

37.3 TRUTHS TO SUSTAIN THE RIGHTEOUS: Psalm 37:9-40

INTRODUCTION/CON(TEXT).

Psalm 37 is about what to do when the righteous suffer and the wicked prosper.

There are **positive** directions in Psalm 37:1-8. We can summarize the positives like this: *The righteous must trust in the Lord and do good.*

But there are also **negative** directions in Psalm 37:1-8. We can summarize the negatives like this: *Do not envy nor imitate nor fret about the wicked.*

Now as we return again to verses 9-40, let me remind you that there are four major headings under which we can file all the truths contained therein.

OUTLINE.

- I. The Actions of the Wicked (4).
- II. The Fate of the Wicked (7).
- III. Truths to Sustain the Righteous (16 [or 13, since four of them are repeated]).
- IV. Directions for the Righteous (2).

We examined the first two last Sunday—the *Actions of the Wicked* and the *Fate of the Wicked*. Today we will examine some of the *Truths to Sustain the Righteous*—we will look at 6 truths today, and, Lord willing, the remaining 7 next Lord's Day.

As we examine these truths to sustain the righteous, this is the doctrine which naturally arises from Psalm 37:

DOCTRINE. The righteous are blessed by the Lord in such ways that even when they suffer and the wicked prosper they do not lose heart.

I. TRUTHS TO SUSTAIN THE RIGHTEOUS

I) The righteous will inherit the earth (Psalm 37:9b).

Psalm 37:9b

"but those who wait for the Lord shall inherit the land." (The same is repeated in verses 11, 22, and 29)

In the Old Covenant the promised land was Canaan, yet in the New Covenant the promised land is the entire earth.

- **Matthew 5:5**

"Blessed are the meek, for they shall inherit the earth." (*Jesus is quoting Psalm 37:11 but specifically applies it to the entire earth*)

– **Ephesians 6:2-3 (NASB 1995)**

"2 Honor your father and mother (which is the first commandment with a promise), 3 so that it may be well with you, and that you may live long on the earth." (*Paul is quoting Exodus 20, the Ten Commandments, and explicitly ties it to the entire earth*)

– **BOYS AND GIRLS...**

(i) Those who wait for the Lord shall inherit the earth.

Psalm 37:9b

"but those who wait for the Lord shall inherit the land."

(ii) Those who trust in the Lord shall inherit the earth.

Psalm 37:11

"But the meek shall inherit the land
and delight themselves in abundant peace."

(iii) Those who are blessed by the Lord shall inherit the earth.

Psalm 37:22

"for those blessed by the LORD shall inherit the land,
but those cursed by him shall be cut off."

Q. Are you blessed by the Lord?

A. The only way to be blessed by the Lord is to be united to the Lord Jesus Christ through faith and therefore have Him as your Prophet, Priest, and King.

BOYS AND GIRLS...

TURN WITH ME TO

Ephesians 1:3-14

"3 Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places, 4 even as he chose us in him before the foundation of the world, that we should be holy and blameless before him. In love 5 he predestined us for adoption to himself as sons through Jesus Christ, according to the purpose of his will, 6 to the praise of his glorious grace, with which he has blessed us in the Beloved. 7 In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace, 8 which he lavished upon us, in all wisdom and insight 9 making known to us the mystery of his will, according to his purpose, which he set forth in Christ 10 as a plan for the fullness of time, to unite all things in Christ, things in heaven and things on earth in him.

11 In him we have obtained an inheritance, having been predestined according to the purpose of him who works all things according to the counsel of his will, 12 so that we who were the first to hope in Christ might

be to the praise of his glory. 13 In him you also, when you heard the word of truth, the gospel of your salvation, and believed in him, were sealed with the promised Holy Spirit, 14 who is the guarantee of our inheritance until we acquire possession of it, to the praise of his glory."

(iv) Those who walk in the righteousness of the Lord *(both imputed and actual)* shall inherit and dwell upon the earth forever.

Psalm 37:29

"The righteous shall inherit the land
and dwell upon it forever."

USE FOR COMFORT AND CONSOLATION

II) It is better to be suffering and righteous than prospering and wicked, for the wicked will be broken but the righteous upheld (Psalm 37:16-17).

Psalm 37:16-17

"16 Better is the little that the righteous has
than the abundance of many wicked.
17 For the arms of the wicked shall be broken,
but the Lord upholds the righteous."

USE FOR EXAMINATION AND TRIAL

USE FOR WARNING AND AWAKENING

III) The Christians' heritage will remain forever and they will not be put to shame in evil times (Psalm 37:18-19).

Psalm 37:18-19

"18 The LORD knows the days of the blameless,
and their heritage will remain forever;
19 they are not put to shame in evil times;
in the days of famine they have abundance."

IV) The Lord establishes and delights in the steps of the righteous (Psalm 37:23).

Psalm 37:23

"The steps of a man are established by the LORD,
when (or and) he delights in his way;"

The Lord establishes the steps of His people, delights in what He establishes, and rewards the righteous for their steps that He worked through them for His glory.

BOYS AND GIRLS...

1. The Lord establishes and delights in your ***private, family, and public worship.***
2. The Lord establishes and delights in your ***diligent labors in your vocational duties.***
3. The Lord establishes and delights in your ***efforts to be trained up to be most effective and godly in this one life God has given you.***
4. The Lord establishes and delights in your ***striving to take every thought captive to obey Christ.***
5. The Lord establishes and delights in ***your prayers for the saints, prayers for unbelievers, and prayers of adoration and praise to His name.***
6. The Lord establishes and delights in your ***generosity to His church and to those in need.***
7. The Lord establishes and delights in your ***forgiveness to those who repent.***
8. The Lord establishes and delights in your ***patience with those who are difficult.***
9. The Lord establishes and delights in your ***kindness to those who are rude.***
10. The Lord establishes and delights in your ***gentleness with those who are weak.***
11. The Lord establishes and delights in your ***zealousness toward things for His glory.***
12. The Lord establishes and delights in your ***love toward things that God loves.***
13. The Lord establishes and delights in your ***hatred toward things that God hates.***
14. The Lord establishes and delights in your ***confession and repentance when you sin.***
15. The Lord establishes and delights in your ***rejoicing in and proclaim His Gospel, trusting in His providence, submitting to His Law, and longing for His second coming.***

– **Q.** How do I know my steps are right?

A. Psalm 119:105 "Your word is a lamp to my feet and a light to my path."

USE FOR ENCOURAGEMENT

AGAIN I SAY, *The Lord establishes the steps of His people, delights in what He establishes, and rewards the righteous for their steps that He worked through them for His glory.*

V) Though the righteous fall, they shall not be destroyed but they will rise up again (Psalm 37:24).

Psalm 37:24

"though he fall, he shall not be cast headlong,
for the LORD upholds his hand."

USE FOR INSTRUCTION

The wicked do not want you to know this, but when you sin, you can confess that sin, repent of it, and walk again in renewed faith and obedience to Jesus.

1 John 1:9 "If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness."

You do not have to downplay your sin. You do not have to blame shift for your sin. You do not have to whitewash your sin. You can confess and repent of your sin and Christ will forgive you and restore you to the path of righteousness.

