

Rest 1

Ps

37:1-8

Do Not Fret

Meaning Fret

English

to be nervous or worried

△ Cambridge Dictionary

Synonyms

Hot and bothered

A bundle of nerves

aflutter

agitated

anxious

apprehensive

grim

haunted

queasy

restless

wound up

Hebrew

hara

cf Wrath = hema

Similar Root Meanings

To be kindled

To be hot

Why fret?

Never answered questions

Why do good things happen to bad people?

Why do bad things happen to good people?

The psalmist does not answer either

Instead: Do not fret

In the end - eschatologically

as gras the bad people will wither

as green plants they will die away

So do not look at them - look at yourself

How can you survive all that is thrown at you?

Trust in the Lord v3

Delight in the Lord - and he will give you the desires of your heart

This is not material

This is emotional

Delight

Desires

If we delight in the Lord, the desires of **his heart** will be **ours**

So do not fret

Or in modern english: Be Cool!

And delight in the Lord

Spend time with him

Allow him to be with you and show you who he is!

Maybe even: rest in him

Trust and Commit

The psalmist goes further

Commit your way to the Lord

Trust in him and he will do this

What does it mean "to trust"?

to really trust?

Is it: I trust that John will have his job by tomorrow afternoon

Thinking - if not, I can do it myself?

Is it turling that your colleagues will catch you when you fall back

Typical team building exercise

Invariable there are teams that have fun and do not catch

But another variant is that the person fell forward not backwards

But these are small things

Who would you trust your life to

Not only saving a person when dangling from a bridge

But living your life completely in a way that this person will always **be able to**

Catch your back

Tell you what to do

Be ahead in everything you may want to do?

Commit and Trust

Commit your way - your life - your all - your future - your past - your present - your family - your career - your money - your retirement....

And trust in the Lord

And he will do this

The psalmist says that if we do commit everything to God

he will not only be there for you

No he will do this

God's providence can be trusted

The word "delight" (v5) is elsewhere associated with God's provision of resources of life

Isa 55:2

Why do you spend your money for that which is not bread,

and your labour for that which does not satisfy?

Listen carefully to me, and eat what is good,

and delight yourselves in rich food.

If we commit ourselves to him - he will care for us

It won't be easy - but he will care

It may not be at the time we like it

It may not be in the way we want it

But it will be his way - and in the end it will be good

Commit your live to God and trust him

Jesus did

He committed his wat to the Father and trusted him

But he had to be crucified in order to be resurrected

Like Jesus trusted God - so should we

But commit this to him and trust him

Even if it means that we have to obey God doing things that make us to fret even more

Do not fret, but commit to God and trust in him

Be Still

Be still before the Lord and wait for him

Wait

Waiting is difficult

Especially when evil people get there ways

Do not fret (again)

Do not be angry

Do not take refenge

By doing harm to others

Or even by withholding love?

Jesus: Love those who do not love you

Luke 6:32-33 "If you love those who love you, what credit is that to you? Even sinners love those who love them. And if you do good to those who are good to you, what credit is that to you? Even sinners do that.

It will only lead to evil!

thoughts drive actions

stop thinking about it!

think about God!

God will give you your justice

Those who hope in the Lord will inherit the land

But what if they are not evil?

What if they may even be Christians - having successful Christian ministries

The temptation is to compare ourselves to them

and become jealous and agree

Why are they successful and we are not?

Bit still God says wait ... wait

Be still before the Lord and wait patiently before him

Be still before the Lord and delight in him

Be still before the Lord and let him minister to you

Wait on him patiently

Let's wait shall we?