



Reasons to Keep Our Cool and Trust in God

Psalm 37

Jeff Coleman, 17 October 2021

Alef	Bet	Gimel	Dalet	He	Waw/Vav	Zayin	Chet	Tet	Yod	Kaf
א	ב	ג	ד	ה	ו	ז	ח	ט	י	כ
										ך
Lamed	Mem	Nun	Samech	Ayin	Pe	Tsadik	Qof	Resh	Shin	Tav
ל	מ	נ	ס	ע	פ	צ	ק	ר	ש	ת
	ם	ן			ף	ץ				

Definitions

Psalm 37

- The **wicked** are enemies of God, God's ways, and God's people. They usually believe that man is the centre of the universe. They do not believe in Jesus, the cross, or the empty tomb. They plot against the righteous for no justified reason. They try to trap the righteous. Their hidden objective is the pursuit of money, sex, power, or praise. They smile at the same time they are stabbing you in the back. They have a hidden agenda. God is nowhere in their calculations. They are either outright atheists or practical atheists.

Definitions

Psalm 37

- The **righteous** are those who fear God and believe he is ultimate reality. They know man is not the centre of the universe. They understand man's heart is fundamentally evil, and that we all need God's grace and forgiveness. They love others, not with a sappy, sentimental, virtue-signalling kind of love, but a real, solid, Christlike, biblical love. They are deeply disappointed when they see evil promoted as good, and good ridiculed as evil. Through faith they have set themselves apart from the world and its idolatry. They know deep within themselves that we can't have the kingdom without the King.

Participation

Psalm 37

- Share with a neighbour one or two verses from this psalm that speaks to your circumstances right now.
- Why did you select that verses or those verses?
- Say a short prayer for one another.

More Definitions

Psalm 37

- To **get upset** (vv. 1, 7-8) means to lose one's composure/ equilibrium when one learns what the wicked are doing and how they are prospering. It is often accompanied by a physical response, like clenched fists, tense shoulders, gritting one's teeth, or an elevated heart beat. It often has to do with an obsession with enemies or rivals. It is hard to switch off. It can be addictive.

Six Reasons to Keep Our Cool

Psalm 37

- #1 - The wicked will fade like the grass and vanish like smoke.
- # 2 - If we lose our cool, we are in danger of becoming wicked ourselves.
- # 3 - God, the one in charge, isn't getting upset. He's laughing.

Six Reasons to Keep Our Cool

Psalm 37

- # 4 - The boomerang of justice will come back upon the wicked.
- # 5 - We were wicked once, too.
- # 6 - Jesus calls us to love our enemies.

More Definitions

Psalm 37

- To **trust** means to be still and quiet before God and to give him time to act on our behalf. It means to delight ourselves in him and have confidence in what he has said in his word. It means to commit our way to him.

Five Reasons to Trust God

Psalm 37

- # 1 - God will give us the righteous desires of our hearts, especially himself.
- # 2 - God will vindicate the righteous.
- # 3 - God will give us eternal life in his coming kingdom.
- # 4 - God will sustain our families financially.
- # 5 - God will pick us up when we fall. He won't abandon us.



**Keep Your Cool.
Trust in God.**