PSALM

37

XXXVII

Wisdom Instruction

Psalms of David · Book I · Alphabet Psalms

"By David."

PICTURE WORD

Grass

IN ONE SENTENCE

Do not fret over evildoers; trust the LORD and delight in him, for the wicked fade and the meek inherit the land.

Remember it: Thirty-seven: don't fret, the grass will fade; delight in the LORD.

MEMORY VERSE

Also delight yourself in Yahweh, and he will give you the desires of your heart.

Psalm 37:4 · World English Bible

HEBREW WORD

וְהִתְעַנַּג

"delight yourself" · verse 4

In the Psalms: twice

וְהִתְעַנַּג means "and delight yourself." The verb means to take deep pleasure or enjoyment, the same command found in Isaiah 58:14. It is not a trick to get what we want; when the LORD is our delight, our desires begin to match his.

HOW THE PSALM MOVES

1–11	Don't fret; trust, delight, commit, and wait on the LORD.
12–22	The wicked plot but fall; the righteous are upheld.
23–31	The LORD steadies the steps of the righteous.
32–40	Wait for the LORD; the wicked vanish, he saves his people.

IN THE NEW TESTAMENT

v. 11 → Matthew 5:5 Blessed are the meek, for they will inherit the earth.

MY NOTES

Listen. Hear Psalm 37 in the **Psalm Song** app, or free at **ispress.de/psalms/37**.

Didactic. Preached: a teaching psalm, a sermon meant to be heard, not sung.

The Two Ways · Waiting on God · Justice on the Wicked

FILL IN THE BLANKS

Do not _____ over evildoers; trust the LORD and _____ in him, for the wicked fade and the _____ inherit the land.

CHECK YOURSELF

1. What will the evildoers be cut down like?

- (A) The grass
- (B) The cedars
- (C) The wheat
- (D) The vines

2. What does the older psalmist say he has never seen?

- (A) A rich man happy
- (B) The righteous forsaken
- (C) A king without enemies
- (D) A storm in summer

3. What will the humble inherit?

- (A) Great riches
- (B) The throne
- (C) The land
- (D) A large house

TALK IT OVER

1. List the commands in verses 1 to 8. Which one is hardest for you?

2. Why does the LORD laugh at the wicked in verse 13?

3. What makes us fret over people who seem to get ahead by doing wrong?

IN YOUR OWN WORDS: WHAT DOES PSALM 37 TEACH?

- ☐ I listened to the song
- ☐ I can say verse 4 by heart
- ☐ I can say what it teaches
- ☐ I know the picture word

Answers Blanks: fret · delight · meek · Check yourself: 1. A (v. 2) · 2. B (v. 25) · 3. C (v. 11)