

Digging Deeper

Fret Not!

Psalm 37

Panic and hysteria is in the news. Every week brings a new sign of the apocalypse (last week it was plastic straws). While there is evil all around us and wicked people will do their worst, God-followers need not fret. Delight in the Lord, and commit your way to Him.

Characteristics of the Wicked

- They plot against the righteous (1-2)
- They trust in their wealth (16)
- They take advantage of others (14, 21a)

The Future of the Wicked

- Soon they will be gone
- Judgment *by God* is coming

Instructions for the Righteous

- Don't fret...don't get angry!
- Don't envy the wicked
- Be patient and trust in the Lord

The Future of the Righteous

- Blessings in *time*
- Blessings in *eternity*

1. Psalm 37 reads as if it came from the book of Proverbs. David may have sung this psalm to his son Solomon, who later wrote much of Proverbs. The lessons being taught are simplified into short, pithy statements. Psalm 37 is also an alphabetic acrostic; each stanza (usually two verses) begins with a successive letter of the Hebrew alphabet, which would help a child memorize it. Read the psalm through: Can you summarize the message into one sentence?
2. Psalm 37 contrasts those who are wicked with those who are righteous. Read through the psalm again, and this time focus on what it says about the wicked. List at least five characteristics of the wicked, then what they have to look forward to, both in this life, and after this life is over.

3. Read through Psalm 37 again, this time focusing on what it says about the righteous. In particular, what does the psalm instruct the righteous to do, or *not* do? What does the righteous person have to look forward to, in this life, and the life to come?

