



# REAL WOMEN!

## Learning to live a Fret Less Life!

R. E. A. L.  
Women!  
R. elevant  
E. ncouraging  
A. live  
L. ionhearted

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Sitting one Friday evening during our east coast “soaker” meeting, I was waiting on the Lord, but also watching Darryl worship with his guitar. He skillfully went from chord to chord using the marked fret board that comes standard on every guitar. (A fret is a raised portion on the neck of a stringed instrument, that extends generally across the full width of the neck.) I thought how useful those little strips of metal are to create different tones and notes. Then I thought how useless my “frets” usually are.

Looking up the definition of “fret” I was surprised to discover it means to eat or gnaw into with the effects of corrosion, fraying, rubbing and chafing. Wow! Anytime we begin to fret we cause erosion of our faith and our emotions. To cause others to “fret” means that we are causing them to suffer emotional strain. None of those things are very positive are they?

More specifically in relation to our emotions fretting is defined as:

- to feel or express worry, annoyance, discontent, or the like:
- to move in agitation or commotion,
- to torment; irritate, annoy, or vex

Fretting can be an under lying unsettledness. Psalm 37 uses the word fret several times.

<sup>1</sup> Do not *fret* because of evil men

or be envious of those who do wrong;

<sup>2</sup> for like the grass they will soon wither,

like green plants they will soon die away.

<sup>3</sup> Trust in the LORD and do good;

dwell in the land and enjoy safe pasture.

<sup>4</sup> Delight yourself in the LORD

and he will give you the desires of your heart.

<sup>5</sup> Commit your way to the LORD;

trust in him and he will do this:

<sup>6</sup> He will make your righteousness shine like the dawn, the justice of your cause like the noonday sun.

<sup>7</sup> Be still before the LORD and wait patiently for him;

do not *fret* when men succeed in their ways,

when they carry out their wicked schemes.

<sup>8</sup> Refrain from anger and turn from wrath;

do not *fret*—it leads only to

evil.

<sup>9</sup> For evil men will be cut off,

but those who hope in the LORD will inherit the land.

This Psalm, written by David, warns us about fretting because of evil men, or being overly concerned about people succeeding in their wicked ways. We must be careful that we do not become angry and wrathful and specifically *do not fret—it only leads to evil*. The New King James states—it only causes harm. The harm it causes is to ourselves, not to the evil or wicked man.

Have you ever had some one tell you “stop worrying about that” or “stop fretting about that”? It is easy to say, but much more difficult to do. As I was meditating on these thoughts a list began to form in my mind on how to deal with “frets”...and the title came, living a “fret less life”. I know enough about human nature to know that none of us can attain to a fret free life, but it is my heart that we will learn how to move from fretting to fret free more quickly than perhaps we do now.

We must learn the art of casting. When I was a young girl, my father tried to teach my sisters and I to cast a line for lake fishing. It wasn't as easy



## Learn to Live Fret Less!

### Statement of Faith:

We are becoming  
Relevant, Encouragers  
who are Alive to God and  
His Spirit, even to the point  
of Being Lion-Hearted!

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as it looked when my father did it. As we practiced in the backyard, the line and hook would get caught on various objects. It was hard to untangle the string and hard to want to begin again. Sometimes my dad would be very patient and help us retrieve our line, other times not as much. I find the same thing in learning to cast my care upon Him. 1 Peter 5:7 states: *casting all your care upon Him, for He cares for you.* The Greek word, *epirrhupto*, means to throw upon or place upon. My father would point us in the direction of where he wanted our line to land and we would try hard to aim at that point. I have learned that there are times when we just have to throw our cares upon the Lord—getting them out of the vicinity of my heart and my mind. Unlike my early father, our Heavenly Father knows how to catch them—no matter how we throw them. I think when I try to “place them upon” his lap, I am often too close to really truly let them go and I find myself bringing them back into my concern zone. When I have become overwhelmed with concerns and cares and find myself fretting, I write down every circumstance, every person and with intention, give them to the Lord with the declaration: these are now Yours. It is a wonder-

ful tool.

