

PSALM 37

VERSE TO MEMORIZE

“But the salvation of the righteous *is* from the Lord; *He is* their strength in the time of trouble. And the Lord shall help them and deliver them; He shall deliver them from the wicked, And save them, Because they trust in Him.” -Psalm 37:39-40

CHALLENGE

*The commands and assurances from Psalm 37 are available to us through our relationship with Jesus Christ. Without Him, they are simply nice proverbs and self- help ideas. The motivation and energy to trust God when we see evil prospering comes to us through faith in Jesus; His death, His resurrection, and His abiding presence in our lives. This is not just acceptance of an event 2,000 years ago, but living day-to-day today trusting in Him, talking with Him, and living like Him. **Our challenge this week is to allow God’s remedies for fretting to move beyond words from the Bible to hope and security in our hearts.***

QUESTIONS

1. Do you ever get angry at the injustice in this world, when cheaters prosper, and good guys finish last?
2. How do you deal with injustice when you see it, or when it affects you or people that you care about?
3. How does faith in God assist us in understanding and overcoming feelings of envy, frustration, and revenge?
4. Psalm 37 was written before the book of Proverbs, but it has the rhythm and theme of a proverb. Maybe Solomon learned this style of teaching from his father, King David. Jesus also quotes from this psalm. James, the brother of Jesus, refers to it as well in his letter.
 - Compare these connections in your Bible.
 - a. Psalm 37:16 to Proverbs 16:8; 28:6
 - b. Psalm 37:11 to Matthew 5:5
 - c. Psalm 37: 1-2 to James 1:9-11
5. The opening of Psalm 37 provides the overarching theme; “Do not fret because of evildoers.” What does it mean to fret? How do “evildoers” cause us to fret?

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6. The contrast of being “cut off” and “inheriting the land” provides one way to outline this psalm. Who is being cut off? Who is inheriting the land? How does the promise of those being “cut off” help us to resist fretting or getting upset?
7. Verses 1-8 give several imperatives or commands that are intended as remedies for fretting over the deeds of wicked people. Read back through these verses, and see if you can find these commands. Use the blanks below to write out those commands that were highlighted in the chapter.
 - a. _____ in the Lord (vs 3)
 - b. _____ yourself in the Lord (vs 4)
 - c. _____ your way to the Lord (vs 5)
 - d. _____ in the Lord and wait _____ for Him (vs 7)
 - e. Cease from _____ and forsake _____ (vs 8)
8. These commands are intended to help us “stop fretting” Which ones come easier for you? Which ones are more challenging to obey?
9. When applied, how does each command help someone to stop fretting or stop getting angry when he or she sees evil prospering?
10. Look at God’s response to stubbornly wicked people in verses 10-22. According to these verses, how does God respond to these people?
11. Read the promise of Psalm 37:23-24. What do you think it means to have your steps be “ordered/established by the Lord?” Share a time when you have experienced “the Lord holding up your hand.”

ACTIONS TO THE CHALLENGE

- Make a list of the evil around you—even wicked people who are prospering—that tempt you to fret and get upset. After you have made your list, apply one or more of the commands from Psalm 37:1-9 to one or more specific situations that causes fretting in your life. Lift the situation up in prayer, and then review the assurances of God in Psalm 37 to help you put your security in Him and settle your fretting.
- This week’s memory verse actually points to the cross. Jesus endured suffering at the hands of wicked people in order to secure salvation for you. Write the memory verse out on a 3 by 5 card and carry it with you this week. Review it often, especially when you encounter “fretting.”