Philippians 1:6 "I am sure of this, that he who began a good work in you will bring it to completion at the day of Jesus Christ."

BOYS AND GIRLS...

VI) The righteous will never be forsaken (Psalm 37:25).

Psalm 37:25

"I have been young, and now am old,
yet I have not seen the righteous forsaken
or his children begging for bread."

– **Hebrews 13:5** "I will never leave you nor forsake you."

BOYS AND GIRLS

CONCLUSION.

[recap all points]

USES

- ☐ *USE FOR INSTRUCTION / DOCTRINE*
 - ☐ *USE FOR COMFORT / CONSOLATION*
 - ☐ *USE FOR WARNING / AWAKENING*
 - ☐ *USE FOR EXAMINATION / TRIAL*
 - ☐ *USE FOR REPROOF / REBUKE*
 - ☐ *USE FOR CLARIFICATION / ILLUMINATION*
 - ☐ *USE FOR ENCOURAGEMENT / INSPIRATION*
 - ☐ *USE FOR EXHORTATION / DIRECTION*
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HELPS FOR PSALM 37

- **37:4, Psalm** - John Howe - On Delighting in God—Part I: The Meaning of the Precept. - The Works of John Howe, Soli Deo Gloria (3 vols.) - vol. 1. pg. 474
 - **37:4, Psalm** - John Howe - On Delighting in God—Part II: The Practice or Exercise of Delight in God - The Works of John Howe, Soli Deo Gloria (3 vols.) - vol. 1. pg. 565
 - **Baggett, Brett. A Scripture Index of Puritan Sermons: Along with some Scottish Covenanters, American Puritans, and a few of their Spiritual Descendants (1558-1770) (p. 90). Kindle Edition.**
- **37:4, Psalm** - Charnock, Stephen, "A Discourse of Delight in Prayer," *Works* v.370-379. - <https://www.thespiritlife.net/facets/exchanged/57-exchanged/exchanged-publications/5046-a-discourse-of-delight-in-prayer-by-stephen-charnock>
- **37:4, Psalm** - Spurgeon, C.H., "Sunshine in the Heart," #454, *MTP* 8.325-336. - <https://www.spurgeon.org/sermons/sunshine-in-the-heart>
- **37:7, Psalm** - Spurgeon, C.H., "Rest in the Lord," #1333, *MTP* 23.25-36. - <https://www.spurgeon.org/sermons/rest-in-the-lord>

- **37:37, Psalm** - Watson, Thomas, "The Upright Man's Character," *The Sermons of Thomas Watson*, pp. 325-348.
 - **37:39, Psalm** - Spurgeon, C.H., "A Testimony to Free and Sovereign Grace," #1953, *MTP* 33.157-168.
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OVERVIEWS OF PSALM 37

– MATTHEW HENRY:

"This psalm is a sermon, and an excellent useful sermon it is, calculated not (as most of the psalms) for our devotion, but for our conversation; there is nothing in it of prayer or praise, but it is all instruction; it is "*Maschil – a teaching psalm*;" it is an exposition of some of the hardest chapters in the book of Providence, the advancement of the wicked and the disgrace of the righteous, a solution of the difficulties that arise thereupon, and an exhortation to conduct ourselves as becomes us under such dark dispensations."

— Henry, Matthew. **Unabridged Matthew Henry's Commentary on the Whole Bible (best navigation)** . OSNOVA. Kindle Edition.

– CALVIN:

"Although the people of God are afflicted for a time, yet the issue of their afflictions shall be such, that they have every reason to be contented with their lot. Now all this depends upon the providence of God; for unless we are persuaded that the world is governed by him in righteousness and truth, our minds will soon stagger, and at length entirely fail us."

— Calvin, John. **Calvin On The Bible: John Calvin's Bible Commentary (p. 2991)**. Kindle Edition.

– POOLE:

"The design of this Psalm is to defend the providence of God, and to satisfy the minds of men in that great question, concerning the seeming inequality of God's dispensations, in afflicting good men, and giving prosperity to the worst of men; and to instruct God's people how to demean themselves in their present condition, and what supports and comforts they have in it. The psalmist persuades to patience and confidence in God, Psalms 37:1-8; and sheweth the different state of the godly and wicked in all their dealings, Psalms 37:9-40."

— Poole, Matthew. **English Annotations on the Holy Bible** . E4 Group. Kindle Edition.

– TRAPP:

"He wrote this thirty-seventh psalm for the good of God's people; lest they, being scandalized in like manner, and stumbling at the same stone that he had done, should want direction, and so fall into inconvenience, temptation, and a snare." — **Trapp, John. John Trapp's Complete Bible Commentary (p. 6491). Kindle Edition.**

– **GILL:**

"This psalm. . .describes the different states of good and bad men; and is full of exhortations, instructions, and advice to the people of God; intermixed with various encouraging promises." — **Gill, John. Gill's Bible Commentary . OSNOVA. Kindle Edition.**

– **SPURGEON:**

"SUBJECT. The great riddle of the prosperity of the wicked and the affliction of the righteous, which has perplexed so many, is here dealt with in the light of the future; and fretfulness and repining are most impressively forbidden. It is a Psalm in which the Lord hushes most sweetly the too common repinings of his people, and calms their minds as to his present dealings with his own chosen flock, and the wolves by whom they are surrounded. It contains eight great precepts, is twice illustrated by autobiographical statements, and abounds in remarkable contrasts. . . . The Psalm can scarcely be divided into considerable sections. It resembles a chapter of the book of Proverbs, most of the verses being complete in themselves."

— **Spurgeon, Charles. The Treasury of David: The Complete Seven Volumes (p. 1163). Kindle Edition.**

WILLIAM S. PLUMER'S DOCTRINAL AND PRACTICAL REMARKS

16. The portion of God's people is an inheritance, verses 9, 11, 22, 27, 29, 34. Their great interests shall never be disturbed, verse 18. Because they are sons, they are heirs. Because they are heirs of God, their inheritance shall be everlasting.

17. The plots and rage of the wicked are sure signs that their cause is bad, and must come to nought under the government of a just God, verses 12, 14, 32. God has set his face against all wicked devices.

18. Consequently, everything which the wicked do, does and must turn against them, verse 15. The nature of all sin is to recoil on its author.

19. The overthrow of the wicked must be inconceivably dreadful, else inspiration would not use such alarming language respecting it, verse 13. Can a more fearful representation be made than that the infinitely loving Jehovah shall laugh at the miseries of his guilty foes? O sinner! Stop and think! Stop and think!

20. That which conclusively determines the character and destiny of the righteous is their pious walk, their holy living, their upright conversation, verse 14. Nothing can set aside the evidence of a holy life. It is better than a revelation from heaven.

21. Dickson: "When the wicked are most near to do a mischief, then is a mischief most near unto them; their sword shall enter into their own heart," verse 15.

22. Let the humble pious be content, verse 16. If they have not much, they have more than they deserve; they have as much as infinite love sees best for them; they have no account to give of what never was under their control; and they have God's blessing on what is theirs.