Another aspect of avoiding the troublesome “frets” is to understand that storms, fears, trials and tests do come. They are part of life. Many people spend much energy frustrated that shoelaces break, traffic backups happen and other things **occur** outside their control. They walk in the constant state of feeling that some where in the cosmos someone is deliberately trying to frustrate them with such personal inconveniences. When it is not you, it seems ridiculous and funny, when it is you, you feel overwhelmed. Many times it is an indication that life is too busy or self centered. Getting angry about a broken shoe lace (is there ever a convenient time for broken shoe laces?) is part of the type of fretting that leads to harm. If you discover you are getting frustrated and fretting over small issues, take the time to examine your heart to see if you have a bigger issue at stake. Open honesty between you and the Lord is so helpful in getting rid of this kind of fretting.

The worse kind of fretting is described in Proverbs 19:3. *The foolishness of a man twists his way, And his heart frets against the LORD.* People who choose their own paths and reap the results of those choices often try

to blame God for the consequences. This type of fretting is obviously unfair to God, and is not helpful to bring them out from their fretting. Every once in awhile we will encounter someone who is bitter towards the Lord for the outcome of their own decisions. These are very difficult people to deal with because they will usually not take ownership for their own actions. The Holy Spirit works with His people to convict us of these wrong thoughts—but too often, people harden their hearts towards His working and set themselves outside of God’s help. If we set ourselves to walk humbly with our God, trusting that His ways are the right ways peace will result.

Casting. Perspective. Openness. These three each leads us farther from fretting and closer to peace. And ultimately to His Will. A completely fret-less life may be unobtainable, but one that is free of the control of fretting certainly is. After all frets on guitars are good things. It is just the frets in our minds that are not.

Written by:

Martha Rodman



## Rest in Him



# Leadership Encouragement

## Serve the Lord with Gladness!



Serving the Lord with gladness as a leader, is not easy to do. Unfortunately many people serve the Lord without gladness of heart. The routines and disciplines of a life submitted to Him can cause us to attempt to fulfill our calling without joy and gladness. Some serve the Lord with diligence. Some serve Him with soberness. Some serve Him with commitment, or out of fear. But there is a better way. *Serve the Lord with gladness (Psalm 100:2)*

Gladness is defined as

1. feeling joy or pleasure, delighted, pleased;
2. Accompanied by or causing joy or pleasure cheerfulness, joy or pleasure
3. Characterized or by showing pleasure as by looks or utterances
4. Very willing

There are times when this seems so impossible. We our selves, or the people we lead get faced with illnesses, death, financial concerns and other life issues. How can we serve with gladness when we must deal with so many joy robbers? We do it through Him and His strength. We do it because it is possible and it brings Him glory.

So let us take a look at our heart attitude. This must be an *honest* evaluation. Are you serving in your position with joy or pleasure? Do you cause others to have joy or pleasure because of your serving? Do you serve with a smile on your face that radiates from your heart? Are you a *willing* servant?

If you discover that there are more No's in your answers, it may be time to "re-set" your heart.

*Serve the Lord with gladness.*

\* Re-focus on the *who* you are serving

Remember:

He is the King of Kings, and the Lord of All Lords.

He is the Creator of the Universe.

The Only Wise God.

He is Righteous.

He is Holy.

He is Sovereign

\* Re-focus on His Character

He is Trustworthy.

He is Faithful.

He is Longsuffering.

He is Patient.

He is Kind.

He is Forgiving.

He is Merciful.

\*Remind yourself of the price He paid for the forgiveness of your sins.

\*Remind yourself that this is an on going process. We need to do these evaluations on a regular basis. God understands that the cares of this world can choke out our joy and delight in serving Him. That is why He has prepared solutions for them.

\*Examine your heart for any of the following:

1. Have you taken over the lordship of your own life

Solution: Submit to His Lordship

2. Succumbed to Satan's lies concerning:

How hard your life is

How unfair your life is

How difficult the people you are leading are

How nobody understands how difficult things are

It's not worth it

Solution: Stop listening; silence his words with your authority and focus on God's Words

3. You haven't spent enough time in His Word to be washed and cleansed by it.

Solution: Spend time with Him

4. You haven't shared your load with another so they can help bear your burden.

Solution: Begin by casting your cares upon Him and asking Him for a friend to share your concerns and burdens.

