

Psalm 37:5-8

Trusting God in a World of Injustice

Key Passage

Psalm 37:5-8 (NIV)

Commit your way to the Lord; trust in him and he will do this: He will make your righteous reward shine like the dawn, your vindication like the noonday sun. Be still before the Lord and wait patiently for him; do not fret when people succeed in their ways, when they carry out their wicked schemes. Refrain from anger and turn from wrath; do not fret—it leads only to evil.

Verse-by-Verse Notes

VERSE 5 — Commit Your Way

- The Hebrew word for "commit" means to roll — like rolling a heavy burden off your shoulders onto God.
- This is an active, intentional act of surrender, not passive resignation.

VERSE 6 — God Will Vindicate

- God promises to bring righteous reward — like the dawn, it may be slow but it is certain.
- We do not have to defend ourselves. God is our defender.

VERSE 7 — Be Still and Wait

- "Be still" means to be silent, to cease striving and stop fighting for control.
- Waiting is counter-cultural — but it is an act of faith, not passivity.

VERSE 8 — Let Go of Anger

- Three commands: Refrain from anger • Turn from wrath • Do not fret
 - Warning: unchecked anger and anxiety lead to evil. What we dwell on shapes what we do.
-

Discussion Questions

1. Which of these four verses speaks most to where you are right now — and why?
2. Is there an area of your life where you are striving instead of being still before God?
3. How does trusting God with the outcome change the way you respond to injustice or frustration?

4. What is one thing you have been carrying on your own that you can roll onto God this week?

Personal Application

This week, I will commit this to God:

One step I will take to 'be still' and wait on Him:

Memory Verse

“Commit your way to the Lord; trust in him and he will do this.”

— Psalm 37:5

See also: Philippians 4:6-7 • 1 Peter 5:7 • Matthew 6:25-27

