



"Trust in the Lord and do good; Dwell in the land and cultivate faithfulness. Delight yourself in the Lord; and He will give you the desires of your heart, Commit your way to the Lord, Trust also in Him, and He will do it, He will bring forth your righteousness as the light and your judgment as the noonday. Rest in the Lord and wait patiently for Him..."
Psalm 37:3-7a (nasb)

We've been looking at Psalm 37:3-7 for several days now, which of course, all build upon one another. So, let me ask you, how was your week? Busy? Stressed? Life as usual? Was it one of those "just keep swimming, just keep swimming" kind of weeks, or did you find rest? In our household, my Hubby Man just tore the meniscus in his knee, so, we are learning firsthand what it is like to REST and WAIT.

King David says, in Psalm 37 at the beginning of verse 7,

"REST IN THE LORD AND WAIT PATIENTLY FOR HIM"

Sometimes that's so much easier said than done. Until we do it! Then we see that it's really the easiest thing we'll ever do! Like most things in life, it seems so hard to do what is truly in our best interest, perhaps because we become impatient to wait for results, we choose to do the most expedient rather than the most beneficial. King David says, "Rest in the Lord".

Resting in the Lord simply means that we cease, quit, stop and desist, say "uh-uh I'm not going to do it anymore," I'm not going to strive to find all the answers for myself. The word literally means to let your muscles go slack, and yes, that would include your jaw muscles, as the root of this word is related to being silent. The Lord's gentle way of saying, quit complaining about your situation, quit fretting and fussing over it. Rather, we're instructed to rest!

How much sweeter would our heart's attitude be, if we stopped complaining to Him about life and said, Lord, I want my commitment to You to be more than mere words. I know You will never fail me, I trust You, I rest in the fact that You already know the way out of this mess, and my faith rests in You alone.

Well, let's carry it a little farther, and not only rest in Him over the situation, but rest in the work that Jesus did in our place on the cross of Calvary. There is no greater work that could be done. Jesus' final words on the cross were, "It is finished", and so it was. All striving ceased. Death had lost its sting. Because of His sacrifice we now rest in His work of the redemption of our souls, knowing it is beyond us to redeem ourselves. In that "rest" we are able to wait patiently for Him.

Ladies, do you believe the word of God? James 1:2-4 is one of my favorite promises of God, it reads, ***"Consider it all joy, my brethren, when you encounter various trials, knowing that the testing of your faith produces endurance, and let endurance have its perfect result, that you may be perfect, complete, lacking in nothing."*** Endurance produces an incredible result, that we might be made perfect, complete and lacking in nothing! It's not all going to happen overnight, and it's not all going to happen pain free, there are some things we are going to have to endure, but ladies, just WAIT!! Wait patiently for Him. You say, "but I can't be patient". If you have accepted Christ Jesus as your Savior, you have the Holy Spirit inside you, that means you have the very patience of God at your disposal. That's a whole lot of patience right there! Rest. Wait. Patiently!

I asked if you believe His word? Psalm 27:13-14 says, ***"I would have despaired unless I had believed that I would see the goodness of the Lord in the land of the living. Wait for the Lord; be strong and let your heart take courage; Yes, wait for the Lord."***

Are you despairing, or do you live believing that you will see the goodness of the Lord right where you are living? Look at these words from 2 Peter 1, ***"Grace and peace be multiplied to you in the knowledge of God and of Jesus our Lord; seeing that His divine power has granted to us everything pertaining to life and godliness, through the true knowledge of Him who called us by His own glory and excellence."*** Do you have a need? I guarantee He has provided! (Note: I didn't ask if you have everything you want... Ever notice that we have a tendency to spell "need" = "w.a.n.t." ? We need to correct our spelling, perhaps even go back and read on "delighting in the Lord" again.) This passage in 2 Peter tells us He has provided EVERYTHING WE NEED pertaining to life and godliness. Our Father is the owner of the cattle on a thousand hills, all things were created by Him and for Him, and He loves YOU, will He not willingly provide for your needs? Do you believe?

Then, DO NOT FRET - Yes, we live in a sin-filled, sick world. The consequences of that can be frightening at times, worrisome in others, but God's word tells us time and time again, not to worry, not to fret. Philippians 4:6 is a verse many of us have heard before, but always a good reminder, ***"Be anxious for nothing, but in everything, by prayer and supplication with thanksgiving let your requests be made known to God, and the peace of God, which surpasses all understanding will guard your hearts and minds in Christ Jesus."***

Did you see the phrase, ***"with thanksgiving let your requests be made known to God"***? Personally, I have found it hard to worry and complain to the Lord when I am expressing those concerns with a heart of gratitude. We can be grateful that HE IS ABLE to deal with anything that comes our way. We can be grateful that we can rest and let Him work. We can be grateful that "this too shall pass." We can be grateful that He is bigger than any problem we have. We can be grateful that He is faithful and true to His word. Come, bring your concerns, but do it with thankfulness and see if you aren't able to "rest" and "wait" and "not fret."

These verses have been rich. Delight in the Lord, Trust In the Lord, Commit your way to Him and see, just see, if you don't find the desires of your heart being met in full as you align your will with His.

He is worthy. I promise you, He is worthy. He who knew no sin, became sin's sacrifice. He humbled Himself by becoming obedient to the point of death, even death on a cross, to be our Savior, the One who paid it all, so that we could have it all. Trust, delight, commit, rest and wait in Him. Someday, some glorious day, we will see Him and live with Him forever. Until then Dear One, TRUST in the Lord.

Thank You Father in Heaven for providing all our needs. Especially through Your Son and Spirit. Thank You that you did not leave us as orphans, but provided in every way for our needs. Please help us to follow the instruction in this song to trust, delight, commit, rest, wait and not fret. May our lives be a constant picture of trusting You so that others will learn they can do the same. In Christ, I pray. Amen