

Week 1, Psalm 37:1-2 (ESV)

- 1** Fret not yourself because of evildoers;
be not envious of wrongdoers!
2 For they will soon fade like the grass
and wither like the green herb.

Week 2, Psalm 37:3-4 (ESV)

- 3** Trust in the LORD, and do good;
dwell in the land and befriend faithfulness.
4 Delight yourself in the LORD,
and he will give you the desires of your heart.

Week 3, Psalm 37:5-6 (ESV)

- 5** Commit your way to the LORD;
trust in him, and he will act.
6 He will bring forth your righteousness as the
light, and your justice as the noonday.

Week 4, Psalm 37:7 (ESV)

- 7** Be still before the LORD and wait patiently for
him; fret not yourself over the one who
prosperes in his way, over the man who carries
out evil devices!

Week 5, Psalm 37:8-9 (ESV)

- 8** Refrain from anger, and forsake wrath!
Fret not yourself; it tends only to evil.
9 For the evildoers shall be cut off, but those
who wait for the LORD shall inherit the land.

Week 6, Psalm 37:10-11 (ESV)

- 10** In just a little while, the wicked will be no
more; though you look carefully at his place,
he will not be there.
**11 But the meek shall inherit the land and
delight themselves in abundant peace.**

Psalm 37:1-11 (ESV) with Text Notes and Quotes

1 Fret not yourself because of evildoers; be not envious of wrongdoers!

Our fret and worry is caused by calculating without God. Don't calculate without God. -Oswald Chambers

2 For they will soon fade like the grass and wither like the green herb.

David's point is: keep things in eternal perspective. -Jon Bloom

3 Trust in the Lord, and do good; dwell in the land and befriend [Heb.: feed on] faithfulness.

The most important fruit ever produced in our lives may come from faithfully doing good while we wait. -Jon Bloom

4 Delight yourself in the Lord, and he will give you the desires of your heart.

When God is the desire of our hearts, we can be sure God will give us the desires of our hearts. -Jon Bloom

5 Commit [roll] your way to the Lord; trust in him, and he will act.

"Roll" as one who lays upon the shoulders of one stronger a burden which he cannot bear. -Herbert Lockyer

6 He will bring forth your righteousness as the light, and your justice as the noonday.

Our strength is to sit still. The Lord will clear the slandered. If we look to his honour, he will see to ours. -C.H. Spurgeon

7 Be still [Heb. silent, rest] before the Lord and wait patiently for him; fret not yourself over the one who prospers in his way, over the man who carries out evil devices!

The trouble is that I am in a hurry, but God isn't. -Philip Brooks

8 Refrain from anger, and forsake wrath! Fret not yourself; it tends only to evil.

If you fret in response to evil, you will become an evildoer. -Nancy DeMoss Wolgemuth

9 For the evildoers shall be cut off, but those who wait for the Lord shall inherit the land.

If you ditch the wrath of God you are actually further away from peace. -Colin Smith, on Romans 12:19-20

10 In just a little while, the wicked will be no more; though you look at his place, he will not be there.

The long view is that the wicked will be cut off. They will not last forever. -Nancy DeMoss Wolgemuth

11 But the meek shall inherit the land and delight themselves in abundant peace.

Meekness is a peaceful freedom from fretful anger based on trusting God and rolling all our ways onto God and waiting patiently for God. -John Piper