



Psalm 37 (ESV) OF DAVID.

¹Fret not yourself because of evildoers;
be not envious of wrongdoers!
²For they will soon fade like the grass
and wither like the green herb.
³*Trust in the LORD, and do good;
dwell in the land and befriend faithfulness.*

January 11, 2026 – Winter Psalms 2026

Don't fret – trust and walk with the Lord!

Don't fret when the wicked flourish – wait on the Lord and walk by faith!

Four steps of faith from Psalm 37...

Action #1 – Don't fret, activate your faith!

*"Trust in the LORD"
He is Lord, He is present, and He is working!
Also see Proverbs 3:5-6; John 15:6; 1 John 5:4*

Proverbs 3:5–6

⁵*Trust in the LORD with all your heart,
and do not lean on your own understanding.
⁶In all your ways acknowledge him,
and he will make straight your paths.*

Ephesians 2:10

For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.

Hebrews 10:24–25

²⁴*And let us consider how to stir up one another to love and good works, ²⁵not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near.*

Action #2 – Don't isolate, do the next good thing!

*"do good"
Ephesians 2:10; Hebrews 10:24-25*

1 Corinthians 15:58

Therefore, my beloved brothers, be steadfast, immovable, always abounding in the work of the Lord, knowing that in the Lord your labor is not in vain.

Action #3 – Don't flee, stay put!

*"dwell in the land"
Also see 1 Cor. 15:58; 2 Tim. 4:7-8; Matt. 25:35-40; 1 Peter 5:6-7*

1 Corinthians 16:13

Be watchful, stand firm in the faith, act like men, be strong.

Ephesians 6:21

Tychicus the beloved brother and faithful minister in the Lord

Colossians 4:9

Onesimus, our faithful and beloved brother

Revelation 2:13

Antipas my faithful witness

Action #4 – Don't quit, kindle faithfulness!

*"Befriend (cultivate) faithfulness"
1 Corinthians 4:2; 16:13; Galatians 5:22; 2 Tim. 2:2; Rev. 19:11*

Abide in the Word this week...

--- *Don't fret – trust and walk with the Lord!* ---

January 11, 2026

SUNDAY after church...

Think through your morning and: 1) List and praise the Lord for specific encouragement you were able to give! 2) List and praise the Lord for specific encouragement you received! 3) List songs or lyrics that touched your heart.

MONDAY

DISCUSSION STARTED: Read Psalm 37:1-8. “Fret” means “Kindled anger, furious, burn with anger”. As you review your week (without going into a political discussion) list things in our world that cause you to fret. Why do they kindle anger? What is the effect of this anger in your life and relationships? How does the anger effect your walk and focus with the Lord? (Remember that anger can be visible or it can be hidden within us)

TUESDAY

DISCUSSION STARTER: Read Psalm 37:1-8 again. Considering your answer to question #1 above and kindling anger, how does faith (trusting the Lord) counter this anger? Be as specific as you can.

WEDNESDAY

DISCUSSION STARTER: Read Psalm 37:3 again. Read Ephesians 2:10 from the front. If we are created and designed by Christ to express and do good works, how does anger sidetrack these efforts? Why? How does doing good works effect anger?

THURSDAY and FRIDAY

DISCUSSION STARTER: Read Psalm 37:3 again. Why does anger draw you to flee (or withdraw)? Read the verses about faithfulness. It means “to be trustworthy, able to be relied on”. Write out practical ways to can “befriend” or nurture faithfulness in your life, regarding good works. Pick one or two “next good things” and plan to do them.

SATURDAY

Prepare your heart for Sunday’s gathering by being ready to fully engage in the worship.