



## ***Fretting or Flourishing***

Psalm 37

Worrying is a conversation you have with yourself about things that you cannot change. Prayer is a conversation you have with God about things He can change. – Church Billboard

“The early church didn’t say, ‘Look what the world is coming to!’ They said, ‘Look what (who) has come into the world!’” - Carl F. H. Henry

Before you can be the Gospel to someone else, you must believe the Gospel for yourself.

**Other Scripture:** Numbers Romans 5:8; 2 Timothy 1:7; Proverbs 24; Matthew 5:5; Hebrews 12:1-3; Colossians 3:1-2

### ***Further Study***

**Read:** Psalm 37 in your group or with at least one other person.

1. Have someone read it while everyone reads along.
2. Have someone else read it while everyone else listens.
3. Have someone recount the text from memory in their own words.

### ***Discuss:***

1. What does the passage reveal about God?
2. What does the passage reveal about humanity?

### ***Act:***

1. If this passage is from God, what should change about how you live?
2. Who needs to hear the truth of this Scripture that you can share it with this week? Identify a time this week when you might have the opportunity to share with them.