

## Trust in the Lord



MEMORY VERSE: “Take delight in the Lord, and He will give you your heart’s desires.”  
Psalms 37:4

**David saw that many evil people did what they liked. Nobody stopped them. They hurt and took advantage of people. David was angry. Then he remembered that one day God would put things right. He just had to wait for that day. David gives us sound, practical wisdom from the voice of experience and age.**

### DAY 1 PSALM 37:1-8—Trust God

1. Summarize David’s point in verses 1-2.
2. What should we be doing instead of worry and envy? vv. 3-4
3. What will God do for us? vv. 5-6
4. How are anger and worry the opposite of being still and patiently waiting upon Him?

### DAY 2 PSALM 37:9-20—God Defeats the Wicked

5. What are some of the ways David describes the wicked and how they act? vv. 9-15

6. Read verses 16-17. The wicked may have more, but God wants us to be content with what we have. Being content is not easy. What does Philippians 4:12-13 tell us is the secret to being content in every situation?

7. The reward of the wicked is temporary and fleeting but what does the Lord do for His children?  
vv. 18-20

### DAY 3 PSALM 37:21-33—God’s Guidance and Support

8. Read verses 21-22. How does being generous affect your life? affect worrying? affect jealousy?

9. How do verses 23-24 encourage you?

10. What is the reward for obedience to God? vv.27-29

11. What are God’s people known for? vv.30-31

### DAY 4 PSALM 37:34-40—God Delivers

12. Read verse 34. How does your hope in God impact your life everyday?

13. Why is “*traveling steadily*” along God’s path important?

14. What happens to people who are wicked; who do not hope in God? vs. 34b-36, 38

15. Read verse 37 and Philippians 4:7 How does knowing this peace is available impact your life?

16. What does the Lord do for the godly? vv. 39-40 How is God doing these things for you right now?

## DAY 5 PSALM 37—Wrap Up

17. Repeatedly, David reminds us that the future of the wicked is no future to be desired and that God will intervene in His time. He also tells us positive actions we need to take to bring us into alignment with God's plan for living joyfully. List some of these actions that impacted you.

18. How has this lesson changed your view of worry, envy and anger?

### TAKE AWAY

This week, every time you start to worry, get angry or jealous... remember that you confidently trust the Lord with all of life's problems.

### BLESSING

"God has never broken, and will never break, a single promise -- past, present, or future. Trust Him today with your anxiety, fear, worry, and depression. Lean on His power, love, grace, and mercy." Max Lucado

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### Psalm 37 – A Psalm of David

1 Don't worry about the wicked or envy those who do wrong.  
2 For like grass, they soon fade away. Like spring flowers, they soon wither.  
3 Trust in the Lord and do good. Then you will live safely in the land and prosper.  
4 Take delight in the Lord, and He will give you your heart's desires.  
5 Commit everything you do to the Lord. Trust Him, and He will help you.  
6 He will make your innocence radiate like the dawn,  
and the justice of your cause will shine like the noonday sun.  
7 Be still in the presence of the Lord, and wait patiently for Him to act.  
Don't worry about evil people who prosper or fret about their wicked schemes.  
8 Stop being angry! Turn from your rage!  
Do not lose your temper—it only leads to harm.  
9 For the wicked will be destroyed, but those who trust in the Lord will possess the land.  
10 Soon the wicked will disappear. Though you look for them, they will be gone.  
11 The lowly will possess the land and will live in peace and prosperity.  
12 The wicked plot against the godly; they snarl at them in defiance.  
13 But the Lord just laughs, for He sees their day of judgment coming.  
14 The wicked draw their swords and string their bows  
to kill the poor and the oppressed, to slaughter those who do right.  
15 But their swords will stab their own hearts, and their bows will be broken.  
16 It is better to be godly and have little than to be evil and rich.  
17 For the strength of the wicked will be

shattered, but the Lord takes care of the godly.  
18 Day by day the Lord takes care of the innocent,  
and they will receive an inheritance that lasts forever.  
19 They will not be disgraced in hard times; even in famine they will have more than enough.  
20 But the wicked will die.  
The Lord's enemies are like flowers in a field—they will disappear like smoke.  
21 The wicked borrow and never repay, but the godly are generous givers.  
22 Those the Lord blesses will possess the land, but those He curses will die.  
23 The Lord directs the steps of the godly. He delights in every detail of their lives.  
24 Though they stumble, they will never fall, for the Lord holds them by the hand.  
25 Once I was young, and now I am old.  
Yet I have never seen the godly abandoned or their children begging for bread.  
26 The godly always give generous loans to others, and their children are a blessing.  
27 Turn from evil and do good, and you will live in the land forever.  
28 For the Lord loves justice, and He will never abandon the godly. He will keep them safe forever, but the children of the wicked will die.  
29 The godly will possess the land and will live there forever.  
30 The godly offer good counsel; they teach right from wrong.  
31 They have made God's law their own, so they will never slip from His path.  
32 The wicked wait in ambush for the godly, looking for an excuse to kill them.  
33 But the Lord will not let the wicked succeed

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or let the godly be condemned when they are put on trial.

34 Put your hope in the Lord. Travel steadily along His path.

He will honor you by giving you the land. You will see the wicked destroyed.

35 I have seen wicked and ruthless people flourishing like a tree in its native soil. 36 But when I looked again, they were gone!

Though I searched for them, I could not find them!

37 Look at those who are honest and good, for a wonderful future awaits those who love peace.

38 But the rebellious will be destroyed; they have no future.

39 The Lord rescues the godly; He is their fortress in times of trouble.

40 The Lord helps them, rescuing them from the wicked.

He saves them, and they find shelter in Him.

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