

Practical Wisdom for 2026 Psalm 37:1-11

Text: Psalm 37:1-11 “Fret not thyself because of evildoers, neither be thou envious against the workers of iniquity. For they shall soon be cut down like the grass, and wither as the green herb. Trust in the LORD, and do good; so shalt thou dwell in the land, and verily thou shalt be fed. Delight thyself also in the LORD; and he shall give thee the desires of thine heart. Commit thy way unto the LORD; trust also in him; and he shall bring it to pass. And he shall bring forth thy righteousness as the light, and thy judgment as the noonday. 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. Cease from anger, and forsake wrath: fret not thyself in any wise to do evil. For evildoers shall be cut off: but those that wait upon the LORD, they shall inherit the earth. For yet a little while, and the wicked shall not be: yea, thou shalt diligently consider his place, and it shall not be. But the meek shall inherit the earth; and shall delight themselves in the abundance of peace...”

Truth 1: Do not let evil people drag you down: 37:1-2 “Fret not thyself because of evildoers, neither be thou envious against the workers of iniquity. For they shall soon be cut down like the grass, and wither as the green herb...”

- **Fact 1: You will encounter evil people:**
 - They often target gentle and vulnerable people.
 - They often become successful because they are willing to play by a different set of rules than those around them.
- **Fact 2: You must determine how to relate to them before you meet them:**
 - **Don't allow the wicked to consume you:** “Fret not...”
 - The word “fret” has the idea of something burning inside.
 - **Vs 1:** “Fret not thyself because of evildoers...”
 - **Vs. 7:** “Fret not thyself because of him who prospereth in his way...”
 - **Vs. 8:** “Fret not thyself in any wise to do evil...”
 - **Don't allow their prosperity to frustrate you:** “Neither be thou envious...”
- **Fact 3: Take comfort in God's providence: 37:2** “They shall soon be cut down like the grass, and wither as the green herb...”
 - **Psalm 73:16-19** “When I thought to know this, it was too painful for me; Until I went into the sanctuary of God; then understood I their end...”
 - **1 John 2:16-17** “The world passeth away, and the lust thereof: but he that doeth the will of God abideth for ever...”

- **Daniel 4:35** “Among the inhabitants of the earth: and none can stay his hand, or say unto him, What doest thou?”

Truth 2: Run to God when life gets hard: 37:3-6 “Trust in the LORD, and do good; so shalt thou dwell in the land, and verily thou shalt be fed. Delight thyself also in the LORD; and he shall give thee the desires of thine heart. Commit thy way unto the LORD; trust also in him; and he shall bring it to pass. And he shall bring forth thy righteousness as the light, and thy judgment as the noonday...”

- **Response 1: Run to Him with confidence: 37:3, 6** “Trust in the LORD... Trust also in Him...”
 - **Philippians 4:6-7** “Be careful for nothing; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus...”
 - Don’t be full of worry.
 - Let the peace of God keep your heart
- **Response 2: Do what He tells you to do: 37:6** “Do good...”
 - **Psalm 19:12-14** “Cleanse thou me from secret faults. Keep back thy servant also from presumptuous sins; let them not have dominion over me: then shall I be upright, and I shall be innocent from the great transgression. Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O LORD, my strength, and my redeemer...”
- **Response 3: Enjoy Him: 37:4** “Delight thyself also in the LORD...”
 - **Psalm 16:8-11** “I have set the LORD always before me: because he is at my right hand, I shall not be moved. Therefore my heart is glad, and my glory rejoiceth: my flesh also shall rest in hope. For thou wilt not leave my soul in hell; neither wilt thou suffer thine Holy One to see corruption. Thou wilt shew me the path of life: in thy presence is fulness of joy; at thy right hand there are pleasures for evermore...”
- **Response 4: Be willing to entrust your plans to Him: 37:5**
“Commit thy way unto the LORD...”
 - **Matthew 11:28-30** “Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light...”

Truth 3: Anticipate His rich blessings:

- **Blessing 1: He will nourish you: 37:3** “So shalt thou dwell in the land, and verily thou shalt be fed...”

