

## LifeGroup Discussion Questions

Psalm 37

December 27, 2020

### Overview:

The time of year for New Year's resolutions is quickly approaching. The ten most common resolutions are: Exercise more, Lose weight, Get organized, Learn a new skill or hobby, Live life to the fullest, Save more money / spend less money, Quit smoking, Spend more time with family and friends, Travel more, Read more. What if your New Year's resolution was to grow in your relationship with God? How would you go about fulfilling it? Most resolutions do not make it past March. I see this played out at the YMCA every year. January is extremely crowded. It starts to drop off some by February, and then by March it's back to the usual crowd. What will keep you growing spiritually all year and not just through March?

The typical answer to this question is to read the Bible. Unfortunately, we can become so familiar with the Scriptures that they no longer have an impact in our lives. Sometimes the scriptures can become like spam email to us. We get it daily but ignore it and more than likely delete it. What can bring a new, fresh reading of God's Word to you? Try sharing your Bible reading plan with a family member or friend. If you do not have a Bible reading plan you can get one at [www.youversion.com](http://www.youversion.com). This will help hold you accountable and also give you the opportunity to discuss what you have read. Sometimes we need to hear God's word through the lens of someone else's life. This can bring new meaning to a passage you might have normally just read over.

I like to create a list of things to get done for my day. Reading the Bible falls into this category. Although this is good for creating the discipline of reading, it can become just another task on my to do list. I fall into the "get it done" personality type. I have had to learn it is okay to stop and go deeper. If you come across a verse or word that peaks your interest then stop and focus. Read over the verse again. Take time to pray, asking for God to reveal its full meaning to you. This might throw off your reading plan, but you can get caught up. It can benefit you more to go deeper with a few verses than to read hundreds just to get it done.

There are several men at First MB who choose a word to focus on for the year. Picking a word for the year will help you stay intentional about reading God's Word. You will look for ways your word is being used in scripture or ways it is impacting your life. It helps keep your thoughts from wondering as you read. A couple words some men are using in 2021 are obedience and stirring. Focusing on obedience will help when you want to go your own way. It is just an extra level of accountability. No one knows all the trials you will face in 2021, but remaining

obedient will help you through every trial. One meaning for stirring is to cause great excitement or great emotion. Sometimes we read about God's love and grace, but don't have any level of excitement when we do. It can revitalize your spiritual life to read God's Word with excitement and emotion. What will your word be for 2021?

Now we are going to put into practice some of the things you just read. Read over Ps 37:1-24. Read it over with someone. I have put into bold several phrases you can focus on. Think about the coming year. Take some time to pray over a verse or two. Be still, have hope, trust, delight, and know God upholds you in His hand.

<sup>1</sup> Do not fret because of those who are evil 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> **Take delight 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 righteous reward shine like the dawn, your vindication like the noonday sun. <sup>7</sup> **Be still before the LORD and wait patiently for him**; do not fret when people 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 those who are evil will be destroyed, but those who **hope in the LORD** will inherit the land. <sup>10</sup> A little while, and the wicked will be no more; though you look for them, they will not be found. <sup>11</sup> But the meek will inherit the land and enjoy peace and prosperity. <sup>12</sup> The wicked plot against the righteous and gnash their teeth at them; <sup>13</sup> but the Lord laughs at the wicked, for he knows their day is coming. <sup>14</sup> The wicked draw the sword and bend the bow to bring down the poor and needy, to slay those whose ways are upright. <sup>15</sup> But their swords will pierce their own hearts, and their bows will be broken. <sup>16</sup> Better the little that the righteous have than the wealth of many wicked; <sup>17</sup> for the power of the wicked will be broken, but the **LORD upholds the righteous**. <sup>18</sup> The **blameless spend their days under the LORD's care**, and their inheritance will endure forever. <sup>19</sup> In times of disaster they will not wither; in days of famine they will enjoy plenty. <sup>20</sup> But the wicked will perish: Though the LORD's enemies are like the flowers of the field, they will be consumed, they will go up in smoke. <sup>21</sup> The wicked borrow and do not repay, but the **righteous give generously**; <sup>22</sup> those the LORD blesses will inherit the land, but those he curses will be destroyed. <sup>23</sup> **The LORD makes firm the steps of the one who delights in him**; <sup>24</sup> **though he may stumble, he will not fall, for the LORD upholds him with his hand**.