

**Week 3**  
**Treasured Promises in Christ**  
**Psalm 37**

**1 Don't worry about the wicked or envy those who do wrong.<sup>2</sup> For like grass, they soon fade away. Like spring flowers, they soon wither.**

**<sup>3</sup> Trust in the Lord and do good. Then you will live safely in the land and prosper.<sup>4</sup> Take delight in the Lord, and he will give you your heart's desires.**

**<sup>5</sup> Commit everything you do to the Lord. Trust him, and he will help you. <sup>6</sup> He will make your innocence radiate like the dawn, and the justice of your cause will shine like the noonday sun.**

**<sup>7</sup> Be still in the presence of the Lord, and wait patiently for him to act. Don't worry about evil people who prosper or fret about their wicked schemes.<sup>8</sup> Stop being angry! Turn from your rage! Do not lose your temper—it only leads to harm.<sup>9</sup> For the wicked will be destroyed, but those who trust in the Lord will possess the land. <sup>10</sup> Soon the wicked will disappear. Though you look for them, they will be gone. NLT <sup>11</sup> but the meek will inherit the land and enjoy peace and prosperity. NIV**

**17 For the strength of the wicked will be shattered, but the Lord takes care of the godly.**

**<sup>18</sup> Day by day the Lord takes care of the innocent, and they will receive an inheritance that lasts forever. <sup>19</sup> They will not be disgraced in hard times; even in famine they will have more than enough.**

**23 The Lord directs the steps of the godly. He delights in every detail of their lives. <sup>24</sup> Though they stumble, they will never fall, for the Lord holds them by the hand. NLT**

**25 I was once inexperienced, but now I am old. Not once have I found a lover of God forsaken by him, nor have any of their children gone hungry. 26 Instead, I've found the godly ones to be the generous ones who give freely to others. Their children are blessed and become a blessing. TPT**

**29 The faithful lovers of God will inherit the earth and enjoy every promise of God's care, dwelling in peace forever. 30 God-lovers make the best counselors. Their words possess wisdom and are right and trustworthy. 31 The ways of God are in their hearts and they won't swerve from the paths of steadfast righteousness. TPT**

**32 The wicked wait in ambush for the godly, looking for an excuse to kill them. <sup>33</sup> But the Lord will not let the wicked succeed or let the godly be condemned when they are put on trial. <sup>34</sup> Put your hope in the Lord. Travel steadily along his path. He will honor you by giving you the land. You will see the wicked destroyed.<sup>35</sup> I have seen wicked and ruthless people flourishing like a tree in its native soil.<sup>36</sup> But when I looked again, they were gone! Though I searched for them, I could not find them! 37 Look at those who are honest and good, for a wonderful future awaits those who love peace. NLT**

**<sup>39</sup> But the salvation of the righteous is of the Lord; He is their Refuge *and* secure Stronghold in the time of trouble.<sup>40</sup> And the Lord helps them and delivers them; He delivers them from the wicked and saves them, because they trust *and* take refuge in Him. AMPC**

Psalm 37 is a treasure chest of promises. This chapter reveals many precious promises God has made to you in Christ. As a good Father, His words bring peace and confidence to your heart amid an uncertain world. You are righteous in Jesus and each promise in this passage of Scripture is Yes and Amen in Christ!

Let's uncover the truth found in each verse.

**1. Psalm 37:1-2, 7-11, 32-38: The Righteous will inherit the land & enjoy peace and prosperity.**

- This Psalm urges us not to worry about evildoers. Current political turmoil can stir fear and anger, but we're encouraged to not fret over the evil schemes of the wicked. Instead, we can rest and find peace in God's promises.
- God promises that their wicked schemes will not succeed! They will come to nothing! God's plan and purpose for us will prevail!
- The truth is that, as God's beloved children, we will inherit the land and enjoy an abundance of peace and prosperity! This truth is found in Psalm 37:29 as well: **"29 The faithful lovers of God will inherit the earth and enjoy every promise of God's care, dwelling in peace forever.**
- The Lord says that the end of the wicked is destruction, but the future of the righteous is bright. **Psalm 37:37 says, "But you can tell who are the blameless and spiritually mature. What a different story for them! The godly ones will have a peaceful, prosperous future with a happy ending."**  
TPT

**2. Psalm 37:3-4: Trust God and you will feast on His faithfulness. Delight yourself in the Lord and He will give you the desires of your heart.**

- Delight means primary affection, pleasure and joy. When we delight ourselves in Jesus, we experience joy in who He is and what He has promised us.

**Psalm 37:3-4 says, "Fix your heart on the promises of God, and you will dwell in the land, feasting on his faithfulness. 4 Find your delight and true pleasure in Yahweh, and He will give you what you desire the most."** TPT

**3. Psalm 37:5-6: Trust the Lord and He will help you. He will cause your righteousness to shine like the noonday sun!**

- I have found so much peace in this promise when I have been falsely accused. Time and again the Holy Spirit has reminded me of this truth, redirecting my focus to Jesus and what He says about me. God will make my righteousness shine like the noonday sun, and when we're wrongly judged, our vindication comes from Him. Isaiah 54:17

**4. Psalm 37:17-19: Your good Father will take care of you! Even during economic hard times, you will enjoy plenty- you will have more than enough!**

- What a powerful promise to meditate and think upon when the world around us is telling us the economy is down. We can rejoice and rest in this truth—our good Father is preparing us to prosper! We will have more than enough! WOOHOO!

**5. Psalm 37:23-24: Your good Father will guide you in every decision you make & direct your every step.**

- I love how verse 23 reads in the AMPC: “<sup>23</sup> **The steps of a [good] man are directed *and* established by the Lord when He delights in his way [and He busies Himself with his every step].**”
- When you remember that your good Father is involved in every step you take, decision-making brings peace. And even if you take your eyes off Jesus & choose wrongly, He will take your hand and gently lead you back to the right path.

**6. Psalm 37:25-26: Your good Father will never forsake you. He will abundantly bless you so you can give freely and be a blessing to others. Your children will be blessed and be a blessing to others as well.**

- One of the meanings of the word “Blessed” means anointed & empowered to prosper. These verses say that God will never abandon you. Instead, He will take care of you and anoint and empower both you and your children to prosper in this world!

**7. Psalm 37:30-31: “30 God-lovers make the best counselors. Their words possess wisdom and are right and trustworthy. 31 The ways of God are in their hearts and they won’t swerve from the paths of steadfast righteousness. TPT**

- Jesus, the Wonderful Counselor-Isaiah 9:6, lives on the inside of you! Those who love God’s Word make the best counselors—their words bring truth and life. This echoes Psalm 1:1: blessed is the one who does not take counsel from the ungodly. By listening to godly counsel rooted in Scripture, we embrace God’s promises and enjoy His care.

**8. Psalm 37:39-40: Your good Father will deliver you out of all your troubles**

Your salvation comes entirely from the Lord, not by your human effort. In times of trouble, He is your refuge and your strength. He will help you and deliver you because He is faithful to all His promises!