

The background is a textured, impasto-style painting in shades of beige, tan, and light blue. In the bottom right corner, there is a small, realistic-looking blue flower with a yellow center and green leaves growing from a dark, rocky base.

The Lord Knows, Upholds, and Saves

Psalm 37:1-40

September 20, 2026 - New Baptist Church

Psalm 73 “3 For I was **envious** of the arrogant when I saw the prosperity of the wicked...17 until I went into the sanctuary of God; 25 Whom have I in heaven but you? And there is nothing on earth that I desire besides you.”



Psalm 37

Describes a life
that rests in the
Lord amid a
troubling world.



Psalm 73 “3 For I was **envious** of the arrogant when I saw the prosperity of the wicked...17 until I went into the sanctuary of God; 25 Whom have I in heaven but you? And there is nothing on earth that I desire besides you.”

Envy is the pain one feels because someone else possesses what one does not have. **Envy** is more than just desire; it is turning another person's good into a grievance

Psalm 37:1 “**Fret** not yourself because of evildoers; be not envious of wrongdoers!”

תָּרָה (ḥārâ) = burning up, getting hot, steamed (charred)

תָּרָה (Fret) is the feeling that what others have should be mine. It is the feeling we feel when promises are broken, when we are taken advantage of, when someone receives what we believe we deserved, or when people cheat, steal, cut corners, and end up getting rewarded for it while those who follow the rules go unnoticed.

“Do not let yourself become inflamed. Do not seethe because of evildoers.”

Psalm 37 Of David.

1 Fret not yourself because of evildoers; be not envious of wrongdoers!

Possible Context of Psalm 37: Old King David (see vs 25), talking to Solomon during the time that Adonijah seeks the throne (1 Kings 1:5-10).



Imagine what Solomon must have felt when Adonijah sought to take the crown after it had already been promised to Solomon.

That feeling is קָרָה (fret).

Psalm 37 Of David.

1 Fret not yourself because of evildoers; be not envious of wrongdoers!

2 For they will soon fade like the grass and wither like the green herb.

3 Trust in the LORD, and do good; dwell in the land and befriend faithfulness. **4**

Delight yourself 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 act. **6** He will bring forth your righteousness as the light, and your justice as the noonday. **7** Be still before the LORD and wait patiently for him;

Psalm 37 “Fret Not Yourself”

*Instead of fretting, getting hot, becoming anxious, or feeling that life is unfair, here is what God’s Word says we should do (**Psalm 37:3-7**).*

- 1. Trust the Lord:** Refuse to make an evildoer’s visible success the measure of God’s goodness or justice.
- 2. and do good:** Do not allow someone else’s sin to determine your character.
- 3. dwell in the land and befriend faithfulness:** Keep doing those ordinary acts of obedience.
- 4. Delight yourself in the LORD, and he will give you the desires of your heart:** He is what the soul longs for, and when your heart delights in him, it has found its desire.
- 5. Commit your way to the LORD; trust in him, and he will act. He will bring forth your righteousness as the light, and your justice as the noonday:** Whatever you do, do it for Him.
- 6. Be still before the LORD and wait patiently for him:** Waiting for the Lord gives us eyes to see His redeeming work.

The Instruction of Psalm 37:1-7

Instead of fretting, instead...

Trust in the LORD

Do good

Dwell in the land and befriend faithfulness.

Delight yourself in the LORD

Commit your way to the LORD

Be still before the LORD and wait patiently for him;

Why?

**What reasons does David give us to trust the Lord when life feels unfair?
(Psalm 37:7-40)**

What reasons does David give us to trust the Lord when life feels unfair?
(Psalm 37:7-40)

1. The Warning: Fretting tends to evil.

fret not yourself over the one who prospers in his way, over the man who carries out evil devices! 8 Refrain from anger, and forsake wrath! **Fret not yourself; it tends only to evil.**

2. The Promise: The Meek shall inherit the land

9 For the evildoers shall be cut off, but those who wait for the LORD shall inherit the land. 10 In just a little while, the wicked will be no more; though you look carefully at his place, he will not be there. **11 But the meek shall inherit the land and delight themselves in abundant peace.**

NOTE: “Inherit the land” is a phrase that means the covenant promises.

