I know that God speaks to my heart as I meditate on its words.  I pray that He will also speak His Word of **Love** and **Peace** and **Assurance** to yours as well.  The hymn is no doubt familiar to many of you.  It was written by Horatio Spafford.

When peace, like a river, attendeth my way,

When sorrows like sea billows roll;

Whatever my lot, Thou hast taught me to say,

It is well, it is well with my soul.

Though Satan should buffet, though trials should come,

Let this blest assurance control,

That Christ hath regarded my helpless estate,

And hath shed His own blood for my soul.

He lives—oh, the bliss of this glorious thought!—

My sin, not in part but the whole,

Is nailed to His cross, and I bear it no more,

Praise the Lord, praise the Lord, O my soul!

For me, be it Christ, be it Christ hence to live:

If Jordan above me shall roll,

No pang shall be mine, for in death as in life

Thou wilt whisper Thy peace to my soul.

Lord, hasten the day when our faith shall be sight,

The clouds be rolled back as a scroll;

The trumpet shall sound, and the Lord shall descend,

Even so, it is well with my soul.

***Fret Not!***

***Christ’s Peace Be with You!***

**In His Love,**

**Pastor Paul**