

PSALMS OF PRAYER AND PRAISE

Psalm 37:1-40 (NASB)

¹ Do not fret because of evildoers, Be not envious toward wrongdoers.

² For they will wither quickly like the grass And fade like the green herb.

³ Trust in the LORD and do good; Dwell in the land and cultivate faithfulness.

⁴ Delight yourself in the LORD; And He will give you the desires of your heart.

⁵ Commit your way to the LORD, Trust also in Him, and He will do it.

⁶ He will bring forth your righteousness as the light And your judgment 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 carries out wicked schemes.

⁸ Cease from anger and forsake wrath; Do not fret; *it leads* only to evildoing.

⁹ For evildoers will be cut off, But those who wait for the LORD, they will inherit the land.

¹⁰ Yet a little while and the wicked man will be no more; And you will look carefully for his place and he will not be *there*.

¹¹ But the humble will inherit the land And will delight themselves in abundant prosperity.

¹² The wicked plots against the righteous And gnashes at him with his teeth.

¹³ The Lord laughs at him, For He sees his day is coming.

¹⁴ The wicked have drawn the sword and bent their bow To cast down the afflicted and the needy, To slay those who are upright in conduct.

¹⁵ Their sword will enter their own heart, And their bows will be broken.

¹⁶ Better is the little of the righteous Than the abundance of many wicked.

¹⁷ For the arms of the wicked will be broken, But the LORD sustains the righteous.

¹⁸ The LORD knows the days of the blameless, And their inheritance will be forever.

¹⁹ They will not be ashamed in the time of evil, And in the days of famine they will have abundance.

²⁰ But the wicked will perish; And the enemies of the LORD will be like the glory of the pastures, They vanish—like smoke they vanish away.

²¹ The wicked borrows and does not pay back, But the righteous is gracious and gives.

- 22 For those blessed by Him will inherit the land, But those cursed by Him will be cut off.**
- 23 The steps of a man are established by the LORD, And He delights in his way.**
- 24 When he falls, he will not be hurled headlong, Because the LORD is the One who holds his hand.**
- 25 I have been young and now I am old, Yet I have not seen the righteous forsaken Or his descendants begging bread.**
- 26 All day long he is gracious and lends, And his descendants are a blessing.**
- 27 Depart from evil and do good, So you will abide forever.**
- 28 For the LORD loves justice And does not forsake His godly ones; They are preserved forever, But the descendants of the wicked will be cut off.**
- 29 The righteous will inherit the land And dwell in it forever.**
- 30 The mouth of the righteous utters wisdom, And his tongue speaks justice.**
- 31 The law of his God is in his heart; His steps do not slip.**
- 32 The wicked spies upon the righteous And seeks to kill him.**
- 33 The LORD will not leave him in his hand Or let him be condemned when he is judged.**
- 34 Wait for the LORD and keep His way, And He will exalt you to inherit the land; When the wicked are cut off, you will see it.**
- 35 I have seen a wicked, violent man Spreading himself like a luxuriant tree in its native soil.**
- 36 Then he passed away, and lo, he was no more; I sought for him, but he could not be found.**
- 37 Mark the blameless man, and behold the upright; For the man of peace will have a posterity.**
- 38 But transgressors will be altogether destroyed; The posterity of the wicked will be cut off.**
- 39 But the salvation of the righteous is from the LORD; He is their strength in time of trouble.**
- 40 The LORD helps them and delivers them; He delivers them from the wicked and saves them, Because they take refuge in Him.**

Psalm 37: “Rest in the Lord”

In **Psalm 37**, the righteousness of God’s providence is vindicated in His administration of the world. David, no doubt, at some time had been concerned by the apparent successes and triumphs of the ungodly. It is a common temptation to distrust God when we see the ungodly in great prosperity. The advice which the psalmist gives is to wait, “*to trust in the Lord,*” and to look at the end and observe how in this life God manifests His righteousness. God will reward the godly and punish the wicked.

“Do not fret” is the keynote of the psalm. It is repeated three times in the first eight verses. To fret is a continuing problem in our world. As we look about us, it sometimes seems the world is just a little tilted to favor the evildoers and the workers of iniquity. To fret is to be upset or resentful. We have to always keep in mind that all the wicked possess is here on earth, *“For they shall soon be cut down like the grass, and wither as the green herb”* ([verse 2](#)). Whatever the wicked have is short-lived compared to what the righteous have. There are pleasures for all eternity for the righteous.

The instructions for the righteous are to *“trust in the Lord, and do good,” “delight yourself also in the Lord,” “commit,” “rest in the Lord, and wait patiently for Him.”* Each of these commands comes with a promise of God’s blessing. Committing and trusting are our responsibility; to bring that which is needful to pass is the Lord’s. Rest is the reward of God’s faithful people in life, in death, and in eternity.

The advice of the psalmist is: *“Do not fret.”* Be silent in the presence of God who gave His Son to die for you. Let the compassion and the intercession of our Lord Jesus Christ quiet all the tumult of your heart and stimulate you to silence that is full of confidence and joy.

As you meditate on this psalm of David remember this great truth: **“God reigns,”** therefore **“Trust in Him.”** **“Do not fret yourself.”** We have better and more important things to do than fret. Society, as lawless and aimless as it appears, is held in God’s hand. Instead of despairing, trust in the Lord. As Christians we should do all we can to make a better world. Instead of fretting, we are to delight ourselves in God; instead of being restless, we are to rest in the Lord. Wait patiently for Him.

Sometimes it seems the days and years are long, but God would teach a lesson on faith. This part of faith seems to develop slowly. Whether the Lord leads us to wait by resting in Him or to wait in working for what seems at times to be delayed, wait. Keep His way and do not turn aside. Wait cheerfully, not fretting in any way to do evil. Wait confidently, trusting in Him to bring His perfect will to pass.