

Be Still and Know: Beholding God in the Psalms

Lesson 9: Do Not Fret

Psalm 37

Main idea: We fight fretting by fixing our eyes on the faithfulness of God.

This Psalm gives us 5 rock-solid reasons to trust rather than fret:

I. God preserves His people _____ . (vv. 2, 9)

II. God _____ the righteous. (vv. 3, 4)

III. God works mightily on behalf of those who _____ . (vv. 5, 6)

IV. God has an inheritance for the _____. (vv. 9, 11)

V. God supplies superior _____ for His people. (v. 11)

Time to “marinate”:

- 1) What truth from today’s lesson stood out to you the most and why?
- 2) Describe your most recent experience of fretting and/or being envious because of the apparent success of the ungodly.
- 3) What happens to your ability to love the lost world when fretfulness and envy infiltrate your heart?
- 4) What is your plan for keeping your eyes fixed on the faithfulness on God? In the days ahead, how will you foster a fear of the Lord?