23. However for a time the wicked may seem to wax strong, yet their helplessness, when God forsakes them or fights against them, is utter. More pitiable objects have never been. Their arms are broken, verse 17.

24. The successes and conquests of God's people depend upon the nature and will of God; and so they cannot fail, verses 17, 24. There is an adequate cause for all the good that happens to the righteous.

25. God's approval and blessing will make any life happy and any course desirable, verse 18. Wonderfully does he order, choose, arrange and moderate our trials; and deliver us from them. Most seasonably and tenderly does he reveal our mercies to us.

26. Rightly considered the peace and happiness of God's people in times of trial, when all others are overpowered, show the unspeakable excellence of their principles, and give us good ground of confidence in their final and eternal triumph, verse 19.

27. It is as certain as God's Word can make it that, sore as are the afflictions of the saints, yet the great harvest of misery is among sinners, verse 20.

28. The pious and benevolent affections of the righteous have room for exercise even here, verse 21. Hereafter they shall have enlargement: for all that is truly good in man's estate will grow better.

29. Dickson: "The blessing of God on the godly maketh the odds between them

and the wicked, for it is to them as good as the inheritance of the whole earth; but God's curse rooteth the wicked man out of the earth," verse 22.

30. The kind providence of God over the righteous is to them ample protection against all that could do them real harm, verse 23. The arrangements which God makes, will all come out right in the end.

31. The reverses of the saints are temporary, verse 24.

32. Let old people make it their business to tell what they have seen of God's wonders in providence and in grace, verse 25. They cannot be better employed than in thus commending the loving-kindness of the Lord to the rising generation.

33. Good men are never hard-hearted and cruel, verse 26. Whatever they may have been before conversion, the grace of God makes the lion the fit companion of the lamb, and the bear of the calf. Saul of Tarsus, renewed, was as tender as a nurse.

34. One of the best inheritances parents can lay up for their children is in deeds of alms and of liberality, verse 26. Horne: "So far is charity from impoverishing, that what is given away, like vapours emitted by the earth, returns in showers of blessings into the bosom of the person who gave it; and his offspring is not the worse, but infinitely the better for it."

35. A broad and enduring foundation of quietness and assurance is laid, for all right-minded persons, in the spotless and infinitely excellent character of God, verse 28. All hopes based on anything contrary to this must fail us at last.

36. Dickson: "The Lord may well exercise his children with trouble, yet he will not withdraw himself from them in trouble, but will stay with them and bear them company, and save them to the uttermost," verse 28.

37. If men have not the due fear of God, yet they might reasonably be restrained from many courses of wickedness by remembering the sad effects of transgression upon their posterity, verse 28.

38. No staid behaviour, no secret emotions, no sanctimoniousness of character can prove any man to be a child of God, if his speech is loose, foolish, vain, slanderous or wicked, verse 30. See Matthew 12:37.

39. True religion has its seat in the heart. Genuine purity is internal, verse 31.

40. True religion is steadfast, verse 31. The fickle and unstable have no part in the inheritance of the saints.

41. Whenever men find themselves resorting to sly and cunning behaviour, they may rest assured that they are already in the territory of the wicked one, verse 32.

42. It is certain that the final judgment is approaching, verse 33. It is as certain that all the redeemed will be well pleased with the awards of the last day.

43. The path of duty, however steep and thorny, always terminates in the land of peace and blessedness, verse 34.

44. Death and what is beyond it, will show who is wise and who is a fool, verses 37, 38.

45. It is for a rejoicing to the righteous that their salvation and all that leads to it, and all the steps and parts of it are of the Lord, verse 39. The debt, the infinite debt of love they owe is to him, whom they shall ever love to adore.

46. Dickson: "So long as God is pleased to let righteous men's trouble continue, he will now and then comfort them, and enable them to bear their trouble when comfort is suspended."

47. Scott: "It is of vast importance to understand the present and future condition of the righteous and the wicked, that we may know what to choose and to expect."

48. Luther: "O shame on our faithlessness, mistrust, and vile unbelief, that we do not believe such rich, powerful, consolatory declarations of God, and take up so readily with little grounds of offence, whenever we but hear the wicked speeches of the ungodly. Help, O God, that we may once attain to the right faith. Amen."

— **Plumer, William Swan. Studies in the Book of Psalms (pp. 813-816). Counted Faithful. Kindle Edition.**

STUDY AND DISCUSSION QUESTIONS

Introduction / Context

1. According to the sermon, what is the central situation Psalm 37 addresses? How does this resonate with challenges believers face today?
2. Summarize the positive directions in Psalm 37:1-8 in your own words. What practical steps do they call for when the wicked appear to prosper?
3. Summarize the negative directions in the same verses. Why is it important not only to do certain things but also to avoid envy, imitation, and fretting?

4. How do the four major headings (Actions of the Wicked, Fate of the Wicked, Truths to Sustain the Righteous, Directions for the Righteous) help organize the message of the psalm?

Doctrine

1. Restate the sermon's doctrine in your own words: "The righteous are blessed by the Lord in such ways that even when they suffer and the wicked prosper they do not lose heart."
2. How does this doctrine challenge or encourage you in seasons of personal suffering or when you observe injustice and apparent success of the ungodly?

I) The Righteous Will Inherit the Earth (Psalm 37:9b, 11, 22, 29)

1. How does the sermon explain the shift from "land" (Old Covenant Canaan) to "earth" (New Covenant)? What supporting passages (Matthew 5:5; Ephesians 6:2-3) are used, and why do they matter?
2. List the four descriptions of those who will inherit the earth. How do "waiting," "meekness/trust," "being blessed," and "walking in righteousness" (imputed and actual) relate to one another?
3. Using Ephesians 1:3-14, what does it mean to be "blessed by the Lord"? How does union with Christ as Prophet, Priest, and King secure this blessing?
4. How can the promise of inheriting the earth serve as comfort and consolation when the wicked prosper and the righteous suffer? Share a personal example if possible.

II) Better to Be Suffering and Righteous than Prospering and Wicked (Psalm 37:16-17)

1. Why does the psalmist say it is better to have little as a righteous person than abundance as a wicked person? How does the imagery of "broken arms" versus the Lord "upholding" illustrate this?
2. For examination and trial: In what ways might you be tempted to envy the prosperity of the ungodly? How does this truth call for self-examination?
3. For warning and awakening: How does this passage serve as a sober warning to those still outside of Christ?

III) The Christians' Heritage Will Remain Forever (Psalm 37:18-19)

1. What does it mean that "the LORD knows the days of the blameless" and that their heritage remains forever? How does this truth address fear of shame in "evil times" or "days of famine"?

2. How can the assurance of an unbreakable heritage in Christ sustain a believer during prolonged hardship?

IV) The Lord Establishes and Delights in the Steps of the Righteous (Psalm 37:23)

1. Explain the sermon's insight that the Lord both establishes the steps of His people and delights in what He establishes, then rewards them for what He Himself worked through them. How does this display the wonder of the gospel?
2. Review the list of everyday areas (worship, vocation, training, thoughts, prayer, generosity, forgiveness, patience, kindness, gentleness, zeal, love, hatred of evil, confession, gospel living). Which ones most encourage you right now, and why?
3. How do we know our steps are right? How does Psalm 119:105 guide us in applying this truth?
4. How can this truth encourage perseverance in ordinary, sometimes monotonous duties?

