

# MONTHLY BIBLE STUDY



## TRUST AND DELIGHT IN THE LORD

Psalms 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) I believe verses 3-4 are the answer to the problems of verses 1, 8-9. THEREFORE:
- D) What are the desires of your heart? List the top 3-5 and share some with one another?