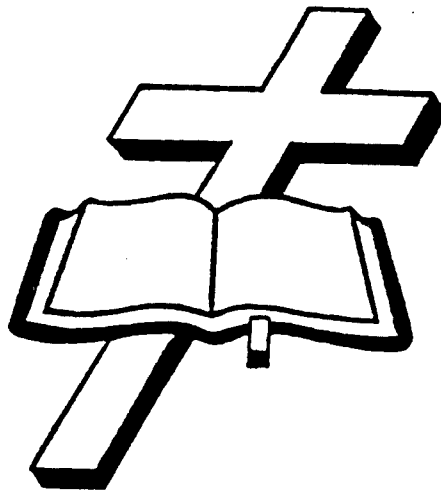


RESTING IN THE LORD

(4 Words That Calm Us Inwardly)
Psalm 37:1-11



“4 WORDS OF POWER”

- ◆ Delight
- ◆ Commit
- ◆ Trust
- ◆ Rest

“Rest in the Lord, and wait patiently for Him, fret not...” (Psalm 37:7)

Bill Kirk

“RESTING IN THE LORD”

Text: Psalm 37:1-11 / Proverbs 25:28

Subject: The Secret To Security In An Insecure World

Introduction

1. Psalm 37 was written by David in his old age. (v. 25)
2. It is known as a Psalm that calms the soul.
3. It is a Psalm that “hushes” and says “shhhh” to everything that disturbs your inner peace.
4. The Lord knew that His people would be tempted to compare and compete on the inside:
 - ◆ Tempted to let evil doers discourage you.
 - ◆ Tempted to get angry with carnal schemes.
 - ◆ Tempted to feel cheated when the wicked prosper for a season.
 - ◆ Tempted to retaliate when mistreated.
 - ◆ Tempted to live with tension and stress.
 - ◆ Tempted to forfeit the power of “Resting in the Lord”.
 - ◆ Tempted to get sour, get even, get agitated, get disturbed.

Question: How many of you have ever needed the Lord to speak the words “Peace be still” to you?

Question: How many of you have ever caught yourself “Stewing in your own juice”?

Question: How many of you have ever wanted the promise of (v. 11) “The abundance of peace”?

The word “Fret” (Hebrew word “CHARAH (Khaw-Raw) means:

- | | | | |
|---------------|-------------------|----------------------|--------------------|
| #1. To burn | #2. To blaze up | #3. To be angry | #4. To be incensed |
| #5. To kindle | #6. To be jealous | #7. To be displeased | |

(3 Times God Says It)

- ◆ In V. 1, “Fret Not”
- ◆ In V. 7, “Fret Not”
- ◆ In V. 8, “Fret Not”

Question: Why does God tell us to “Fret not”?

Answer: Because the reason why people are troubled is not from without, but from within.

- ◆ It is not our changing circumstances, but our unregulated desires that steal our tranquility.
- ◆ We get feverish, not because of the external temperature, but because of the state of our own blood. (I repeat)
- ◆ Our emotions of desire disturb us. (Wishes make us unquiet inside)
- ◆ Desires (unbridled) push out tranquility of soul.
- ◆ Unfulfilled desires agitate and disturb the peace that God intends for all to have.

Question: Pastor, what is the secret to having a restful spirit in the Lord?

Question: What is the secret to inward tranquility?

Question: What is the main ingredient to overcoming what would naturally steal our inward inheritance?

Question: What overcomes the disturbance, the boiling, the stress, the anxiousness, the fretting, the disquietness, the anguish of turmoil in spirit?

Question: Is it that important to conquer the temptation to “Fret” on the inside?

Answer: If we fail to conquer the temptation, we will end up in (v. 8):

(Notice the Consequences Of Fretting In V. 8)

- #1. **Anger** (which is aggravated insanity), unexpressed energy on the inside.
- #2. **Wrath** (which is anger heated up to a higher degree), needing to be vented towards someone!
- #3. **Evil** (Which is scheming and acting outwardly what we’ve been feeding on inwardly).

Question: How many of you want to live free from Anger, Wrath & Evil Scheming?

“The Calming Prescription Of Psalm 37”

(Or)

(4 Words That Change Our Insides)

#1 “Delight” In The Lord” (V. 4)

◆ The Hebrew word for “Delight” (ANAG) means:

- #1. “To be soft #2. “To be delicate” #3. “To be pliable”

Question: What does it mean to “Delight yourself in the Lord”?

Answer: It means something that we all can do:

(It Means)

- #1. To make the Lord the joy of your **heart**.
- #2. To place every **expectation** in the Lord.
- #3. To fix your eyes continually upon **God**.
- #4. To wish for nothing **contrary** to the Lord.
- #5. To desire after God and put every **lesser desire** in its proper place.

(In Other Words)

◆ The more we have our **affections** set on God, the less we’ll be **disturbed** by what takes place around us.

(In Other Words)

◆ The degree of our tranquility will be the degree of our **desire** for God Himself.

(In Other Words)

- ◆ We can protect ourselves from internal agitation, by staying pliable in the hands of Jesus.
- ◆ We can bypass much frustration through actively pursuing and seeking after God.

(It Is An Either/Or)

◆ We can be consumed with intimacy with Jesus as our goal in life (or we will be vulnerable and susceptible to many lesser things).