V) Though the Righteous Fall, They Shall Not Be Destroyed (Psalm 37:24)

1. What does Psalm 37:24 teach about the falls and failures of the righteous? How does the Lord's upholding hand make the difference between stumbling and final destruction?
2. Using 1 John 1:9 and Philippians 1:6, how should believers respond when they sin? Why is it important not to downplay, blame-shift, or whitewash sin?
3. How does this truth instruct us about confession, repentance, and restoration? Why might the "wicked" (or Satan) not want believers to know this freedom?

VI) The Righteous Will Never Be Forsaken (Psalm 37:25)

1. What personal observation does David share in verse 25? How does Hebrews 13:5 reinforce this promise?
2. In what practical ways can the assurance that God will never leave or forsake His people sustain faith and obedience during suffering?

Conclusion and Application

1. Briefly recap the six truths. Which one most speaks to your current circumstances, and why?
2. How do these truths together help a believer move from merely surviving to thriving for God's glory, even when the wicked prosper?

3. Personal reflection: Do you desire to persevere without losing heart? Which of these promises will you intentionally "cling to by faith" this week?
 4. For group discussion: How can the church community help one another remember and apply these sustaining truths in everyday life and seasons of trial?
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SERMON TRANSCRIPT

Well, we come again to Psalm 37. It is a long psalm, so we are spending multiple weeks trying to mine this portion of God's word and discover every bit of gold that we possibly can. So, let me remind you that Psalm 37 is a psalm written by David helping us understand what we should do when the righteous are suffering and the wicked are prospering. What do we do when the righteous Christians are suffering and the wicked, those who reject and hate Christ, they are prospering? I will remind you that there are positive directions at the beginning of this psalm. Verses 1-8 contain directions: actually just do this. And we can summarize the positives like this: *The righteous must trust in the Lord and do good*. That is that is our job. Those are the directions, the exhortations. Even when the wicked are prospering and you are suffering, trust in the Lord, in his person, Christ, in his providence, that he is sovereign over all and ruling and reigning. Trust in the Lord and do your job. Do good. But there are also negative directions in those first eight verses that we have looked at previously. Do not do this. And you can summarize the negatives again like this: *Do not envy nor imitate nor fret about the wicked*. Do not envy them. Do not imitate them. And do not freak out or be afraid when the wicked are prospering.

Now we return again to verses 9-40. And 9-40 is different. It is not directions. There are two directions sprinkled later in the psalm. But in verses 9-40 in Psalm 37, it turns more to just stating truths that we need to remember and understand as the wicked are prospering and the righteous are suffering. So the first eight verses: directions, negative and positive directions, do this, do not do this. Then 9 through 40 is you need to remember and dwell upon these truths. And again we can summarize those truths in four major headings. Though there are a lot of verses there you can categorize them in these ways. The actions of the wicked, the fate of the wicked. Then there are truths to sustain the righteous. And then there are two more towards the end: directions for the righteous. So last Lord's day, we looked at the actions of the wicked and the fate of the wicked. So when the wicked are prospering and the righteous are suffering, you need to remember what the wicked act like. So you would never envy them or imitate them. And you need to remember what the destiny or the fate of the wicked is. So again, you would never envy them, imitate them, and definitely not freak out about them

because you see what the destiny is of those who stand against the Lord Jesus Christ.

Now, today we come to get to examine the happy portion of Psalm 37, which are the truths that David writes down here that are supposed to sustain us, sustain the righteous. So, all of these truths that I am going to point out to you are when you are suffering as a Christian and the wicked are prospering, remember these things. And these truths, you cling to them by faith and God will use them to sustain you so that you do not grow weary in doing good. There are so many truths. I told you last week there are 16. And really we could say there are 13 because four of those 16 truths are repeated. So we can categorize them. Thirteen different truths. But you know the first thing that I am going to draw your attention to is repeated four times. So 13 we could say truths to sustain the righteous. Four of them being repeated. And because there are so many of them and we do not want to pass too quickly over them, we are going to look at six today. Six of these 13 truths to sustain the righteous. And Lord willing, we will look at the remaining seven next Sunday. So as we examine these truths to sustain the righteous, this is the doctrine, the overarching teaching that we should glean from Psalm 37 when we give our attention to these truths that sustain us. The doctrine is this: ***The righteous are blessed by the Lord in such ways that even when they suffer and the wicked prosper, the righteous do not lose heart.*** That is what David is doing in Psalm 37. He is reminding you and I who trust in Christ, here are some wonderful truths to cling to so that when the wicked are prospering and you are suffering, you are not going to lose heart. You are not going to freak out, but you will be sustained even in this difficult time. So the righteous are blessed by the Lord in such ways that even when they suffer and the wicked prosper, the righteous do not lose heart. So I just ask you to pause before I point these truths out to you and I want you to just ask yourself, do I want to persevere in the faith? Do I want to persevere in such a way that I am not always freaking out or losing heart or worried about the wicked who are prospering or worried about that I am downcast or I am suffering? Do I want to live a you could say a victorious conquering life with your head up. Jesus is king. We are going to live like it. We are going to act like it. And I do not care what is going on in my present state. No matter no matter how badly I am suffering or how greatly the wicked are prospering, I am not going to lose heart. No way. Look at all these truths I have got. Look at these things that God has promised us. You want to live a life that you are not always just sulking. It is like the Christian life is so hard, but you want to live a life. It is like, yeah, the Christian life is hard and Jesus is awesome and Jesus is sustaining me and Jesus is king and he has given me his law. He has given me his gospel. He has given me his spirit. He has given me eternal life. He has given me all these promises. I am good. Let us keep going in faith. If that is what you want, not just to survive as a Christian, but you want to thrive for the glory of God, then you need these truths that David delineates in Psalm 37 so that you can be sustained even when you suffer and the wicked prosper. So here are first today six truths that are meant to sustain the righteous.

The first is in the second half of verse 9. Look at it in your own Bible. The first half says, "Evildoers shall be cut off." We have looked at that previously. But the second half of verse 9 says, "But those who wait for the Lord shall inherit the land." Those who wait for the Lord implies trusting in his timing, trusting in his providence, trusting in his power, waiting for the Lord. They shall inherit the land. Some translations translate it the earth. It is probably better translated land under the old covenant because the promised land was Canaan under the old covenant to God's people. But in the new covenant, the promised land is not a specific portion of land, Palestine. In the new covenant, the promised land is the entire earth. And that is what is promised to the saints.

