

PSALMS 37:1-4

*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.^[2]*

*⁴ Delight yourself in the Lord,
and he will give you the desires of your heart.*

1. "FRET NOT YOURSELF BECAUSE OF EVILDOERS" V.1

The list of commands, and encouragements to "not fret" run long in Scripture and applies to all believers.

Take **Matthew 6: 25-34** for example Jesus says, **"Do not be anxious about your life, what you will eat or what you will drink, nor about your body what you will put on."**

As we read the rest of the passage, we are confronted with the idea that Jesus never told us to manage, or mitigate our anxiety, rather, He commanded believers to do away with it. Because God cares for us, He wants us to be thoroughly free. No one wants to be anxious, but, like forgiveness, fretting may be a regular battle, but we begin asking "is anything too difficult for the LORD?" Through the gospel, it is possible for believers to lay it aside their anxiety. It may not happen overnight, but I have seen anxiety-ridden people learn to trust God and overcome their life-debilitating anxieties.

What about the call to courage for political leaders?

Many passages command leaders to turn away from fear and embrace courage to lead the way God calls leaders to lead, with faith, and righteousness.

Joshua 1:6-9, is a familiar passage, Isaiah 7:3-14 is another.

Perfect love can cast away fear and anxiety. We must as leaders find strength in God to walk in the light, as Christ walked, and live in His power so we can truly live as overcomers. It may take work; it will take effort and wisdom to change the way we think. It will require

hearing, reading, studying, memorizing, and even meditating on the Word of God, and yes, lots of prayer, and finally it will require trusting in the Lord, and doing good. This is all part of the great adventure and life of faith we are called to in Christ.

Even when confronted by evildoers, we can have confidence, and joy in the LORD, because we have God as our source!

2. "TRUST IN THE LORD, AND DO GOOD" V.3

How do we move from fear and anxiety to courage? It comes from knowing and trusting in the LORD, and in doing good. There is a courage that comes from knowing God. Knowing God is the most important thing we can do in this lifetime. The knowledge of God will change everything about us, for the better, and forever.

Scripture calls us to be still and know that God is God. God tells us to wait upon Him. David spoke of thirsting for God more than a deer thirsts for water. He said, a day in your courts is better than a thousand elsewhere. David knew the Lord, and was a man after God's own heart, and as a shepherd, did good by protecting the sheep given to him, even against bears and lions. By knowing and trusting the LORD and doing good, he proved courageous when faced with the threat of a Philistine giant named Goliath. David proved that knowing and trusting in God makes a difference! It made it possible for him to do good. Knowing God changes us better.

***1 Peter 1: 15-16 "But as He who called
you is holy, you also be holy in all
your conduct, 16 since it is written,
"You shall be holy, for I am holy."***

Similarly:

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

God is not a cosmic killjoy. He is awesome, wonderful and the source of our joy, and confidence, which is why believers are commanded to delight ourselves in the Lord!

BIBLE STUDIES

LEGISLATORS: MONDAY AT 5:00-5:30 PM, CAPITOL HILL BANQUET ROOM

JUDGES: WEDNESDAY AT NOON – 1:00 PM CONTACT ME FOR MORE INFORMATION

Arkansas

PSALMS 37:1-4 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.*

3. "DELIGHT YOURSELF IN THE LORD, AND HE WILL GIVE YOU THE DESIRES OF YOUR HEART" V.4

King David is known as a "man after God's own heart."
David loved the LORD and truly delighted in the LORD.
Thus, the book of Psalms. He sang before the LORD and the assembly, and boldly, loudly made a joyful sound unto the LORD!

Scripture has so much to say about the heart.

Jeremiah 17:9 "The heart is deceitful above all things, and desperately sick; who can understand it?" ESV

The KJV states something similar but uses the words *desperately wicked: who can know it?"*

Mark 7 20-23 states:

"20 And he said, "What comes out of a person is what defiles him. 21 For from within, out of the heart of man, come evil thoughts, sexual immorality, theft, murder, adultery, 22 coveting, wickedness, deceit, sensuality, envy, slander, pride, foolishness. 23 All these evil things come from within, and they defile a person."

In contrast to this, God desires to place within us a new heart, one that shares God's desires. Jeremiah and Ezekiel spoke of this Jesus mentioned this in His conversation with Nicodemus, when He mentioned that Nic needed to be born again, or more literally, born from above in John 3:16.

Similarly in Galatians:

19 Now the works of the flesh are evident: sexual immorality, impurity, sensuality, 20 idolatry, sorcery,

enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions, 21 envy, drunkenness, orgies, and things like these. I warn you, as I warned you before, that those who do such things will not inherit the kingdom of God. 22 But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, 23 gentleness, self-control; against such things there is no law. GALATIANS 5:19-23 ESV

Therefore, with God's help we take responsibility for our thinking. Philippians 4:8-9 aid us in how to do so:

8 Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. 9 What you have learned and received and heard and seen in me--practice these things, and the God of peace will be with you.

To do so we must guard our heart:

Keep your heart with all vigilance, for from it flow the springs of life.

Prayers for heart alignment with God:

1. Make time with God and His word
2. Pre-decide challenging circumstances and choose purity.
3. As soon as you become aware of your own sin, repent, and then make the next right choice.
4. Keep trusting in God's power, and His Word to guide you forward.