\*Take time to make a joyful noise unto the Lord—all the lands of your life!

\* Are you over tired?

Solution: Get more rest—emotional, spiritual and physical rest brings restoration of our soul

\*Laugh More!

Solution: Lighten up, watch a funny movie

\*Remember you are not God and the universe does not rest on your shoulders

\*Deal with any long term or past issues that you have been covering up

\*Ask for your joy to be restored

\*Forgive yourself for not always being "glad", some of our responsibilities are simply not "fun", but the outcome can be good as we follow His plan.

\*Sing a happy song—after all you have been forgiven!

\*Examine if you are called to the position you are in.

\*Take time to enjoy His creation

\*Pray, ask Him to give you a glad heart.

Be blessed my fellow leaders. God is calling you to enjoy your work. He really can restore the joy of your salvation. One of the fruits of the Spirit is joy, as you know. Let Him cultivate it in your heart. It is a fragrance that draws people to Him.



# Building Together Across Generations Marked

*In July 09 Youth Pastor Andrew Phillips preached a message called “Marked” at Real Life Church Youth Camp. The following article is a combination of his thoughts and my own.*

God marks every generation with a significant purpose. According to Andrew’s research the baby boomer generation was marked with increased awareness for Prayer. Prayer and praise became a focus of the church in some brand new ways. They began interceding for the future, asking God to touch earth with heaven’s touch.

The generation following them God marked with the understanding for the need of Faith. It grew so big, that it is referred to as the “Faith Movement”. The prayer of the Baby Boomers brought in the Faith Movement. Even those who do not choose to identify themselves with that movement were still impacted by them. Andrew’s generation (he is in his 30’s) is the Change Generation. They were the generation that asks “why do we do things that way?” These questions helped move the Church from dead traditions to life giving realities.

The current youth generation is marked with Passion. They are the generation of extremes. This passion causes them to embrace extremes. Extreme sports, body piercings, total body tattooing, even scarifications. Many embrace no boundary sexual encounters: just hook ups. Many have taken this passion and are moved by the causes presented to them: combating global warming, living “green” and helping the homeless. They are moved by causes, but they are also moved by the hurts of others.

God’s purpose in giving them this passionate nature is so they can reach the lost. We read in the gospels that Jesus, himself, was moved with compassion and lives were touched. Miracles took place because He was moved with compassion.

He had compassion on their souls:

*But when He saw the multitudes, He was moved with compassion for them, because they were weary and scattered, like sheep having no shepherd. Mark 9:36*

He was moved with compassion because of sickness:

*And when Jesus went out He saw a great multitude; and He was moved with compassion for them, and healed their sick. Mark 14:14*

He was moved on compassion because of their hunger:

*Now Jesus called His disciples to Himself and said, “I have compassion on the multitude, because they have now continued with Me three days and have nothing to eat. And I do not want to send them away hungry, lest they faint on the way.” Matthew 15:32*

Compassion is defined as *sympathetic consciousness of others’ distress together with a desire to alleviate it*. It is our responsibility as the older generation to help channel this passion into compassion so that they will and can reach their world for Jesus. Satan has determined to pervert and divert this passion away from God’s Kingdom. If he can capture their thoughts and hearts of passion for lustful and base purposes, he has won. If he can divert them from God causes to good causes, he has won as well. We know that God is moving in this generation It is happening around the world. Young people have forgone college, money making jobs or delaying college education to participate in church internships and mission trips. Many churches are instituting on hands training programs to help equip these young people to fulfill their passion to serve the Lord. Some will be moved with compassion to alleviate soul pain, some will be moved to help deal with sickness and disease, others will find ways to help defeat hunger and homelessness—but they will do it with an ulterior motive, to reach the lost for His Kingdom’s sake.

It is our task to pray, to teach, to live our life in such away that we rescue these young people from his devices. God has a plan. He loves this generation. We need to love them as well. Get to know them. Care for them. Once sold out for Him, they will probably leave us in the dust--which should cause us to step up to the plate even more!

# R.E.A.L. Women

Encouraging

Enthusiastic

Enduring

Examples

Eager

Sign up for

The Email Version of  
Real Women!

Email your request:

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