

Doctrine of Fretting

1. A primary Hebrew word for fretting is *a`am* (*raw-am'*) which means “to tumble”, i.e. *to be violently agitated; specifically, to crash (of thunder); figuratively, to irritate (with anger)*.
2. In a culture that valued children, Hannah was provoked to fret or be angry by the taunts of Peninnah. Both women were wives of a “*certain man of Ramathaim-zophim, of Mount Ephraim, and his name was Elkanah, the son of Jeroham, the son of Elihu, the son of Tohu, the son of Zuph, an Ephrathite*” (1 Samuel 1:1):
 - *1 Samuel 1:6 And her adversary [Peninnah] also provoked her [Hannah] sore, for to make her fret, because the Lord had shut up her womb.*
3. The Christian is instructed not to become angry with those who do evil nor be envious of what seems to be their ability to act as they wish without any negative consequence. The reason why the heart is not to become resentful is because the evil that people do will be soon judged. In a moral universe God does not allow anyone to go unpunished in acts of moral transgression.
 - *Psalms 37:1 A Psalm of David. Fret not thyself because of evildoers, neither be thou envious against the workers of iniquity.*
 - *Proverbs 24:19 Fret not thyself because of evil men, neither be thou envious at the wicked;*
4. Rather than be an angry personality it is the will of the Lord that Christians find their rest in Him. The Sovereign and Righteous Judge of all the earth does not sleep nor does He forget the evil [injurious behavior] individuals inflict on others.
 - *Psalms 37:7 Rest in the Lord, and wait patiently for him: fret not thyself because of him who prospereth in his way, because of the man who bringeth wicked devices to pass.*
5. Not only is the Christian to cease from anger, forsake a boiling hostility towards others but the believer is to in no way be moved to do evil as an act of retaliation.
 - *Psalms 37:8 Cease from anger, and forsake wrath: fret not thyself in any wise to do evil.*

The word for “fret” here in Psalms 37:8 is *charah* (*khaw-raw'*) and means “to glow or grow warm; figuratively (usually) to blaze up, of anger, zeal, jealousy”.

6. Part of God's judgment upon evil is to stir up a deep spirit of resentment within the heart so that an individual is kept in a state of perpetual "blaze".

- *Isaiah 8:21 And they shall pass through it, hardly bestead and hungry: and it shall come to pass, that when they shall be hungry, they shall fret themselves, and curse their king and their God, and look upward.*
- *Isaiah 48:22 There is no peace, saith the Lord, unto the wicked.*

A person who finds themselves worrying and angry with anyone and everyone, a person who flares up against the mere mention of another person's name or comments is not coming under judgment. Rather, that individual has been committed unto judgment and the burning negative emotions in their heart manifests a judgment that is simply being worked out.