

Psalm 37:1-8

A Psalm of David

37 Do not fret because of evildoers,
Be not envious toward wrongdoers.
² For they will wither quickly like the grass
And fade like the green herb.
³ Trust in the LORD and do good;
Dwell in the land and cultivate faithfulness.
⁴ Delight yourself in the LORD;
And He will give you the desires of your heart.

⁵ Commit your way to the LORD,
Trust also in Him, and He will do it.
⁶ He will bring forth your righteousness as the light
And your judgment as the noonday.
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.
⁸ Cease from anger and forsake wrath;
Do not fret; *it leads* only to evildoing. (NASB)

Verse 1:

Do not fret because of evildoers...

The word “fret” means “to _____, to _____, to _____ oneself in _____”

...be not envious toward wrong doers.

The word “envious” means “to _____ to jealous _____”

Most of the words underlined are (circle one): nouns adverbs verbs consonants

Verse 2:

For they will wither quickly like the grass and fade like the green herb. - “to fall down, be foolish, come to nothing”

How can we avoid fretting and being envious? David gives us a formula in the next few verses...

Verse 3:

- 1) Trust in the Lord and – “to have _____, to be _____, to be _____”
- 2) do good (what kind of good?) – “fair, beautiful, kindly, sweet, better, best”
- 3) Dwell in the land and – “to _____, to _____, to _____”
- 4) cultivate faithfulness (steadfastness) – “to _____, to _____, to _____”

Verse 4:

- 5) Delight yourself in the Lord – “to be _____, to make _____ over”
 - and He will give you the desires of your heart

Verse 5:

- 6) Commit your way to the Lord – “to _____, to _____”
- 7) Trust also in Him
 - and He will do this. He will bring forth your righteousness as the light and your judgment as the noonday (Verse 6).
 - It is implied that the righteousness and judgment of good people may, for a time, be clouded and eclipsed, either by acts of providence (such as Job’s afflictions) or by the maliciousness of others who give the righteous a bad name. “If we take care to keep a good conscience, we can leave it to God to take care of our good name.” – Matthew Henry Commentary

Verse 7:

- 8) Rest in the Lord and – “ _____, to be _____ ”
- 9) wait patiently for Him – “ _____ ”

Do not fret because of him who prospers in his way, because of the man who carries out wicked schemes.

Verse 8:

Cease from anger and – “let _____ ”
forsake wrath – “ _____ ”

Do not fret, it leads only to evildoing.

The Equation:

trust in the Lord² + buy a faithfulness farm + couple’s spa days with God + roll down a few hills + shut up and dance = taking your mind off the bad guys that seem to get everything they want + (God gives you the desires of your heart + God will clear your name of any false accusations)

Things to Ponder:

Rate your level of trust in the Lord on a scale of 1-10. Be honest with yourself.

1= I’m not even sure if God is trustworthy.	2= I might trust Him a little but I trust myself more.	3= I want to trust God more but I need a lot of help.	4= I’m slowly trusting God with more and more pieces of my life.	5= I trust God but only when things are going well in my life.	6= I’m beginning to see myself taking steps towards trusting God more.	7= I’m starting to trust God in the valleys as well as on the mountains.	8= There’s a light at the end of the tunnel. God is teaching me how to trust Him.	9= I’m almost there. I just need some encouragement	10= I trust God wholly and completely.
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Write a prayer to God and ask Him to show you how you can grow your trust in Him:

How are you delighting yourself in the Lord?

Commitment requires letting go. What do you need to let go of so that you can freely and safely roll?

Are you dancing? If so, describe your experience. If not, what’s stopping you?

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Verse 1:

Do not fret because of evildoers...

The word “fret” means “to kindle, to burn, to heat oneself in vexation”

...be not envious toward wrong doers.

The word “envious” means “to excite to jealous anger”

Most of the words underlined above are (circle one): nouns adverbs verbs consonants

Verse 2:

For they will wither quickly like the grass and fade like the green herb. - “to fall down, be foolish, come to nothing”

How can we avoid fretting and being envious? David gives us a formula in the next few verses...

Verse 3:

- 1) Trust in the Lord and – “to have confidence, to be bold, to be secure”
- 2) do good (*what kind of good?*) – “fair, beautiful, kindly, sweet, better, best”
- 3) Dwell in the land and – “to settle down, to abide, to reside”
- 4) cultivate faithfulness (steadfastness) – “to tend, to shepherd, to teach”

Verse 4:

- 5) Delight yourself in the Lord – “to be pampered, to make merry over”
 - and He will give you the desires of your heart

Verse 5:

- 6) Commit your way to the Lord – “to roll, to flow down”
- 7) Trust also in Him
 - and He will do this. He will bring forth your righteousness as the light and your judgment as the noonday (Verse 6).
 - It is implied that the righteousness and judgment of good people may, for a time, be clouded and eclipsed, either by acts of providence (such as Job’s afflictions) or by the maliciousness of others who give the righteous a bad name. “If we take care to keep a good conscience, we can leave it to God to take care of our good name.” – Matthew Henry Commentary

Verse 7:

- 8) Rest in the Lord and – “silence, to be quiet”
- 9) wait patiently for Him – “dance”

Do not fret because of him who prospers in his way, because of the man who carries out wicked schemes.

Verse 8:

Cease from anger and – “let drop”
forsake wrath – “leave behind”

Do not fret, it leads only to evildoing.

The Equation:

trust in the Lord² + buy a faithfulness farm + couple’s spa days with God + roll down a few hills + shut up and dance = taking your mind off the bad guys that seem to get everything they want + (God gives you the desires of your heart + God will clear your name of any false accusations)

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