

## Psalm 37

Soul: mind, EMOTIONS, & will

Emotions can be wonderful and they can be destructive. Emotions can be so powerful they move us to do great acts of kindness and things we wish had never done.

:1-2 Circumstances can bring out emotions of doubt and anger, but God's children can trust Him and \_\_\_\_\_.

:3-4 As we enjoy relationship with God, the desires of our heart change and God gladly grants those longings. In this state, it does not matter whether emotions are up or down because the delight of our heart is not set on \_\_\_\_\_ but on an eternal relationship with God.

:5-8 Fundamental to all Godly living is the realization and actualization that reliance on Him is a must. We know it to be true and \_\_\_\_\_.

As this Psalm continues David spells out what it will look like for Israel to trust God or to fret. He gives examples of how the righteous and unrighteous will respond to a world that is certain to have situations that are unfair.

:9-11 shows that the wicked will be justly punished.

:12-22 gives five contrasts of good and evil.

:23-31 shows that the Lord loves and blesses the just.

:32-40 gives examples of the conflict between good and evil.

Through all this the message remains to turn over our lives to the One who can be trusted and not stress, fret, and become anger or bitter over times where things don't seem to go our way. At the root of emotions that destroy is a belief that things should be different than they are, and that it is our responsibility to bring about what ought to be. The Christian must know that God is using all things for good. That means even the things we cannot understand. In the end, if our emotions are destroying our lives we have certain evidence that we lack understanding of who God is or trust in His plan.

For Next Week: Read Psalm 91. Who does the Psalmist submit his will to? Why does he do this? How does he respond to the goodness of God?