What reasons does David give us to trust the Lord when life feels unfair?
(Psalm 37:7-40)

- 1. The Warning:** Fretting tends to evil.
- 2. The Promise:** The Meek shall inherit the land
- 3. The Lord Holds You Up:**

12 The wicked plots against the righteous and gnashes his teeth at him, 13 but the Lord laughs at the wicked, for he sees that his day is coming. 14 The wicked draw the sword and bend their bows to bring down the poor and needy, to slay those whose way is upright; 15 their sword shall enter their own heart, and their bows shall be broken. 16 Better is the little that the righteous has than the abundance of many wicked. 17 For the arms of the wicked shall be broken, but the LORD upholds the righteous.

What reasons does David give us to trust the Lord when life feels unfair?
(Psalm 37:7-40)

- 1. The Warning:** Fretting tends to evil.
- 2. The Promise:** The Meek shall inherit the land
- 3. The Lord Holds You Up:**
- 4. The Lord knows what you are going through:**

18 The LORD knows the days of the blameless, and their heritage will remain forever; **19** they are not put to shame in evil times; in the days of famine they have abundance. **20** But the wicked will perish; the enemies of the LORD are like the glory of the pastures; they vanish—like smoke they vanish away.

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- 2. The Promise:** The Meek shall inherit the land
- 3. The Lord Holds You Up:**
- 4. The Lord knows what you are going through:**
- 5. The Lord holds your hand:**

21 The wicked borrows but does not pay back, but the righteous is generous and gives; 22 for those blessed by the LORD shall inherit the land, but those cursed by him shall be cut off. **23 The steps of a man are established by the LORD, when he delights in his way; 24 though he fall, he shall not be cast headlong, for the LORD upholds his hand.** 25 I have been young, and now am old, yet I have not seen the righteous forsaken or his children begging for bread. 26 He is ever lending generously, and his children become a blessing. 27 Turn away from evil and do good; so shall you dwell forever.

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(Psalm 37:7-40)

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- 2. The Promise:** The Meek shall inherit the land
- 3. The Lord Holds You Up:**
- 4. The Lord knows what you are going through:**
- 5. The Lord holds your hand:**
- 6. The Lord will not forsake you.**

28 For the LORD loves justice; **he will not forsake his saints.** They are preserved forever, but the children of the wicked shall be cut off. 29 The righteous shall inherit the land and dwell upon it forever. 30 The mouth of the righteous utters wisdom, and his tongue speaks justice. 31 The law of his God is in his heart; his steps do not slip.

What reasons does David give us to trust the Lord when life feels unfair?

(Psalm 37:7-40)

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 - 2. The Promise:** The Meek shall inherit the land
 - 3. The Lord Holds You Up:**
 - 4. The Lord knows what you are going through:**
 - 5. The Lord holds your hand:**
 - 6. The Lord will not forsake you.**
 - 7. The Lord has a future for you:**
- 32 The wicked watches for the righteous and seeks to put him to death. 33 The LORD will not abandon him to his power or let him be condemned when he is brought to trial. 34 Wait for the LORD and keep his way, and he will exalt you to inherit the land; you will look on when the wicked are cut off. 35 I have seen a wicked, ruthless man, spreading himself like a green laurel tree. 36 But he passed away, and behold, he was no more; though I sought him, he could not be found. 37 Mark the blameless and behold the upright, **for there is a future for the man of peace.**

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(Psalm 37:7-40)

- 1. The Warning:** Fretting tends to evil.
 - 2. The Promise:** The Meek shall inherit the land
 - 3. The Lord Holds You Up:**
 - 4. The Lord knows what you are going through:**
 - 5. The Lord holds your hand:**
 - 6. The Lord will not forsake you.**
 - 7. The Lord has a future for you:**
 - 8. The Lord Saves. He is your refuge:**
- 38 But transgressors shall be altogether destroyed; the future of the wicked shall be cut off. 39 The salvation of the righteous is from the LORD; he is their stronghold in the time of trouble. 40 The LORD helps them and delivers them; he delivers them from the wicked and saves them, because they take refuge in him.**

(Psalm 37:3-7) 3 Trust in the LORD, and do good; dwell in the land and befriend faithfulness. 4 Delight yourself 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 act. 6 He will bring forth your righteousness as the light, and your justice as the noonday. 7 Be still before the LORD and wait patiently for him;

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- 3. The Lord Holds You Up:**
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- 8. The Lord Saves. He is your refuge:**

Psalm 37:11 But the meek shall inherit the land and delight themselves in abundant peace.



Matthew 5:5

“Blessed are the meek, for they shall inherit the earth.”

Jesus is not only telling us what kind of people we ought to become. He is telling us what becomes ours when we belong to Him. The inheritance belongs to Christ, and by grace, through faith, we share in His inheritance.

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