

Wednesday March 4, 2026 FBC

Psalm 37:1–9 rchildress

1. Waiting Begins with Trust (vv. 1–3)

“Do not fret... Trust in the Lord and do good.”

Fretting is the opposite of trusting.

Fretting says, “I must fix this.”

Trust says, “God is already working.”

Biblical waiting is active trust; doing good, staying faithful, obeying God even when nothing seems to change.

Discussion Questions:

What situations tempt you to “fret” instead of trust?

What does “doing good” look like while you wait?

2. Waiting Reorders Our Desires (v. 4)

“Delight yourself in the Lord...”

This does not mean God gives us everything we want.

It means God reshapes what we want.

Waiting:

Exposes desires

Purifies desires

Aligns desires with God’s heart

Discussion Questions:

How has waiting changed what you desire?

What does it mean to “delight in the Lord”?

3. Waiting Requires Surrender (vv. 5–6)

“Commit your way to the Lord... He will act.”

“Commit” means roll it onto God.

Like a trapeze flyer:

The flyer lets go

The flyer does not catch the catcher

The flyer remains still

The flyer trusts the catcher’s hands

Discussion Questions:

What have you had to "let go" of recently?

Where are you tempted to flail instead of trust?

4. Waiting Requires Stillness (v. 7)

"Be still before the Lord and wait patiently for Him."

Stillness is hard because:

We hurry

We panic

We want control

But God is never frantic.

God never panics.

God is never in a hurry.

Jesus calms the storm in Mark 4 and says, "Peace. Be still."

He speaks the same to our anxious thoughts.

Discussion Questions:

What keeps you from being still before God?

How do you recognize the Shepherd's voice?

5. Waiting Anchors Us in Hope (vv. 8-9)

"Those who wait for the Lord shall inherit the land."

Waiting is not resignation.

Waiting is hope in slow motion.

Scripture is full of long waits:

Abraham waited 24 years

Israel waited 400 years

Moses waited 40 years

God's people waited centuries for the Messiah

And Jesus was worth the wait.

Isaiah 40 promises renewed strength for those who wait.

Discussion Questions:

How has waiting strengthened your faith?

What promise of God are you holding onto right now?