

Hello,

Debi and I took off for several weeks and I didn't write a letter last month. I really needed some rest but, as a result it is the first time in many years that I missed writing to you.

As a kid I always loved words. Sometimes I would miss pronounce or miss use a word, on purpose, just to get a reaction. Older now and hopefully wiser I still like words and find their meanings open up new understanding. You can probably guess where this leading! The word that recently caught my attention is small in size and I realized I didn't know what it really meant.

It is FRET!

Asking people their understanding of the word I got the same reaction. Part of a stringed instrument that helps change what note you play. Not what I was expecting! In the Bible and depending on your translation it is only used in the Old Testament in Psalms and Proverbs.

Psalms 37:1 "Do not fret because of evildoers...do not be envious toward wrongdoers."

Psalms 37:7 "Rest in the Lord and wait patiently for Him. Do not fret because of him who prospers in his way. Because of the man who carries out wicked schemes. v.8 Cease from anger and forsake wrath; Do not fret it only leads to evildoing."
Proverbs 24:19 "Do not fret because of evildoers.."

I began to question what does it mean to fret? I was surprised by what I found. In Webster's the first meaning is 'to eat or gnaw into' as flood waters erode the bank of a stream. . I guess in a physical sense a blister on your foot is caused by your shoe fretting your skin.

In human relations it is to cause to suffer emotional strain or to damage by continual friction. As a verb it is to be constantly or visibly worried and anxious. Fretting about things beyond our control seems to be a pastime many people are engaged in today. The topics are wide ranging including healthcare, global warming, politics, cyber crimes, and our finances. If you are not careful, even catching the news can cause you to fret. Watching the same bad news over and over can cause us to be depressed and we are nowhere near the disaster.

*"Can any one of you by worrying
Add a single hour to your life?"
Matthew 6:27*

It is one thing to have empathy for folks going through hard times, and even helping them, but it is something different if we become depressed and overwhelmed by bad news. We get to choose how we react to difficult events or people and fretting is certainly an option, but I prefer resting in Jesus as the Psalms teach. You may get tired of my quoting Charles Swindoll but his thoughts keeps me focused on what are my responsibilities and how to rest in Jesus and wait patiently for Him.

ATTITUDE

by Chuck Swindoll

The longer I live, the more I realize the impact of attitude on life.

Attitude to me is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think, say, or, do. It is more important than appearance, giftedness, or skill. It will make or break a company...a church...a home.

The remarkable thing is we have a choice everyday regarding the attitude we will embrace for that day. We cannot change our past... we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude...I am convinced that life is 10% what happens to me and 90% how I react to it. *Amen*

My prayer is that you will have a great summer and you will proactively choose your attitude for each day! God bless you for your prayers and financial help.

Richard

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