In Matthew 5:5, which I am sure you are familiar with, it is called the Beatitudes, the blessed's. Blessed are the meek, for they shall inherit the what? the earth. You know, Christ in the Beatitudes there is quoting Psalm 37. He is quoting Psalm 37. Go down and look at verse 11 real quick. Verse 11. But the meek shall inherit the what? It might say land in your translation. It might say earth. Land under the old covenant. But Christ explicitly in the Beatitudes uses a word that does not simply mean Palestine or the promised land like it was under the old covenant. He uses a word that means the entire earth. So he even takes what David says and you may restrict it in Psalm 37 for the first reading of it. The Israelites who read this psalm that he wrote and who sang it and they would think of it in the context of the promised land Canaan. But Christ takes Psalm 37 and in the Beatitudes says, "Yeah, for Christians under the new covenant, it is the whole earth."

Paul does the same thing in Ephesians 6:2 and 3. Parents, I am sure you are familiar with Ephesians 6:1-4 where Paul tells children to obey their parents in the Lord, for this is right. And he says, "This is the first commandment given with a promise that it may go well with you and that you may live long on the earth." Paul says in Ephesians 6, originally in Exodus 20 when the Ten, he is repeating the fifth commandment, originally when it is given in Exodus 20, it is that you may live long in the land. Under the old covenant, it is the land of Canaan. Under the new covenant, when Christ preaches Psalm 37 or quotes Psalm 37, he says, "Blessed are the meek, for they shall inherit the earth." And then Paul when he repeats the fifth commandment and repeats the promise of it does not say the promised land of Canaan. He says that you may live long on the earth. So under the old covenant the promised land was Canaan. But Christians under the new covenant the promised land is this entire world. It is your inheritance. It is my inheritance in Christ. Because Christ is not simply king over Canaan. Christ is not king over Palestine. Christ is king over the entire earth. It is his inheritance and we are fellow heirs with Christ and so it is yours. So the point that we should understand from Psalm 37 is not restricting it to a certain place in the Middle East but the point of Psalm 37 is that the meek or ***the righteous will inherit the entire earth.***

Now, if you think about that and apply that and work that out, does not that become a truth that sustains you even when you are suffering and the wicked are prospering? The wicked are prospering now. It is like this earth does not belong to

them, though. This earth is mine. Christ has purchased it. Christ will take dominion over every square inch of it. And we as priests and kings of God our Father will reign on the earth with the Lord Jesus Christ. That is a truth to sustain the righteous. So he says it four different times. First he says in the second half of verse 9, those who wait for the Lord shall inherit the land. But then verse 11, look at it as I already showed you, but look again. Verse 11, but the meek shall inherit the land and delight themselves in abundant peace. So those who wait for the Lord to act shall inherit the land. And this should imply to you that we trust in the Lord's timing. We trust in the Lord's providence. And though right now we do not look out at everything in the world and say it seems like it all functionally is belonging to us now. Well, no, not yet. But it does belong to us by inheritance, and one day it will belong to us in function.

Those who wait for the Lord shall inherit the land. Then verse 11, the meek shall inherit the land and delight themselves in abundant peace. This word meek as it pertains to our relationship towards others is not quickly angered. Those who do not jump and are quickly angry at other people. But in verse 11, I do not actually think David is speaking of our relationship towards other people. He is talking about meekness as it relates to the Lord. And meekness as it relates to the Lord is a confident trust and dependence on the Lord and his timing. I am not freaking out. I am not angry about what is going on. I am trusting in and resting in the Lord's providence. He has got a plan. He has his own timing and his timing is not like mine, but I am waiting for him. The meek shall inherit the land. So we could just say those who trust in the Lord not only in his person for our salvation but in his providence for his conquering of the world. We are meek towards the Lord and we shall trust in him. They shall inherit the land and delight themselves in abundant peace.

Now go down to verse 22 and see how the same thing is repeated there but with a different accent. Verse 22. For those blessed by the Lord shall inherit the land but those cursed by him shall be cut off. Those blessed by the Lord shall inherit the land but those cursed by him shall be cut off. So we have got those who wait on the Lord shall inherit the earth. Those who trust in the Lord, the meek shall inherit the earth. And thirdly, he says those who are blessed by the Lord shall inherit the earth. So I ask you to just consider and examine yourself. Are you blessed by the Lord? What does your mind immediately go to? External outward occurrences in your life, financial prosperity, health, things like that. That is not what David is talking about. In fact, of every time, even in the New Testament, the word blessed is used, I do not think we can actually find one that has to do with your current physical circumstances. Every time the word blessed is used in the New Testament, it is all about the multitude of blessings that God has given us through the wounds of Jesus Christ. I want to invite you, if you would, to turn in your Bible with me to a famous passage that we have read many times in Ephesians 1. This is the best passage in all of your Bible concerning what it means to be blessed by God. What does David mean in Psalm 37? Those blessed by the Lord shall inherit the earth. Ephesians 1:3-14, just so you know, in the original

writing, this is the longest sentence in the entire Bible. So Paul, who frequently loves to do what we would call run-on sentences, really gets carried away in Ephesians 1:3-14. It is one sentence in the Greek. And you can see why it is because he is speaking of our praising God because of all of the spiritual blessings that he has given us in Christ Jesus. So, are you blessed by the Lord? Are you blessed by the Lord? If you are blessed by the Lord, you shall inherit the earth. If you are not blessed by the Lord, it means because of your own sin, you will be cursed by the Lord and be cut off.

Here is what the blessings of the Lord entail: Ephesians 1:3-14, "blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ. Now, stop there. The only way Psalm 37:22 is true for you is if you are in Christ. If you are united to the Lord Jesus Christ through faith. If you trust in Christ alone for salvation. That is the only way you can be blessed by the Lord. That is the only way those who are blessed by the Lord shall inherit the earth. The only way you will not be cut off from the land of the living because of your sin is if you are blessed by the Lord through being united to the Lord Jesus Christ who lived without sin, died for sin, and arose from the dead for salvation. He has blessed us in Christ with what? Every spiritual blessing in the heavenly places, even as he chose us in him before the foundation of the world that we should be holy and blameless before him. In love, he predestined us for adoption to himself as sons through Jesus Christ according to the purpose or the kind intention of his will to the praise of his glorious grace with which he has blessed us in the beloved. In him, that is Christ. In Christ, we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace, which he lavished upon us in all wisdom and insight, making known to us the mystery of his will, according to his purpose, which he set forth in Christ as a plan for the fullness of time to unite all things in Christ, things in heaven and things on earth. In him, in him we have obtained an inheritance, having been predestined according to the purpose of him who works all things according to the counsel of his will, so that we who were the first to hope in Christ might be to the praise of his glory. In him you also when you heard the word of truth the gospel of your salvation and believed in him that is how you get united to Christ you hear the word of truth the gospel the good news of what Christ has done and you believe trust rest in him when you did that you were sealed with the promised Holy Spirit who is the guarantee of our inheritance until we acquire possession of it to the praise of his glory."

