

# MONTHLY BIBLE STUDY



## TRUST AND DELIGHT IN THE LORD

Psalm 37:1-9

On a recent episode of the TV show “Survivor,” a contestant drew upon his personal code of ethics, integrity, honesty, and loyalty to choose someone to take to the finale. Knowing full well he would likely lose to the other person; he put his ethics over winning. I found myself rooting for him, and when he lost, I said out loud, “Our world no longer rewards a person for doing the right thing for the right reasons.” Let’s think about that as we discuss Psalm 37.

### 1. Psalm 37:1-2 RENOUNCING WORRY AND ENVY

- A) How does the world in general respond to evil, sinful people who become rich, famous, popular, and powerful?
- B) How should the Godly respond to the reality of evil?
- C) What does it mean to renounce worry and envy?
- D) What does God promise about the future of evil people?

### 2. Psalm 37:3-5 TRUSTING AND DELIGHTING IN THE LORD

- A) What does it mean to TRUST in the Lord?
- B) How should we believers “flesh out” our trust in the Lord?
- C) What do you think the Lord means when He says those who trust in Him can live safely in the land and prosper?
- D) David calls on us to take delight in the Lord and commit everything we have and do to Him. How do we do that?
- E) How well must you know someone to truly take delight in them?
- F) What have you committed to the Lord lately, and what has been the result?
- G) Is there anything you are holding back from God’s control and guidance, like job, family, possessions, money, your future, or your health?

### 3. Psalm 37:6-7 SUBMITTING TO THE LORD

- A) Why is it important to “Be still” before the Lord?
- B) How are our patience and God’s justice related?
- C) What does verse 7 say about the control of our lives and who’s in charge?  
Do you sometimes find that difficult? Why?

### 4. Psalm 37:8-9 AVOIDING ANGER

- A) What is the result of anger, rage, and losing your temper? Do you have a problem with any of those emotions?
- B) What happens if you concentrate on God and His goodness?
- C) What are the desires of your heart? List the top 3-5 and share some with one another.