



ShalomAZ Ministries

In Pursuit of Israel's Redemption

“Be Still, Drop Your Hands, And Watch the LORD Work”

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Devotion and Discussion Questions

Key Texts: Psalm 37; Ex. 14:10-14; Ps. 127:1-2; Psalm 97; Ps 7:9-12

Psalm 37 reads like a wisdom map for anxious hearts living in a world where the wicked seem to be winning. It's an acrostic—from א to ת—as if the Spirit walks us through the ABCs of trust. Notice the verbs and the Hebrew color: אַל-תִּתְּחַר (*al-titChar*—“don't burn/fret”), בָּטַח (*b'tach*—“trust”), וְהִתְעַנַּג (*v'hitanag*—“delight”), גָּוַל (*gol*—“roll/commit”), דּוּם (*dom*—“be motionless/be still”), הִרְף (*heref*—“drop/relax your hands”).

The psalm keeps contrasting the quick flourish of the wicked with the durable inheritance of the meek. This sounds a lot like the Red Sea moment: panic in the camp, Pharaoh behind them, the sea before them, and then the word through Moses: “*Don't be afraid! Stand still, and see the salvation of ADONAI... ADONAI will fight for you, while you hold your peace*” (Exod. 14:13-14, TLV). There are three movements in Psalm 37 that echo that moment—Be Still, Drop Your Hands, Watch Him Work.

1. BE STILL: FROM ANXIETY AND ANGER TO TRUST AND PEACE

The psalm begins, “*Do not fret because of evildoers... for like grass they will soon wither*” (Ps. 37:1-2, TLV). Fretting is a kindling—a heart that keeps adding dry twigs to its own fire.

The Spirit's antidote? **Trust** (*b'tach*) in ADONAI and **do good; dwell and feed on faithfulness** (v.3). **Delight** (*hitanag*) in ADONAI and He shapes the *mishalot*—the requests—of your heart (v.4). **Commit/Roll** (*gol*) your way upon ADONAI; **trust** Him, “*and He will do it*”—He will “*bring out your vindication as light, your cause like noonday*” (vv.5-6, TLV). Then the hinge: “*Be still (דּוּם) and wait patiently (וְהִתְחַלֵּל)*”—literally, let the trembling labor of waiting give birth to God's timing (v.7). This is not passivity; it's active stillness—heart anchored, hands open, feet faithful. The righteous don't win by out-fretting the wicked; we win by out-trusting them.

2. DROP YOUR HANDS: FROM STRIVING TO SURRENDER

Verse 8 pivots: “**Put away (הִרְף—drop/slacken) anger... abandon wrath... do not fret—it only leads to doing evil**” (Ps. 37:8, TLV). If you're going to be lazy about anything, be lazy about rage. Let poisonous wrath be the thing you abandon. Psalm 127 backs this up: “*Unless ADONAI builds the house, the builders labor in vain... In vain you rise up early and stay up late... for He provides for His beloved ones even in their sleep*” (Ps. 127:1-2, TLV).

Striving isn't the same as stewarding. Israel at the Red Sea learned this: “*Stand still... ADONAI will fight for you, while you hold your peace*” (Exod. 14:13-14, TLV). **Heref** means unclench. Drop the white-knuckled grip—on outcomes, on image, on control. Surrender isn't quitting; it's consenting to God's way, God's pace, God's deliverance. That's where holy rest begins. And notice what happens at the end: “*ADONAI delights in the shalom of His servant.*” Your God delights in your peace! That's why Paul could say, “*Do not be anxious about anything, but in everything, by prayer and petition with thanksgiving, let your requests be made known to*

God.” When you stop striving and let Him be your shield, His peace—His **shalom that surpasses understanding**—guards your heart like armor.

3. WATCH HIM WORK: FROM SHORT-SIGHTED ENVY TO LONG-VIEW HOPE

Psalm 37 lifts our eyes to the long game: *“Yet a little while, and the wicked will be no more... But the meek will inherit the land and delight in abundant shalom”* (vv.10–11, TLV). Weapons aimed at the upright end up boomeranging (vv.14–15). ADONAI **upholds** the righteous (vv.16–17), **knows** their days (v.18), **satisfies** them even in famine (v.19), and **orders** their steps (vv.23–24).

David testifies, *“I was young and now I am old, yet I have never seen the righteous forsaken”* (v.25, TLV). Psalm 7 reminds us that God is a righteous Judge who examines hearts and vindicates (Ps. 7:9–12). And Psalm 97 declares the cosmic frame: *“ADONAI reigns... Righteousness and justice are the foundation of His throne... The mountains melt like wax at the presence of ADONAI”* (Ps. 97:1–5, TLV). So we **wait expectantly** (*qaveh*) and **keep His way** (37:34). Our part: trust, delight, commit, be still, drop wrath, keep walking. His part: fight, vindicate, establish, deliver, save (37:39–40).

CONCLUSION

From **Be Still** (דום, *dum*), to **Drop Your Hands** (הִרָּךְ, *heref*), to **Watch Him Work** (קָוֶה, *qaveh*)—Psalm 37 shepherds our emotions, redirects our energy, and resets our horizon. The prosperity of the wicked is a mirage; the providence of ADONAI is reality. The meek really do inherit. The upright really are upheld. And the salvation of the righteous really is **from ADONAI**: *“He is their stronghold in time of trouble... He rescues... because they take refuge in Him”* (Ps. 37:39–40, TLV).

DISCUSSION QUESTIONS:

1. Where have you been most tempted to “burn” with fret (Ps. 37:1, 7–8)? What kindles it, and what cools it?
2. Which verb do you need most this week—**trust, delight, commit, be still, or drop your hands**—and why (Ps. 37:3–8)?
3. How does Exodus 14:13–14 reframe your current “Red Sea” moment? What does “holding your peace” look like practically?
4. In what ways has striving replaced stewarding in your life (Ps. 127:1–2)? What would obedience look like without the frantic pace?
5. Where do you need the long view (Ps. 37:10–11, 34–40)? Name a tangible practice to “wait expectantly” this week.

CLOSING PRAYER:

ADONAI, King who reigns, we confess our fretting and our striving. By Your Spirit, teach our souls to be still and trust in You. We **roll** our ways onto You and **drop** our anger and control at Your feet. Order our steps, uphold our hands, and anchor our hearts in Your righteousness and justice. Fight for us as we hold our peace. Let Your light bring forth our vindication like noonday, and let Your Shalom rest on us as we wait.

In the Name above every name—Yeshua our Salvation. Amen.