

Psalms 37 is a wisdom psalm. Rather than a prayer or lament, it is a spiritual counsel—a series of exhortations to remain calm and trust in the Lord despite the temporary success of the wicked. David, writing later in life (cf. v. 25), speaks as a man who has seen much and learned deeply that God's justice prevails in the end.

1. Don't Fret—Trust Instead (vv. 1–2)

“Do not fret because of evildoers, nor be envious of the workers of iniquity. For they shall soon be cut down like the grass, and wither as the green herb.” (Psalm 37:1–2, NKJV)

Three times in this psalm, we are told: *“Do not fret.”* The Hebrew word for “fret” implies burning with worry or stewing in agitation. David warns us against letting the success of the wicked disturb our peace.

Yes, the wicked may prosper—for a time. But their prosperity is short-lived. Like grass in summer, they will be cut down. So don't envy them; they are not to be admired. Their path leads to destruction.

Personal Application:

When the world seems upside down, and those who defy God appear to succeed, remember this: God is never out of control. We're not to react with fear, bitterness, or jealousy. Instead, we are called to a different path entirely.

2. The Positive Path: Trust, Delight, Commit, Rest (vv. 3–8)

“Trust in the Lord, and do good; dwell in the land, and feed on His faithfulness.” (v. 3)

We are not merely told what to avoid—we're shown how to live. *Trust God. Do good.* Keep living rightly, even when evil seems to prevail.

“Delight yourself also in the Lord, and He shall give you the desires of your heart.” (v. 4)

To “delight” in the Lord means to find your joy, satisfaction, and identity in Him. It's not a trick to get what you want; rather, when you delight in the Lord, *He shapes your desires to match His will.* And those desires, He fulfills.

“Commit your way to the Lord, trust also in Him, and He shall bring it to pass.” (v. 5)

The Hebrew word for “commit” literally means “to roll.” Roll your burdens, your plans, your future—onto the Lord. You can trust Him to unfold your life according to His wisdom and timing.

“Rest in the Lord, and wait patiently for Him.” (v. 7)

Once you've trusted, delighted, and committed—now *rest.* Let go of striving and live in patient confidence. The wicked may rise, but God remains faithful.

“Cease from anger, and forsake wrath; do not fret—it only causes harm.” (v. 8)

Agitation leads to sin. When we take matters into our own hands, we forfeit the peace that comes with trusting God. Leave vengeance and vindication with Him.

"BE ANGRY, AND DO NOT SIN": do not let the sun go down on your wrath, nor give place to the devil." (Ephesians 4:26-27)

While there are times when believers may experience legitimate, righteous anger—such as anger against sin (cf. John 2:13–16)—they are still commanded not to sin in that anger. The key to preventing sin from taking root is to *keep short accounts*, resolving anger quickly—ideally before the day ends.

This urgency matters because Satan seeks to exploit even righteous anger, twisting it into something sinful. When anger is left unresolved, it gives the devil a foothold—an opportunity to lead the believer into further disobedience. Instead of the believer controlling their anger, the anger begins to control them. What started as righteous indignation can quickly become a destructive force, unless it's surrendered to the Lord in timely repentance and reconciliation.

3. A Glorious Future for the Righteous (vv. 9–22)

"For evildoers shall be cut off; but those who wait on the Lord, they shall inherit the earth."
(v. 9)

This is one of several times David uses the phrase *"inherit the earth."* Jesus echoes this in Matthew 5:5, "Blessed are the meek, for they shall inherit the earth." God's promises are not merely spiritual; there is a coming kingdom where the righteous will reign with Christ.

"A little that a righteous man has is better than the riches of many wicked." (v. 16)

Godly contentment outweighs material abundance gained through injustice. The world values wealth and power, but God values righteousness, integrity, and faithfulness.

"The Lord knows the days of the upright, and their inheritance shall be forever." (v. 18)

God knows His own. He watches over their days, even their difficulties. And what they inherit is not temporary—it is *eternal*.

4. The Righteous Are Upheld, Not Forsaken (vv. 23–26)

"The steps of a good man are ordered by the Lord, and He delights in his way. Though he fall, he shall not be utterly cast down; for the Lord upholds him with His hand." (vv. 23–24)

The life of the righteous isn't without stumbles—but even when we fall, **we are not forsaken**. God upholds His people with His own hand. He doesn't abandon His children when they falter; He lifts them.

"I have been young, and now am old; yet I have not seen the righteous forsaken, nor his descendants begging bread." (v. 25)

David offers personal testimony. He has observed God's faithful provision across a lifetime. God takes care of His people—even in times of scarcity.

5. The Contrast Between the Righteous and the Wicked (vv. 27–36)

“Depart from evil, and do good; and dwell forevermore.” (v. 27)

This is an appeal to action. Don’t just admire the righteous—*join them*. Turn away from compromise and pursue good, with the promise of God’s sustaining care.

“The righteous shall inherit the land, and dwell in it forever.” (v. 29)

While the wicked flourish temporarily, the righteous are grounded in eternal promises. The future belongs to those who fear the Lord.

“The mouth of the righteous speaks wisdom... the law of his God is in his heart; none of his steps shall slide.” (vv. 30–31)

Righteousness affects the whole person: the *mouth* speaks truth, the *heart* is governed by God’s Word, and the *feet* are steady.

“I have seen the wicked in great power... yet he passed away, and behold, he was no more.” (vv. 35–36)

Don’t be fooled by temporary power. The wicked may rise quickly, but their end is sure. The righteous, though perhaps unnoticed now, will endure.

6. Final Exhortations (vv. 37–40)

“Mark the blameless man, and observe the upright; for the future of that man is peace.” (v. 37)

Keep your eyes on those walking faithfully with God. Their lives may not be flashy, but the fruit of their lives is peace—now and in eternity.

“But the transgressors shall be destroyed together; the future of the wicked shall be cut off.” (v. 38)

Here is the unavoidable contrast: peace for the righteous, destruction for the wicked. There are only two paths.

“But the salvation of the righteous is from the Lord; He is their strength in the time of trouble. And the Lord shall help them and deliver them; He shall deliver them from the wicked, and save them, because they trust in Him.” (vv. 39–40)

David ends with strong assurance. Our salvation is not of ourselves—it is *from the Lord*. He is our strength when trouble comes. He will help. He will deliver. Why? Because we trust in Him.

Summary: Walking Steadily in a Shaky World

Psalms 37 is both a warning and a comfort. It reminds us:

- Don't fret—evil has an expiration date.
- Don't envy—the wicked have no future.
- Trust, commit, delight, rest, and wait—this is the way of the righteous.
- God sees, knows, and sustains—your faith is not in vain.

"Rest in the Lord, and wait patiently for Him." (Psalm 37:7, NKJV)

That's our call in a chaotic world. God is not slow. He is not indifferent. He is working out His purposes. Stay faithful. Stay upright. And in the end, you will dwell in the land, and delight yourself in the abundance of peace.