

Songs and Psalms

Week 6 - July 12th - Psalm 37:1-4

Read: Psalm 37:1-4

- **1** Do not fret because of those who are evil or be envious of those who do wrong; **2** for like the grass they will soon wither, like green plants they will soon die away. **3** Trust in the Lord and do good; dwell in the land and enjoy safe pastures. **4** Take delight 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 do this: **6** He will make your righteous reward shine like the dawn, your vindication like the noonday sun. **7** Be still before the Lord and wait patiently for Him; do not fret when people succeed in their ways, when they carry out their wicked schemes. **8** Refrain from anger and turn from wrath; do not fret—it leads only to evil.

****Now re-read the passage and highlight or underline every time it says, “do not.”**

- **Why do you think God gives us these, ‘do not’ commands?**
- This Psalm gives us “do-not” commands, actions we must leave behind to find God’s blessing and peace. Do not worry or be envious (verse 1). Let each day find you grateful for what God has given you. Do not be an angry, vindictive individual (verse 8). Forgive as you have been forgiven; practice gentleness and self-control.

****But this Psalm **also** gives us positive actions we need to take to bring us into alignment with God’s plan for living joyfully.**

- So now, go back through the passage **again** and find all of the positive actions we can do!!

****We live in a world where advice blares from television and talk radio, streams from blogging sites; where friends and sometimes even strangers are eager to offer opinions about your life. So it’s good to know that the Bible is still relevant. Reliable. And oh so true!**

Action: Write actions you would like to do in your family or neighborhood on pieces of paper. Put these papers into a jar and draw them out every once and while this summer and DO THEM!

Preschool Version: Have your parents write your ideas of how you can do good onto paper. Kids may be able to cut up the ideas and fold and put into the jar. If they are too young for this, the parents can do this and the kids can draw them out. Some kids might draw their ideas on paper for you to carry out over the summer.

Delight
yourself in
the Lord,
And He will
give you
the desires
of your
heart.

