

**COMMUNITY BIBLE CHURCH**  
**PSALMS-LESSON 10**  
**WEEK OF NOVEMBER 16–NOVEMBER 21**  
**PSALM 37**  
**DON'T WORRY**

“Its [**Psalm 37**] basic theme deals with the age-old question “Why do the ungodly prosper while the godly painfully struggle through life?” [MacArthur Study Bible](#), footnote Psalm 37

**Psalm 37** was written by David in his old age. (**Psalm 37:25**) As he looks back on life, he expresses the contrast between the way of the wicked and the way of the righteous and God’s dealings with both. The wicked appear to prosper and have abundance, at least in this life, while the righteous are afflicted. The wicked plot evil against the righteous and even seek to kill the righteous. However, **Psalm 37** provides the righteous with specific instruction to address the temporal injustice of the wicked. The righteous are called to trust in the Lord, knowing that the Lord provides strength, help, deliverance and salvation. The righteous are comforted by the knowledge that the Lord will ultimately justly deal with the wicked.

As you meditate on **Psalm 37**, ask God to shape and sharpen your eternal perspective of your life and your response to the difficulties and challenges posed by the ungodly in your life.

**Read Psalm 37:1-11 Instructions to the Righteous**

1. What is the repeated phrase in these verses? From **verses 1 and 7** what is the reason for or cause of worry or anxiety?
  
  
  
  
  
  
  
  
  
  
2. Instead of “fretting” what are the godly to do in **verses 3, 4, 5, 7 and 8**?
  
  
  
  
  
  
  
  
  
  
3. How is **Psalm 37:5** consistent with **1 Peter 5:7**?
  
  
  
  
  
  
  
  
  
  
4. In **Matthew 5:5** Jesus almost quotes **Psalm 37:11**. From these verses, what is the promise and what is the future hope?

**Read Psalm 37:12-20. The actions and ultimate end of the wicked.**

5. In **Psalm 37:12-20** what are the actions of the wicked against the redeemed? What does God do in response to the actions of the wicked?
  
  
  
  
  
  
  
  
  
  
6. How does **verse 16** help our perspective when we see the prosperity, ease and comfort of the wicked?

## **Read Psalm 37:21-33. Contrast of the actions and destiny of the wicked and redeemed**

7. In these verses, what does God provide for or promise to the redeemed?
  
8. What does the Lord do with the wicked in these passages?
  
9. What verses from **Psalm 37:21-33** provide the most encouragement to you in those times of difficulty caused by unbelievers around you? How do those verses encourage you?

## **Read Psalm 37:34-40. The Eternal Perspective.**

10. What are the concluding instructions to the redeemed in **verse 34**?
  
11. In the final analysis, what becomes of the prosperous non-believer?
  
12. In what current situation can you apply the encouragement and hope you find in **verses 39-40**?

**Proverbs 3:5-6:** Trust in the Lord with all your heart and lean not on your own understanding; In all your ways acknowledge Him, and He will make your paths straight.

“That is what Psalm 37 has been encouraging us to do and what the child of God will experience if he or she trusts in the Lord, delights in the Lord commits his or her way to the Lord, is still before the Lord and refrains from anger. The one who does those things will end as the Psalm itself does with meek objectivity, reiterating that the Lord helps, delivers, and saves those who trust Him.”

[An Expositional Commentary Psalms Vol. 1](#), James Montgomery Boice, pg. 328