This is what it means to be blessed. If you are united to Christ with a simple faith, you are blessed in all these 11 specific ways he mentions in Ephesians 1:3-14. And the wonder of the gospel is that some of you may still be at the point to where you do not agree with or submit to the truth in God's word concerning election and predestination. And simply I would say that is okay. It is still yours. If your faith is in Jesus, it is because God chose you before the foundation of the world. If you are in Christ now, I do not care if you believe in unconditional election or not. You are in Christ because God unconditionally elected you and predestined you according to the purpose of his will. And may you come to understand and rejoice in that

marvelous truth. But whether or not you believe it, that does not matter. It is still true. And it is true for you. That blessing is yours. And those who are blessed by the Lord shall inherit the entire earth. Are you blessed by the Lord, boys and girls? Look up here at me. Are you blessed by the Lord Jesus Christ? Boys and girls, the only way you can be blessed by God is if you have faith in the Lord Jesus Christ. If you are united to him by trusting in him alone for your salvation. Any of you, you can do that. You can trust in Christ. Receive him as your Savior and you will be united to him. Christ lived so that people like you who have not lived righteous lives, people like me who have not lived as we should have, who have sinned against God, Christ lived without sin so that you and I trusting in him alone for salvation would be counted righteous as if we had never sinned. And when God looks at a Christian who trusts in Christ alone, he looks at us. He sees not the blackness of your sins, but he sees the whiteness, the perfection of Christ's righteousness because he did it in our place so that we would be counted righteous before God. Christ went to a cross and bore the penalty for sinners like you and like me. So that when we trust in Christ alone for salvation, every one of our sins is forgiven.

Christ arose from the dead, boys and girls. He did not stay dead after his crucifixion. He arose from the dead, conquering Satan, conquering sin, conquering death, and offers eternal life to every one of you who will believe on him with a simple faith. That is how you get united to Jesus. That is how you get blessed by God. Faith in Christ Jesus. So that Jesus becomes your prophet to speak God's word to you. So Jesus becomes your priest to make you acceptable to God and Jesus becomes your king to protect you and to rule you. If your faith is in Jesus Christ alone for your salvation, then Jesus has united himself to you and you are united to him. He is your prophet, priest, and king. And boys and girls, if you are a Christian, this entire earth is yours. This entire earth belongs to Christ. And those blessed by the Lord shall inherit the entire earth. So comfort yourself with that truth. Christian, comfort yourself. Those blessed by the Lord shall inherit the land. But those cursed by him shall be cut off. You who are still outside of Christ and will not submit to him, you will not trust in him. You will not bow down before him. Then you need to look at the second half of verse 22. Those cursed by him shall be cut off. You are either blessed by the Lord or cursed by the Lord. There is no other ground to stand on. You stand on your own bearing your own sin and the original sin that you have inherited from Adam and you are under a curse because you have rebelled against the king and not been pardoned. You are either cursed by the Lord or blessed by the Lord. There is no indifference. There is no middle ground. If you refuse Christ, you are cursed and you shall be cut off. So do not die. Do not die in your sins. Turn to Christ and have that curse removed because Christ bore it for you on the cross and receive the blessing of the Lord through simple faith and this entire earth will be yours.

Look again further at verse 29 to where he repeats it. It is still inherit the land, but he says it in these four different ways. Those who wait for the Lord, the meek, those who are blessed by the Lord. And then verse 29, he does not just say those

are blessed by the Lord, but he says the righteous shall inherit the land and dwell upon it forever. The righteous, meaning those who walk in the righteousness of the Lord shall inherit and dwell upon the earth forever. Those who walk in the righteousness of the Lord shall inherit and dwell upon the earth forever. You have to have the imputed righteousness of Christ. Meaning your faith is in Christ to count you righteous before God. But you have to also walk in righteousness because that is what God does in and through Christians. It is not enough to simply say, "I trust in the imputed righteousness of Christ." And then you go on living like a devil. You are revealing you do not have faith in Christ. Because if you have faith in Christ, God has saved you. He has changed you. He has given you his Spirit. He has given you a new heart. He has given you a new mind. He has given you new affections and you want to walk in righteousness. Though you do it imperfectly because of your indwelling sin, you still labor to walk in the righteousness of the Lord. And this truth that sustains the righteous, the righteous shall inherit the land and dwell upon it forever. That is a truth especially sustaining when you look at the wicked prospering. The unrighteous are not going to inherit the earth. They are prospering now, but God is fattening them up for the day of slaughter. The righteous shall inherit the land. So believers, these four different verses beginning with the second half of verse 9 in Psalm 37, these are truths that are meant to sustain you in the midst of your suffering and the wicked's prospering. So use those truths for comfort and for consolation. The righteous shall inherit the earth.

Secondly, another truth to sustain the righteous is found in verses 16 and 17 of Psalm 37. So go back to Psalm 37. Look at verses 16 and 17. Here is a truth. He says, "Better is the little that the righteous has than the abundance of many wicked. For the arms of the wicked shall be broken, but the Lord upholds the righteous." Better is the little that the righteous has than the abundance of many wicked. For it means because the arms of the wicked shall be broken, but the Lord upholds the righteous. The truth is simply stated there. It is better to be suffering and righteous than prospering and wicked. ***It is better to be suffering and righteous than prospering and wicked because the wicked will be broken but the righteous upheld.*** Notice in the second half right here in verse 17 his reason that it is better to have a little to be suffering maybe in lack in need in want but to be righteous than to be rich and wicked. Why? Because the arms of the wicked will be broken but the Lord upholds the righteous. I want you to imagine the scene in the book of Exodus when Moses is holding up his staff as the Israelites fight against their enemies. And as he lifts up the staff, they are winning. And as the staff lowers, when his arms get tired, they start losing the battle. So what do his friends do? His friends come alongside Moses and pick up his arms and help him keep the staff raised up because his arms are getting tired and when it lowers they start losing the battle. When he raises it, they win. His friends come alongside him and uphold him and lift up his arms even when he is tired, even when he is fatigued. That is the image here of the Lord is going to uphold you so that you can

continue to be faithful. But imagine if Moses is holding up this staff and struggling and his friends come up to him and break his arms. That is the picture of what the Lord is going to do to the wicked. The wicked is trying to sustain, trying to keep it held up, and the Lord comes up to him and snaps their arms. You will not prosper forever. That is the picture. The arms of the wicked shall be broken. They will not be able to lift up their staff forever. They will not be able to prosper forever. But the Lord comes to the righteous and just like the friends of Moses comes and upholds the righteous so we can continue not under our own strength but by the strength that the Lord gives us. So, it is better to just have a little. It is better. The whole point is it is better to be suffering and righteous than prospering and wicked because the wicked will be broken, but the righteous upheld. That is a truth that should sustain you even when you are suffering and the wicked are prospering.

The Lord has promised to come and uphold your arms. And when you envy the prospering of the wicked, you are envying someone who is able to keep holding up that staff as it were right now. But the Lord is walking towards them. And when he gets to them, he is going to snap their arms. You are envying someone who in a short time is going to have their arms broken. Do not envy them. It is better to have a little to be suffering but righteous in Christ Jesus than prospering and wicked. So examine yourself. Are you envious of those whom the Lord is currently walking towards and in a short matter of time he is going to snap their arms? Are you envying those people? Or are you content? Content in the providence of the Lord and saying, "I may have a little. I may be suffering, but thank God, I am counted righteous in Christ, and I have been given his Spirit. I have been given his word. I have been given his people. I have been given his ordinances. The arms of the wicked will be broken. I do not want any part of that." You who are still outside of Christ, here is another warning for you and a cause for awakening. You may be doing well now, but the Lord is going to break you if you do not repent. The arms of the wicked shall be broken. So turn to Christ. Turn to Christ in faith and see that the Lord will uphold you. It is better to be suffering and righteous than prospering and wicked. For the arms of the wicked shall be broken. But beloved, the Lord will uphold you who are in Christ.

