



Midweek Study

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God's Answer for a Troubled Heart

Psalm 37:1-40

Psalm 37 is a great chapter that is written by King David later in life. He says in **verse 25**, "I have been young, and now am old..." It is probably written as advice to Solomon, to give a godly perspective on the age-old frustration of seeing the righteous suffer and the sinner prosper. The overarching idea is that God's timing is not our timing. God's view of success and prosperity is not often our view. We need the long view, seeing life from an eternal perspective.

GOD'S **FOUR ANSWERS** for a troubled heart in **Psalm 37:1-11**

1) F_____ is God's Answer for Our Fretting (*Psalm 37:1-3*)

The Hebrew word translated "fret" means "to be heated up" or "to burn".

Verse 3: "**Trust** in the LORD, and do good."

2) D_____ is God's Answer for Our Depression (*Psalm 37:4*)

Augustine said in his famous book Confessions: "You have made us for Yourself, O God, and our heart is restless until it finds its rest in You."

When you find your delight in the Lord, something supernatural occurs. He fills you with what **1 Peter 1:8** describes as "joy inexpressible and full of glory."

3) C_____ is God's Answer for Our Control (*Psalm 37:5-6*)

The verb "commit" means "to roll off your burden" (see **1 Peter 5:7**).

There is a specific encouragement here for those who have been falsely accused, slandered, or misrepresented. Warren Wiersbe notes that one of the things God will specifically "bring to pass" is the vindication of His servants whose reputations have been damaged by the lies of God's enemies.

4) W_____ is God's Answer for Our Wrath (*Psalm 37:7-11*)

The Hebrew word translated "rest" here means "to be silent, to be still." The same idea is conveyed in *Psalm 46:10*: "Be still, and know that I am God." It describes a calm, deliberate, conscious surrender to the sovereignty and goodness of God - not passive indifference, but active trust.

*President Woodrow Wilson once stated, "I had rather temporarily fail in a cause that will ultimately succeed than temporarily succeed in a cause that will ultimately fail."*¹

GOD'S **FOUR ASSURANCES** for a troubled heart in *Psalm 37:12-40*

1) The Lord _____ (*vv. 12-20*)

2) The Lord _____ (*vv. 21-31*)

3) The Lord _____ (*vv. 32-38*)

Two pictures illustrate God's final reckoning with those who reject Him.

- **The courtroom** (*vv. 32-34*): God is the highest court of appeal. His verdict overrules every corrupt judge and cancels every false accusation.
- **The tree** (*vv. 35-36*): David saw a wicked man at the absolute height of his power like a massive tree with deep roots, spreading wide, seemingly invincible. And then he was gone.

4) The Lord _____ (*vv. 39-40*)

David ends it with a picture of the righteous being saved. God will take care of His people.

APPLICATIONS FOR TODAY:

- 1) **Change What You Are Looking At.** When you look at the prosperity of sinners, it can have a negative effect on you. You can get depressed or jealous. Keep your focus on God and on His blessings in your life.
- 2) **Identify One Thing You Are Still Controlling and Give It to the Lord.** Most of us are carrying several burdens and concerns. Just take one, and this week say, "Lord, I am rolling this onto You." Every time it comes up in your mind, say, "Thank You, Lord, that I am not carrying that alone. Please help me."
- 3) **Take the Long View.** The wicked will not prosper forever. Every circumstance that is breaking your heart right now is temporary. God's timing is rarely yours. Wait on Him to fulfill His promises in your life. Let Him write your ENTIRE story, not just the beginning chapters.
- 4) **Stay Faithful and Keep Doing Good.** Three times in Psalm 37 David says "do good" - not "do good IF things are going well." The righteous life is not contingent on how well things are going. Serve. Give. Attend. Witness. Love. Live with integrity. God sees, and He will reward in His timing.

¹ As quoted in Steven Lawson, *Psalms 1-75*, ed. Max Anders, vol. 11, Holman Old Testament Commentary (Nashville, TN: Holman Reference, 2004), 201.