- Safety in the midst of chaos.
- Nourishment in the midst of hunger.
- **Blessing 2: He will shape your desires as you delight in Him:**
3:4 "And He shall give thee the desires of thine heart..."
- Your relationship with God will shape you as a person.
- It will shape how you think.
- It will shape how you live.
- It will shape how you pray.
- **Blessing 3: He will direct your steps:** **3:5** "Commit thy way...and he shall bring it to pass..."
- **Proverbs 16:1** The preparations of the heart in man, and the answer of the tongue, is from the LORD..."
- **Proverbs 16:7** "When a man's ways please the LORD, he maketh even his enemies to be at peace with him..."
- **Proverbs 16:9** "A man's heart deviseth his way: but the LORD directeth his steps..."
- **Proverbs 16:33** "The lot is cast into the lap; but the whole disposing thereof is of the LORD..."
- **Blessing 4: He will vindicate you at the right time:** **3:6** "He shall bring forth thy righteousness as the light, and thy judgment as the noonday..."

Truth 4: Keep your eyes on the big picture: 37:7-11 "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. Cease from anger, and forsake wrath: fret not thyself in any wise to do evil. For evildoers shall be cut off: but those that wait upon the LORD, they shall inherit the earth. For yet a little while, and the wicked shall not be: yea, thou shalt diligently consider his place, and it shall not be. But the meek shall inherit the earth; and shall delight themselves in the abundance of peace..."

- **Response 1: Have a settled heart:** **37:7** "Rest in the LORD..."
- This is about the disposition of the heart.
- **Response 2: Learn to maintain that settled heart:** **37:7** "And wait patiently for him..."
- This reminds us that this is not a one-time event, but a lifelong process.
- The difference between a one-time lift and running a marathon.
- **Response 3: Don't get angry:** **37:8** "Cease from anger, and forsake wrath..."
- Don't get angry at the wicked.
- Don't get angry at God's ways.
- **Response 4: Don't take matters into your own hands:** **37:8** "Fret not thyself in any wise to do evil..."

- It's not telling us to be passive.
- It does not eliminate our responsibility to make wise decisions.
- It is telling us not to follow worldly wisdom, where we take actions that are contrary to God's ways.
- It reminds us that there are limits to what we can do, and when we have reached our limits, we must trust God with the rest.
- **Two Big picture reminders:**
 - **Reminder 1: God will judge the wicked: 37:9** "For evildoers shall be cut off...For yet a little while, and the wicked shall not be: yea, thou shalt diligently consider his place, and it shall not be..."
 - **Reminder 2: God will vindicate the righteous: 37:9** "but those that wait upon the LORD, they shall inherit the earth...But the meek shall inherit the earth; and shall delight themselves in the abundance of peace..."

Applying the Passage: Your race though unique to you is not really any different in principle than the races of those who have run before you.

- **When God's hand is strong: Hebrews 11:32-36** "And what shall I more say? for the time would fail me to tell of Gedeon, and of Barak, and of Samson, and of Jephthae; of David also, and Samuel, and of the prophets: Who through faith subdued kingdoms, wrought righteousness, obtained promises, stopped the mouths of lions, Quenched the violence of fire, escaped the edge of the sword, out of weakness were made strong, waxed valiant in fight, turned to flight the armies of the aliens. Women received their dead raised to life again: and others were tortured, not accepting deliverance; that they might obtain a better resurrection..."
- They were all flawed.
- They were all tested.
- Despite their flaws and failures, they were found faithful.
- **When our hands are weak: Hebrews 11:36-39** "And others had trial of cruel mockings and scourgings, yea, moreover of bonds and imprisonment: They were stoned, they were sawn asunder, were tempted, were slain with the sword: they wandered about in sheepskins and goatskins; being destitute, afflicted, tormented; (Of whom the world was not worthy:) they wandered in deserts, and in mountains, and in dens and caves of the earth..."
- They were all flawed.
- They were all tested.
- Despite their weaknesses and suffering, they were found faithful.
- **The common link: Hebrews 11:40** "And these all, having obtained a good report through faith, received not the promise: God having

provided some better thing for us, that they without us should not be made perfect...

- They had to walk by faith.
- That faith was tested.
- Their good report came out of a willingness to trust God when their faith was tested.

- **We need to enter the new year drawing wisdom from these testimonies of God's faithfulness: Hebrews 12:1** Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us..."