Now look at the third truth to sustain the righteous. And we can see it in verses 18 and 19. The third truth to sustain the righteous. Verse 18. The Lord knows the days of the blameless, and their heritage will remain forever. They are not put to shame in evil times. In the days of famine, they have abundance. The Lord knows the days of the blameless. This knows is this intimate word of he knows and pays attention to what is happening in your days, in your life. He is attentive to it with a fatherly love. That is the Lord knows the days of the blameless. And their heritage will remain forever. They are not put to shame in evil times. Evil times means times of suffering and hardship. They will not be put to shame in evil times. In the days of famine, they have abundance. Means the Lord is going to continue to provide for you even in the midst of great famine. The point is ***the Christian's heritage will remain forever and they will not be put to shame even though there are evil***

times and days of famine as it were. The whole point is the Lord is mindful of you, has a fatherly compassion and tender mercy towards you and your heritage in Christ Jesus will remain forever. So when the wicked are prospering and you are suffering, I have a heritage that has been secured by Christ Jesus and it remains forever. No one can take away my eternal life that Christ has purchased and provided for me. Evil times will come, I will not be put to shame. Days of famine will come, but the Lord will continue to provide for me through his providence and sometimes through his people as even times of necessity come upon you. And God's people are ready to meet needs. Days of famine, they have abundance. Christian, your heritage will remain forever and no amount of suffering in this life will take away what Christ has bought for you and promised to give you. That is a truth to sustain you.

Now look at the fourth truth in verse 23. Here is another truth to sustain the righteous. Verse 23. The steps of a man are established by the Lord when or he delights in his way. That he delights in his way. The first he is the Lord. The second he or his is us. The steps of a man are established by the Lord when the Lord delights in the way the person is walking. This is incredible. And just slow down and think grammatically. First half of the verse, who is the one enabling, empowering, guiding and directing the steps of the person walking in obedience to the Lord? The Lord is. You see that the steps of a man are established by the Lord and the Lord delights in his way. It is not a man is walking in obedience to the Lord and that makes the Lord happy. That is true. That is a true thing. That is not what David is saying. David is saying when you walk in righteousness, it is because the Lord is doing it in you, through you, for his glory. And it makes him really happy to do that. He delights in you when you do what is right. And when you do what is right, it is because of the Lord doing it in and through you. The steps of a man are established by the Lord when or he the Lord delights in his way. The Lord delights to sanctify you. Christian, the Lord delights to enable you and empower you and work through you so that you walk in a way that is pleasing to him. ***The Lord establishes the steps of his people, delights in what he establishes, and the greater thing is that he then rewards the righteous for their steps that he worked through them for his own glory.*** This is how amazing the gospel is. The gospel is not Jesus saves you from hell. It includes that. It is that, but it is much more than that. The good news is Jesus saves you from hell. And even in this life, establishes your steps so that you walk in righteousness by his grace. He delights when you walk in that righteousness that he worked through you. And then he rewards you for the righteousness you walked in, even though he is the one who did it through you.

Do not ever look at rewards promised in Scripture and think, "Oh, I do not need those. I just need Jesus." Jesus is delighted to reward you. And so, do not despise the rewards he promises to give you. You lay up treasure in heaven. There are many, especially Reformed people in our day, who hear those truths and are like, "Oh, I do not like it when people make a big deal about the rewards in heaven." It is

like why? Jesus does and he promises it to you. And it is not a reward theologically speaking. We say it is not a reward of merit. You did not merit it. It is, as the Puritans and the Reformers would say, it is God rewarding the crowns of his grace that he has worked in you. But that is how awesome the gospel is. He does it. He delights in what he does through you. And then he rewards you for what he did through you. And it all goes to show how magnificent his grace is. The treasures I lay up in heaven are not treasures of merit. I earned them. They are treasures to where God crowns his grace and says, "Look at what I did through them and look how abundantly I rewarded my people." That is good. He establishes the steps of his people. He delights in what he establishes and rewards you for what he worked through you for his glory. Boys and girls, whenever you and I do something good and right, which is a lot a lot of the times for Christians, when you and I do something that is good and right, it is the Lord who was working through us to do that, who enabled us to do that, who is working in us to do that. So that we cannot ever sit back and say, "Look what I did." We have to always say, "Look what the Lord is doing. Praise God. He gave me those desires to do that. He gave me the strength to do that. He gave me the will to follow through. He gave me the thought. Praise God." So the Lord is the one that is establishing our steps as the way David says it in Psalm 37:23. And boys and girls, look at me. When God does that through us, which he does a lot in the lives of Christians, when we do what is in obedience to him for his glory, it makes the Lord very happy. He delights when you walk in obedience. He delights when you honor your father and your mother. He delights. It makes him happy when you devote yourself to your studies as you are all currently in a season of being trained up. The Lord loves it. He does it. He delights in what he does and then he promises to reward you for the good that he does through you.

Let me tease this out further for your own personal everyday application. Believers, please pay careful attention. And I want you to think about these things as you live your everyday lives and all these ordinary simple things that we give ourselves to every day that can grow to be monotonous that can grow to just be well, we just do it. But I want you to think of all the things that you do and to think of the Lord is the one establishing these steps and it makes him happy. He delights in this way that we are walking. Beloved, the Lord establishes and delights in your private family and public worship. He delights in it. The Lord establishes and delights in your diligent labors in your vocational duties. No matter how simple or mundane your vocational duties may seem, remember the Lord establishes those steps and delights in your walking in them. The Lord establishes and delights in your efforts to be trained up to be most effective and godly in this one life God has given you. Boys and girls, look at me right now. The period of life that you are in is a period of training. You are being trained up in the discipline and instruction of the Lord by your parents. You are being trained up to be godly to be a godly man or a godly woman, a feminine woman, a masculine man. That is what you are being trained towards. You are being trained up for the specific vocation, job, career that you are going to have. You are being trained up in the Scriptures. You are being

trained up in a ton of things. That is the majority of your life. You are in a period of training, learning, growing, and the Lord delights in that training that you are giving yourself to and that your parents are laboring for. Those are your duties right now. Be trained up so you can be godly men and godly women. And that makes the Lord very happy when you are diligent to grow in that training. Some of you are not children anymore, but you are still in seasons of being trained in certain aspects to grow to be more effective in your vocational field, to be more effective as a husband or a mother, as a man or a woman. It is true that our training never really ends in this life. We all need to be trained up in some way, some aspect. And remember that your efforts to be trained to be more effective, to be more godly, to be more holy with this one life God has given you, the Lord establishes and delights in those efforts. The Lord establishes and delights in your striving to take every thought captive to obey Christ.

