

Bible Text New International Version	What does the psalm reveal about God and how we are to approach, address, and respond to God?
<p>Psalm 37^[a] <i>A song of David.</i></p> <p>¹ Do not fret because of those who are evil or be envious of those who do wrong; ² for like the grass they will soon wither, like green plants they will soon die away. ³ Trust in the LORD and do good; dwell in the land and enjoy safe pasture. ⁴ Take delight in the LORD, and he will give you the desires of your heart. ⁵ Commit your way to the LORD; trust in him and he will do this: ⁶ He will make your righteous reward shine like the dawn, your vindication like the noonday sun. ⁷ Be still before the LORD and wait patiently for him; do not fret when people succeed in their ways, when they carry out their wicked schemes. ⁸ Refrain from anger and turn from wrath; do not fret—it leads only to evil. ⁹ For those who are evil will be destroyed, but those who hope in the LORD will inherit the land. ¹⁰ A little while, and the wicked will be no more; though you look for them, they will not be found. ¹¹ But the meek will inherit the land and enjoy peace and prosperity. ¹² The wicked plot against the righteous and gnash their teeth at them; ¹³ but the Lord laughs at the wicked, for he knows their day is coming. <i>(continued)</i></p> <p>a. This psalm is an acrostic poem, the stanzas of which begin with the successive letters of the Hebrew alphabet.</p>	

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<p>Psalm 37 (continued)</p> <p>¹⁴ The wicked draw the sword and bend the bow to bring down the poor and needy, to slay those whose ways are upright.</p> <p>¹⁵ But their swords will pierce their own hearts, and their bows will be broken.</p> <p>¹⁶ Better the little that the righteous have than the wealth of many wicked;</p> <p>¹⁷ for the power of the wicked will be broken, but the LORD upholds the righteous.</p> <p>¹⁸ The blameless spend their days under the LORD's care, and their inheritance will endure forever.</p> <p>¹⁹ In times of disaster they will not wither; in days of famine they will enjoy plenty.</p> <p>²⁰ But the wicked will perish: Though the LORD's enemies are like the flowers of the field, they will be consumed, they will go up in smoke.</p> <p>²¹ The wicked borrow and do not repay, but the righteous give generously;</p> <p>²² those the LORD blesses will inherit the land, but those he curses will be destroyed.</p> <p>²³ The LORD makes firm the steps of the one who delights in him;</p> <p>²⁴ though he may stumble, he will not fall, for the LORD upholds him with his hand.</p> <p>²⁵ I was young and now I am old, yet I have never seen the righteous forsaken or their children begging bread.</p> <p>²⁶ They are always generous and lend freely; their children will be a blessing.^[b] (continued)</p> <p>b. Or <i>freely</i>; / <i>the names of their children will be used in blessings</i> (see Gen. 48:20); or <i>freely</i>; / <i>others will see that their children are blessed</i>.</p>	

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<p>Psalm 37 (continued)</p> <p>²⁷ Turn from evil and do good; then you will dwell in the land forever.</p> <p>²⁸ For the LORD loves the just and will not forsake his faithful ones. Wrongdoers will be completely destroyed^[c]; the offspring of the wicked will perish.</p> <p>²⁹ The righteous will inherit the land and dwell in it forever.</p> <p>³⁰ The mouths of the righteous utter wisdom, and their tongues speak what is just.</p> <p>³¹ The law of their God is in their hearts; their feet do not slip.</p> <p>³² The wicked lie in wait for the righteous, intent on putting them to death;</p> <p>³³ but the LORD will not leave them in the power of the wicked or let them be condemned when brought to trial.</p> <p>³⁴ Hope in the LORD and keep his way. He will exalt you to inherit the land; when the wicked are destroyed, you will see it.</p> <p>³⁵ I have seen a wicked and ruthless man flourishing like a luxuriant native tree,</p> <p>³⁶ but he soon passed away and was no more; though I looked for him, he could not be found.</p> <p>³⁷ Consider the blameless, observe the upright; a future awaits those who seek peace.^[d]</p> <p>³⁸ But all sinners will be destroyed; there will be no future^[e] for the wicked. <i>(continued)</i></p> <p>c. See Septuagint; Hebrew <i>They will be protected forever</i> d. Or <i>upright; / those who seek peace will have posterity</i> e. Or <i>posterity</i></p>	

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<p>Psalm 37 (continued)</p> <p>³⁹ The salvation of the righteous comes from the LORD; he is their stronghold in time of trouble.</p> <p>⁴⁰ The LORD helps them and delivers them; he delivers them from the wicked and saves them, because they take refuge in him.</p> <p>Psalm 91</p> <p>¹ Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty.^f</p> <p>² I will say of the LORD, "He is my refuge and my fortress, my God, in whom I trust."</p> <p>³ Surely he will save you from the fowler's snare and from the deadly pestilence.</p> <p>⁴ He will cover you with his feathers, and under his wings you will find refuge; his faithfulness will be your shield and rampart.</p> <p>⁵ You will not fear the terror of night, nor the arrow that flies by day,</p> <p>⁶ nor the pestilence that stalks in the darkness, nor the plague that destroys at midday.</p> <p>⁷ A thousand may fall at your side, ten thousand at your right hand, but it will not come near you.</p> <p>⁸ You will only observe with your eyes and see the punishment of the wicked.</p> <p>⁹ If you say, "The LORD is my refuge," and you make the Most High your dwelling,</p> <p>¹⁰ no harm will overtake you, no disaster will come near your tent.</p> <p>¹¹ For he will command his angels concerning you to guard you in all your ways; <i>(continued)</i></p> <p>f. Hebrew <i>Shaddai</i></p>	

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<p>Psalm 91 (<i>continued</i>)</p> <p>¹² they will lift you up in their hands, so that you will not strike your foot against a stone.</p> <p>¹³ You will tread on the lion and the cobra; you will trample the great lion and the serpent.</p> <p>¹⁴ “Because he^g loves me,” says the LORD, “I will rescue him; I will protect him, for he acknowledges my name.</p> <p>¹⁵ He will call on me, and I will answer him; I will be with him in trouble, I will deliver him and honor him.</p> <p>¹⁶ With long life I will satisfy him and show him my salvation.”</p> <p>g. That is, probably the king</p>	

Reflections

Psalm 37:23-24 says, "If the Lord delights in a man's way, He makes his steps firm; though he may stumble, he will not fall, for the Lord upholds him with His right hand." Tell of a particular time God gave you firm steps and you experienced His uplifting hand.

What are ways you can choose to rest and dwell in God's presence instead of worry, fret, and fear?

