



# Psalm 37:7-11

There is a great similarity to Psalm 37:11 and Matthew 5:5, a fact that Jesus' original audience would have instantly understood. To help us learn the full meaning of this blessing and promise, we are going to look at these verses a bit more closely.

*“But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not faint.”*

**Isaiah 40:31**

Let's start by reading Psalm 37:7-8.

What does it mean to be still and wait patiently for the Lord?

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“But the Lord laughs at the wicked, for he knows their day is coming.”

Psalm 37:13

Has there ever been a time when the 'schemes' of wicked men upset you and made you wonder if God was paying attention? How can having patience with God's timing help in when you feel overwhelmed by the plans of the wicked?

“Be sure of this: The wicked will not go unpunished, but those who are righteous will go free.”

Proverbs 11:21

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How can worry lead to evil?

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“But seek first his kingdom and his righteousness, and all these things will be given to you as well.

Therefore, do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.”

Matthew 6:33-34

# Christ's Example:

Hebrews 4:15 tells us that Jesus (our High Priest) can sympathize with our weakness because he was tempted in every way we are tempted. Meekness is no exception. Jesus was obedient to God even when it caused him great stress. He showed humble submission to God's will most obviously in the retelling of his prayer in the Garden of Gethsemane just before his arrest. Please read this story in Mark 14:32-42.

How did Jesus describe how he felt?

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"He was led like a sheep to the slaughter, and as a lamb before the shearer is silent, so he did not open his mouth." Acts 8:32

"In his humiliation he was deprived of justice. Who can speak of his descendants? For his life was taken from the earth." Acts 8:33

What did Jesus ask from God?

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How did the statement that Jesus made after asking God to keep him from what he knew was coming show his meekness and obedience to God?

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Meekness isn't a mindless exercise in self-deprivation. To be meek with an attitude towards God simply means that we KNOW God is bigger than our problems and smarter than our own ideas. Jesus is God, the Son of God and part of the trinity. And yet, he showed obedience and meekness towards his Father. Make no mistake, meekness does not mean cowardliness but rather respect for the mighty capabilities and love of God.

"Your attitude should be the same as that of Christ Jesus:

Who, being in very nature God, did not consider equality with God something to be grasped, but made himself nothing, taking the very nature of a servant, being made in human likeness.

and being found in appearance as a man, he humbled himself and became obedient to death – even death on a cross!

Therefore God exalted him to the highest place and gave him the name that is above every name, that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue confess that Jesus Christ is Lord to the glory of God the Father."

Philippians 2:5-11