(Hear What God Is Saying In V.4)

- #1. Unbridled desires give perishable and temporal things supreme **power** over us (and destroy tranquility because of undue external attachment.)
- #2. If our life twines around any prop (but God) we will **suffer** disillusionment, dysfunction and disaster.
- #3. When anything but God masters our **attention**, to that same extent we forget the One who calms and stills the soul.
- #4. Desire after God will bring great peace by putting all other wishes in the right **place**.
- #5. To “Delight in the Lord” is to put every other appetite in subordination to God. (And the more we have our affections upon God, the more we can really **enjoy** His gifts to us.)

Question: What has David discovered and revealed to us?

Answer: He has been young, and now is old and proclaims: That his dim eyes have seen and survived so much, that it is scarcely worth while to be agitated by what ceases and passes so soon.

#2 “Commit” Your Way Unto The Lord” (V. 5)

◆ The Hebrew word for “Commit” (GALAL) means:

- #1. “To **roll** upon” (and) #2. “To **cast** yourself” #3. “To **yield** unto” #4. “To **submit** to”

(In Other Words)

“To commit your way unto the Lord” Means:

- ◆ To roll the burden of life upon the Lord.
- ◆ To leave your fretfulness with the Lord.
- ◆ To submit your way to the Lord.
- ◆ To cast away your anxiousness by resigning yourself into the hands of the Lord.

Question: Why do this continually?

Answer: Because it is medicine to the soul!

- ◆ It is an active choice of behavior on your part and mine.
- ◆ I can't lay hands on you (or you on me) and take each others burdens.
- ◆ You have to chose to willfully lay it down.

Question: Do you know why many people who go to church are still "over burdened" and unable to enjoy God?

Answer: Because the word "Commit" means "To yield and submit to"

(In Other Words)

- ◆ To the extent a person refuses to **submit** to God, to that same extent will be self inflicted tension. (Either God bends or I bend, and God doesn't bend)
- ◆ To the extent we bear the **burdens** of our own affairs, to that extent we are chastised with anxiety and fretfulness.
- ◆ To the extent we quit rolling our cares upon the Lord, to that extent we must **carry** them ourselves.

#3.

"Trust In The Lord" (Vs. 3&5)

◆ The Hebrew word for "Trust" (BATACH) means:

- #1. "To be confident in" #2. "To be bold" #3. "To be sure of" #4. "To hope in"

◆ To "Trust in the Lord" means:

- #1. That faith cures fretting (and)
- #2. That confidence in the Lord will replace and push out the lies of despair from satan.

(It Is Not An Option Here)

- ◆ I must view life with the eyes of faith.
- ◆ I must be confident in the Lord I serve.
- ◆ I must be bold in the winds of adversity.
- ◆ I must walk by faith and let God push out every discouraging and depressing thought of "Pessimism" and "Poor me".

(V. 3) "Trust in the Lord and do good" (V. 5) "Trust also in him and He shall bring it to pass"

Question: What does it mean to "Trust the Lord"?

Answer: It means something that brings life to your soul.

- #1. Faith is the antidote for all **envy**.
- #2. Faith will destroy a **fretful** spirit.
- #3. Faith places confidence **higher** than man.
- #4. Faith expects **Divine** help in the journey of life.
- #5. Faith is the noblest disposition of the **soul**.
- #6. Faith **overcomes** what would steal your optimism.
- #7. Faith looks beyond the **present** to God who holds the **future**.

#4.

"Rest" In The Lord And Wait Patiently For Him (V. 7)

◆ The Hebrew word for "Rest" (DAMAM) means:

- | | | |
|-----------------------|------------------|----------------------------|
| #1. To stop | #5. To sit still | #9. To hold steady |
| #2. To cease | #6. To tarry | #10. To stand by |
| #3. To quiet yourself | #7. To wait | #11. To make no complaint |
| #4. To be silent | #8. To forbear | #12. To cease from murmurs |

◆ To “Rest in the Lord” means:

“To hush my spirit and let patience clear up what needs to be cleared up.”

Question: Why rest and wait patiently for God?

Answer: Because time is nothing to God.

- ◆ Time consciousness will make you impatient.
- ◆ It will make you hurry up, rush ahead and justify yourself.
- ◆ It can't stand to “Wait patiently” for God to intervene!
- ◆ It leaves you “worried in heart” over schemes, plotters and evil planners!

(But Resting Patiently In Prayer With God Will:)

- #1. Enable you to **refrain** from impulsiveness.
- #2. Enable you to reorient your **life**.
- #3. Enable you to maintain plain **speech**.
- #4. Enable you to live **transparent**.
- #5. Enable you to relinquish all **agitation**.
- #6. Enable you to discern Divine **whispers**.
- #7. Enable you to let God be your **justifier**.

(Remember)

- ◆ In **solitude** (we learn to get alone with God)
- ◆ In **stillness** (we learn to stop moving)
- ◆ In **silence** (we learn to be quiet)

“Real silence, real stillness, really holding one's tongue comes only as the sober consequence of spiritual stillness”. (Dietrich Bonhoeffer in, “Life Together”, Page 79)

(God Says)

“Rest And Wait Patiently For Him”

AMEN!
Bill Kirk, Pastor