

Suffering

Part 5

Meditation From Psalm 37

“1 Do not fret because of evil men or be envious of those who do wrong; 2 for like the grass they will soon wither, like green plants they will soon die away. 3 Trust in the LORD and do good; dwell in the land and enjoy safe pasture. 4 Delight yourself in the LORD and he will give you the desires of your heart. 5 Commit your way to the LORD; trust in him and he will do this: 6 He will make your righteousness shine like the dawn, the justice of your cause like the noonday sun. 7 Be still before the LORD and wait patiently for him; do not fret when men succeed in their ways, when they carry out their wicked schemes. 8 Refrain from anger and turn from wrath; do not fret--it leads only to evil. 9 For evil men will be cut off, but those who hope in the LORD will inherit the land. 10 A little while, and the wicked will be no more; though you look for them, they will not be found. 11 But the meek will inherit the land and enjoy great peace. 12 The wicked plot against the righteous and gnash their teeth at them; 13 but the Lord laughs at the wicked, for he knows their day is coming. 14 The wicked draw the sword and bend the bow to bring down the poor and needy, to slay those whose ways are upright. 15 But their swords will pierce their own hearts, and their bows will be broken. 16 Better the little that the righteous have than the wealth of many wicked; 17 for the power of the wicked will be broken, but the LORD upholds the righteous. 18 The days of the blameless are known to the LORD, and their inheritance will endure forever. 19 In times of disaster they will not wither; in days of famine they will enjoy plenty. 20 But the wicked will perish: The LORD's enemies will be like the beauty of the fields, they will vanish--vanish like smoke. 21 The wicked borrow and do not repay, but the righteous give generously; 22 those the LORD blesses will inherit the land, but those he curses will be cut off. 23 If the LORD delights in a man's way, he makes his steps firm; 24 though he stumble, he will not fall, for the LORD upholds him with his hand. 25 I was young and now I am old, yet I have never seen the righteous forsaken or their children begging bread. 26 They are always generous and lend freely; their children will be blessed. 27 Turn from evil and do good; then you will dwell in the land forever. 28 For the LORD loves the just and will not forsake his faithful ones. They will be protected forever, but the offspring of the wicked will be cut off; 29 the righteous will inherit the land and dwell in it forever. 30 The mouth of the righteous man utters wisdom, and his tongue speaks what is just. 31 The law of his God is in his heart; his feet do not slip. 32 The wicked lie in wait for the righteous, seeking their very lives; 33 but the LORD will not leave them in their power or let them be condemned when brought to trial. 34 Wait for the LORD and keep his way. He will exalt you to inherit the land; when the wicked are cut off, you will see it. 35 I have seen a wicked and ruthless man flourishing like a green tree in its native soil, 36 but he soon passed away and was no more; though I looked for him, he could not be found. 37 Consider the blameless, observe the upright; there is a future for the man of peace. 38 But all sinners will be destroyed; the future of the wicked will be cut off. 39 The salvation of the righteous comes from the LORD; he is their stronghold in time of trouble. 40 The LORD helps them and delivers them; he delivers them from the wicked and saves them, because they take refuge in him.” (Psalm 37:1-40)

From Psalm 37 that David wrote we can grasp the suffering that he was passing through. following kinds of suffering you may experience as David experienced:

1- You will suffer from the evil attack of the enemy: Saul and his army were against David. Certain people might be waging war against you as in verse *“32 The wicked lie in wait for the righteous, seeking their very lives.”*

2- You will suffer from the evil attack of people who try to deceive you and hunt you: There might be people around you who want to take advantage of you and use you to make money or abuse you for other things. For them you are just a prey or a tasty food they want to get. They will try to hunt you and gnash their teeth to eat you as in verses *“12 The wicked plot against the righteous and gnash their teeth at them; 13 but the Lord laughs at the wicked, for he knows their day is coming.”* And *“14 The wicked draw the sword and bend the bow to bring down the poor and needy, to slay those whose ways are upright.”*

