



No Growth - Fret

Fret not thyself.....

Proverbs 24:19

Fear ----- 1 John 4:18

Read ----- 2 Corinthians 13:5

Eyes/Ears - John 7:24, 2 Timothy 4:4

Talk ----- Job 15:3

What does it mean to Fret? This word could mean three different things. Fret could be a reference to a design or relation to sound and music notes. However, fret gets notoriety among people in society due to worry or irritation of the mind. All human beings, at some point, tend to experience this condition because that is where we think. Whether the thought is a person, place, or thing, everybody's mind will dwell on something. Fret is in several verses of the Old Testament in the Holy Book, with four of the seven having the phrase, "fret not thyself," the most common. God rephrases it four times, with three of the four verses specifying about the person doing wrong while the other verse is about doing wrong to ourselves. What causes a person to fret? They have their mind thinking about something and possibly determining how to deal with it mentally. However, the problem with doing too much thinking could affect an individual physically.

When a person begins to fret, there is fear present. This plague is attempting to take residence within our lives. Fear is a spirit that surfaces itself through our minds and comes to

challenge everyone through our senses. How does fear enter this area of our head? Fear may enter by sight, sound, feeling, taste, or smell. Fret and fear are relatives. The word Fret is to worry or to be annoyed about something. Fear, on the other hand, is more being scared to face something.

To fret is to read into things. One of the most deceptive ways for a person to worry or be annoyed is to interpret information from social media. To read something online or receive a text message about something forthcoming can create a disturbance. The thoughts that can form like brainstorming as we read and cause us to be in fret mode.

To fret is to be misled by what we presume to see. In the book of Second Timothy, verse seven of chapter one speaks about God having given us a sound mind. However, if we allow ourselves to judge by appearance without finding out the truth of what we think we might have seen, it could lead us to fret. Like a shadow against the drapes only to find out it is a leaf blowing in the wind. Simple things of that nature can make us think extraordinary thoughts.

To fret is to be misled by what we assume to hear. In Second Timothy, verse four of chapter four is about living by the truth instead of rebelling against it. However, the same verse is fitting for people that live and fret. These people will hear things and have issues with what they presume they heard. Fables will become truth and vice versa.

The biggest threat to succumb to fretting is talking. To let our mouths make noise with negative talk could create an insecure feeling. A person could come and talk about the sky falling. Then suddenly, the information becomes a little bit uncomfortable until we agree with it. Then we find ourselves advertising the same thing as the sender. Fret works in many forms. God said, "Fret not thyself." To fret is to jeopardize the body to become a prisoner to our thoughts from the mind. Did you know that the only letter that separates free from this topic is at the end? Fret yourself free.

