HOW TO DEAL WITH EVIL PEOPLE

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Introduction

David was not a stranger to betrayal. When he penned the words of Psalm 37, he was not sitting in an ivory tower theorizing about theology. He was an older man who had lived through the raw trauma of being hunted by Saul, betrayed by his own son Absalom, and surrounded by men who smiled in his face while plotting his destruction. He knew exactly what it felt like to watch wicked people thrive while he was hiding in caves just trying to hold onto his faith. Psalm 37 is not a polite, sanitized poem. It is a survival manual for the believer's mind.

We all hit a season where the math of life simply does not seem to add up. You are doing the right thing, pursuing God, serving your family, and doing the hard work of healing from your own emotional scars. Meanwhile, the person who lied, cheated, and manipulated their way to the top looks like they are living their best life. That contradiction will mess with your mind. It builds a mental stronghold. If you stare at their ill-gotten success too long, it breeds a quiet bitterness that slowly drains your spiritual authority. You start wondering if living right is even worth the effort.

David wrote this psalm to arrest that self-sabotaging mindset before it takes root. Looking back over decades of literal and spiritual warfare, this elder statesman of the kingdom wants to give you the blueprint for outlasting the people who wronged you. He is showing us that our greatest threat is not the evil person in our workplace, our neighborhood, or our family history. Our greatest threat is our own internal reaction to them. If you are going to survive the assignment God has placed on your life, you have to master how you handle the presence of wrong conduct.

Here is the four-step strategy David lays out in the opening verses for managing your emotions and protecting your peace when evil people are in your environment.

We all have to deal with people who operate in malice, deception, and outright evil. You cannot just pray them all away. Sometimes God leaves them right there in your environment to test your maturity. David wrote Psalm 37 because he knew the mental stronghold that forms when we watch wicked people prosper while we are trying to live right. It messes with your mind. It tempts you to compromise your character. It invites you to harbor deep bitterness.

1. Refuse the Trap of Frustration

Psalm 37:1 KJV
Fret not thyself because of evildoers, neither be thou envious against the workers of iniquity.

To "fret" means to heat up, to chafe, or to burn. God is telling you to stop letting other people's actions dictate your emotional temperature. When you encounter someone doing evil, the first battle is always in your own mind. They want to agitate you. They want to pull you out of character and drag you down into the mud with them. If you let their wickedness turn you bitter, you have just allowed them to sabotage your own soul.

Healing your emotional scars requires you to draw a hard boundary. You must decide that you will not let their poison become your personality. Managing your emotions is not just self-help. It is a spiritual discipline. When you refuse to fret, you are refusing to surrender your peace. You are taking your power back.

2. Recognize Their Expiration Date

Psalm 37:2 KJV
For they shall soon be cut down like the grass, and wither as the green herb.

Sometimes it looks like the wrong people are winning. They manipulate the

system, they lie on your name, and they seem to walk away completely unscathed. But David gives us a reality check. Grass looks vibrant today, but the mower is already in the yard. Evil has an expiration date.

You have to stop evaluating your life by a temporary scoreboard. Do not envy someone whose success is rooted in deception. God's justice is absolute. When you understand how quickly their foundation will wither, you stop wanting what they have. You can release the heavy burden of needing revenge because you know the Lord of Hosts is already handling the harvest. Let God be the judge. You just protect your heart.

3. Redirect Your Energy to the Assignment

Psalm 37:3a KJV
Trust in the LORD, and do good...

You cannot just sit around rehearsing what they did to you. Idle pain turns into deep trauma. God commands you to pivot. Take all that frustrated energy and pour it directly into your kingdom assignment. Trusting God is not a passive, sit-on-the-couch activity. It looks like putting your hands to the plow and doing the work.

Keep serving. Keep raising those children with excellence. Keep showing up as a faithful man or woman of God. Keep building with integrity. Doing good in the face of evil is high-level spiritual warfare. When you refuse to drop your assignment just because somebody offended you, you break the mental stronghold they tried to establish over your life. Your resilience becomes your greatest weapon.

4. Rest in the Guarantee of God's Provision

Psalm 37:3b KJV
...so shalt thou dwell in the land, and verily thou shalt be fed.

There is a promise attached to your stability. "Dwell in the land" means you stay planted exactly where God put you. Do not run from your calling, quit your church, or abandon your family just because an evil person showed up in your space. Stand your ground.

If you hold your position and maintain your integrity, God writes you a blank check: verily thou shalt be fed. He will sustain you. He will prepare a table before you right in the presence of your enemies. You do not have to fight wicked people for scraps. Your identity is rooted in Christ, and your provision comes from heaven. Let them play their petty games. You just stay planted, keep your hands clean, and watch God feed you.