



PSALM 37:1-8 Do not fret because of evildoers, nor be envious of the workers of iniquity. ² For they shall soon be cut down like the grass, and wither as the green herb. ³ **TRUST** in the LORD, and do good; Dwell in the land, and feed on His faithfulness. ⁴ **DELIGHT** yourself also in the LORD, and He shall give you the desires of your heart. ⁵ **COMMIT** your way to the LORD. Trust also in Him, and He shall bring *it* to pass. ⁶ He shall bring forth your righteousness as the light, and your justice as the noonday. ⁷ **REST** in the LORD and wait patiently for Him; Do not fret because of him who prospers in his way; Because of the man who brings wicked schemes to pass. ⁸ Cease from anger and forsake wrath; do not fret – it only *causes* harm.

Psalm 37 – is a wisdom psalm. It tells us how to manage fretting (anger and frustration) when it appears that evildoers are getting the best of us. It not only cautions us not to fret, but it reminds us that fretting is harmful. This lesson teaches us how to maintain our peace when faced with adversity and evildoers.

Psalm 37:1 DO NOT FRET because of evildoers, nor be envious of the workers of iniquity.

Psalm 37:7b DO NOT FRET because of him who prospers in his way,

Psalm 37:8 Cease from anger and forsake wrath; **DO NOT FRET – IT ONLY CAUSES HARM.**

Here are some of the HARMFUL effects of stress that your mind and body: Headaches, muscle tension, back and neck pain. Heart problems, Chest pain. Stroke, fatigue. Low sex drive, fibroid tumors, cancer, constipation/colitis/ulcers/ Insomnia, **depression, suicidal thoughts.**

In order not to fret and be upset, you must fill your mind with the Word of God. I call it the “safety net.” It will keep you from falling into Satan’s traps. Start by repeating 3x the key words to the four scriptures listed below: Trust in the Lord; Delight in the Lord; Commit to the Lord and Rest in the Lord.

Full Scriptures:

Psalm 37:3 – Trust in the LORD, ***and do good***; dwell in the land, and feed on His faithfulness. (***Train yourself to trust God***)

Psalm 37:4 – Delight yourself also in the LORD, and He shall give you the desires of your heart. (***Light up in His presence***)

PSALM 37:5 – Commit your way to the LORD, trust also in Him, And He shall bring *it* to pass. (*omit every evil way*)

PSALM Rest 37:7 Rest in the LORD and wait patiently for Him; Do not fret because of him who prospers in his way, because of the man who brings wicked schemes to pass. (*turn off thought and activities that cause restlessness*)

Psalms 37:23-24 (NKJV)

The steps of a *good* man are ordered by the LORD, And He delights in his way.

²⁴ Though he fall, he shall not be utterly cast down; For the LORD upholds *him with His* hand.

Imagine God building a safety net to keep you from a fatal fall. He starts with four posts anchored deep in the ground. He attaches a highly durable fabric to each corner post. This fabric is strong enough to catch you, but soft enough to keep you from being hurt. The fabric, is God’s own hand that keeps you from destruction. The four posts are the Word of God anchored in your soul. In Psalm 37 there are four scriptures that can serve as the posts that will hold the fabric of God’s hand. The word will catch you and keep you from falling. TRUST-DELIGHT-COMMIT-REST.

SCRIPTURES THAT WILL HELP YOU “TRAIN YOURSELF TO TRUST”

1. Proverbs 3:5-6 _____

2. Psalm 25:2 _____

3. Psalm 118:6 _____