The Lord establishes and delights in your prayers for the saints, your prayers for unbelievers, your prayers just of adoration and praise to the Lord's name. The Lord establishes and delights in that. The Lord establishes and delights in your generosity to his church and to those in need. The Lord establishes and delights in your forgiveness that you give to those who repent. The Lord establishes and delights in your patience with those who are difficult. The Lord establishes and delights in your kindness to those who are rude. The Lord establishes and delights in your gentleness toward those who are weak. The Lord establishes and delights in your zealotry toward things for his glory. Your love toward things that God loves. Your hatred toward things that God hates. The Lord establishes and delights in your confession and repentance of your own sin as you grow in grace. The Lord establishes and delights in your rejoicing in and proclaiming his gospel, trusting in his providence, submitting to his law, and longing for his second coming. The Lord establishes the steps of the righteous, and he delights in his way. The steps of a man are established by the Lord, and he delights in his way. How do I know my steps are right? You cannot look at a verse like that and be like, "Oh, the Lord establishes my steps, so I just like feel it." No. Psalm 119:105, "Your word is a lamp to my feet and a light to my path." How do I know my steps are in accordance with God's revealed will? The Scriptures. So do not get some weird feeling from this verse in Psalm 37. Be like, "Well, the Lord establishes the steps and delights in it, so I am just going to feel it, right?" No. Go to the teaching and the testimony. Go to the Scriptures. Your word is a lamp to my feet and a light to my path. That is how you know your steps are right. Again, I say to you for your encouragement, beloved, the Lord establishes your steps, delights in what he establishes, and rewards what he has worked through you for his own glory. Now, remember that truth. Then you pull back into the context and you go, "Who cares if the wicked are prospering and I am suffering?" That is a truth that sustains the righteous.

Now look at the fifth truth that we have got and it is in verse 24. Look at verse 24. Though he fall, that is the righteous. Though he fall, he shall not be cast headlong, for the Lord upholds his hand. Though he, that is Christians, though he fall, he

shall not be cast headlong. For the Lord upholds his hand. ***Though the righteous fall, they shall not be destroyed, but they will rise up again.***

You will have falls in this life, believers. You will have falls. You will have failures. You will have sins. You know this. Act like it. Remember it. But the promise here is when you fall, when you stumble, you are going to stumble and scuff up your knees as it were. But you are not going to stumble and land on your head and break your neck. Talking spiritually, metaphorically. Though he fall, he shall not be cast headlong because the Lord is going to catch you and not let you fall and destroy yourself. Here is the truth. We have many failures and falls in this life as Christians, but we always get back up because the Lord has our hand and will raise us back up in repentance and confession. Though the righteous fall, they shall not be destroyed. And none who are truly united to Christ through faith will totally and finally fall away. He will uphold us with his hand. Hear me very clearly. The wicked do not want you to know this. But when you sin, you can confess it. You can repent of it. You can be forgiven of it by Jesus Christ and restored to faith and obedience. It is that simple. When you sin, you can simply confess that sin, turn from it, and be restored. That can never be used as an excuse to sin, but that is the reality for all who are in Christ. If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

The problem that many professed Christians get in so frequently is that they sin and they will not confess it or repent of it, but they blame-shift it or deny it or try to explain it away rather than it is like, it is way simpler than that. Confess it, turn from it, you will be forgiven, and you can walk in renewed faith and obedience. Church discipline and excommunication, when it gets to that final thing, that happens because the person refuses to confess, refuses to repent, refuses to then be forgiven and restored to faithfulness. They would rather explain away it was not actually sin or blame-shift. It was someone else's fault. Or they would rather just ignore it and say, "My conscience is clear." Like, "Your conscience is defiled if your conscience is clear because you are in sin."

The wicked do not want you to know it. Satan does not want you to know it. But it is as simple as that. When you fall, the promise is here. You are not going to be cast headlong. The Lord will hold your hand. So when you fall, when you sin, confess it, turn from it, and trust the Lord to forgive you of it. You will be renewed in faith and obedience to Jesus. You do not have to downplay your sin. You do not have to blame-shift for your sin. You do not have to whitewash your sin. You can confess and repent of your sin, and Christ will forgive you and restore you to the path of righteousness. Though he fall, he shall not be cast headlong, for the Lord upholds his hand. I am sure of this, that he who began a good work in you will bring it to completion at the day of Jesus Christ.

Boys and girls, look up here at me. You will sin. We all know it. You should know it. Your parents definitely know it. And when you sin, it is okay. Not that you have sinned, but it is okay once you do to just say, "I sinned. I was wrong." Confess it to the Lord. Apologize to whoever you need to apologize and turn from it. And you know what? Jesus will forgive you. And then you can keep walking forward. You

probably know, boys and girls, you probably know through experience with your family that when you do something wrong, when you sin against your brother or your sister, or maybe against your parents, maybe it is privately or whatever, and they find out about it, you know, things probably go really well when you just go, "Yeah, I did that. I am sorry. Please forgive me." But how do things go really badly? You know how they go badly? You do that. You do something and then you are confronted by it and you are like, "I did not do that." And they are like, "Yeah, you did." And you are like, "Nope, I did not do that. That was somebody else." You are like, "I know you did it." Like you are holding the thing in your hand. No, I just picked this up later. I did not do it. Or you do something and then you go, "Well, they did this. That is why I did that because they did this to me." Is that going to go well for you? Think back in your life when you have done that. Did it go well for you? Hopefully not. But when you confess, repent, you are forgiven and you can keep walking forward. That is how it is for the Christian. Sin, confess, repent, and walk again in renewed faith and obedience to Jesus. The promise there is, though you fall, you shall not be cast headlong. The Lord will uphold your hand. That is a truth to sustain you. Even when the wicked are prospering and you are suffering, I will not totally fall. I can repent. I can confess. And if we confess our sins, he is faithful and just to forgive us our sins and cleanse us from all unrighteousness.

Now, the last truth that we are going to look at today is in verse 25. Look at it. Verse 25 in Psalm 37. David says, "I have been young and now am old, yet I have not seen the righteous forsaken or his children begging for bread." The truth that David is getting at in verse 25 is ***the righteous will never be forsaken by the Lord***. The righteous will never be forsaken by the Lord. I have never seen the righteous forsaken or his children begging for bread. The whole point of that is the Lord does not forsake his people. Beloved, Hebrews 13:5, he has promised, "I will never leave you nor forsake you." I will never leave you nor forsake you. That is a truth to sustain you even when you are suffering and even when the wicked are prospering. Cling to these truths. Trust in these truths and you will be sustained. You will continue to be able to trust the Lord and do your duties all the way to glory.

Pray with me. Our Father, we thank you for your word. We ask you to help us to sustain us as we look to these truths in Psalm 37. We thank you for these promises and these truths. We ask you to help us confess and repent of our sins when we sin. We thank you for sending Jesus to be the propitiation for our sins. We ask you to save those who are not yet united to Christ. Sanctify us who are. And receive everything we do now in public worship. Receive all of this for Christ's sake. For your glory, in Jesus' name. Amen.