

7 RESOLUTIONS FROM PSALM 37

(Psalm 37:1 – 10)

INTRODUCTION - (v25) "I have been young, and now am old, Yet I have not seen the righteous forsaken nor his descendants begging bread"

In pressing times, hardship, difficulty, struggles, and wickedness surrounding us, we do not want to be alone, "forsaken."

(v14) "The wicked plots against the just" (v32) "The wicked watches the righteous, and seeks to slay him" and the writer of the Psalm gives us hope:
(v33) "The Lord will not leave him (us) in his hand (the hand of the wicked)"

(Psalm 37) gives us principles that will increase our reliance on God and will anchor us in times of trouble and calamity.

1. (v3) **"TRUST IN THE LORD ... "** "trust" is also in v5 and v40

"Trust" - we choose to be confident; to possess a strong sense of security; dependence.
(Psalm 61:2-3) "... when my heart is overwhelmed, lead me to the rock ... "
(Psalm 57:1) "my soul trusts in You ... until these calamities have passed by"

2. (v3) **"Trust in the Lord, and DO GOOD ... "**

The Psalm admonishes us to first think right (trust), and then act right ("do good").

3. (v3) **"Trust in the Lord, and do good ... FEED ON HIS FAITHFULNESS"**

"Feed on" - (Matthew 5:6) "Blessed are they who hunger and thirst for righteousness, for they shall be filled." No excuse to go away hungry from God's banquet table.
(2 Timothy 2:14) "He remains faithful" (Titus 1:2) "God, who cannot lie"

4. (v4) **"DELIGHT YOURSELF ALSO in the Lord"**

May not find "delight" in our circumstances; however, it may be found "in the Lord."
(Psalm 16:11) "You will show me the path of life; in Your presence is fullness of joy, at Your right hand are pleasures forevermore."

5. (v5) **"COMMIT YOUR WAY TO THE LORD, trust also in Him, ... "**

"Commit" - to give it your all; a choice and contract of the heart; be resolute.

6. (v7) **"Rest in the Lord, and WAIT PATIENTLY FOR HIM ... "** also v9 and v34
(Psalm 27:14) "Wait on the Lord; be of good courage, and He shall strengthen your heart ... "

7. (v7) **"... DO NOT FRET ... "** also in v1, v8, and (Proverbs 24:19)

"Fret" - chafe or fume; brood or mope; become impatient or irritable.
The fate of the "wicked" - v2, v10, v20, v34, v35-36