3- You will suffer when you respond in a wrong way toward the evil against you: When your attitude will be changed and start to do the same evil that they are doing against you then you are sinning and that will bring you suffering. In Psalm 37 there are instructions about things that you should not do. You will have the same fate of the wicked if you will not refrain from the following:

A- Do not be jealous or envious as in verse “1 Do not fret because of evil men or be envious of those who do wrong.” Jealousy is the first factor that pushes people to do many unnecessary things that might cost them much time, money and effort. *“And I saw that all labor and all achievement spring from man's envy of his neighbor. This too is meaningless, a chasing after the wind.” (Ecclesiastes 4:4)*

B- Do not be in hurry and do your own: David says in verse *“7 Be still before the LORD and wait patiently for him; do not fret when men succeed in their ways, when they carry out their wicked schemes.”* When you do your own, may be your problem will be solved partially but later on it will become worse.

C- Do not give way to anger: *“8 Refrain from anger and turn from wrath; do not fret--it leads only to evil.”* Anger will not bring the righteous life that God desire.

D- Do not do wicked things as others are doing: *“27 Turn from evil and do good; then you will dwell in the land forever.”*

4- You will suffer when you chose to go along the ways of God: When you chose to refrain from all above evil and decide to follow God you might suffer. Also you need to understand that you cannot relief yourself with other ways and do as people around you are doing. But this type of suffering, choosing to be near to God, will not bring you harm but instead you will have more blessings and more privileges as you can read in *Psalm 37:-*

1- God will transform you to be righteous man and a man of justice: *“ 6 He will make your righteousness shine like the dawn, the justice of your cause like the noonday sun.”*

2- God will cut the evil men from around you: *“9 For evil men will be cut off, but those who hope in the LORD will inherit the land. 10 A little while, and the wicked will be no more; though you look for them, they will not be found. 12 The wicked plot against the righteous and gnash their teeth at them; 13 but the Lord laughs at the wicked, for he knows their day is coming. 14 The wicked draw the sword and bend the bow to bring down the poor and needy, to slay those whose ways are upright. 15 But their swords will pierce their own hearts, and their bows will be broken.” “35 I have seen a wicked and ruthless man flourishing like a green tree in its native soil, 36 but he soon passed away*

and was no more; though I looked for him, he could not be found.” “38 But all sinners will be destroyed; the future of the wicked will be cut off.”

3- God will break the power of the wicked: “17 for the power of the wicked will be broken, but the LORD upholds the righteous.” “20 But the wicked will perish: The LORD’s enemies will be like the beauty of the fields, they will vanish--vanish like smoke.”

4- God will hand over to you your inheritance and what He had allocated for you: “11 But the meek will inherit the land and enjoy great peace.” “18 The days of the blameless are known to the LORD, and their inheritance will endure forever.” “22 those the LORD blesses will inherit the land, but those he curses will be cut off.” “29 the righteous will inherit the land and dwell in it forever.”

4- God will bless the little that you have: “16 Better the little that the righteous have than the wealth of many wicked.”

5- God will sustain you: “19 In times of disaster they will not wither; in days of famine they will enjoy plenty.”

6- You will have plenty and you will lend others: “21 The wicked borrow and do not repay, but the righteous give generously.” “26 They are always generous and lend freely; their children will be blessed.”

7- God will hold you when you stumble, your foot will not slip, and God will make your steps firm: “23 If the LORD delights in a man’s way, he makes his steps firm; 24 though he stumble, he will not fall, for the LORD upholds him with his hand.” “31 The law of his God is in his heart; his feet do not slip.”

8- God will not forsake you and He will keep protecting you: “28 For the LORD loves the just and will not forsake his faithful ones. They will be protected forever, but the offspring of the wicked will be cut off.”

9- God’s protection and blessings will extend to your children: “25 I was young and now I am old, yet I have never seen the righteous forsaken or their children begging bread. 26 They are always generous and lend freely; their children will be blessed.”

10- God will anoint your tongue and makes you speak His wisdom: “30 The mouth of the righteous man utters wisdom, and his tongue speaks what is just.”

11- The Lord will turn the table and vindicate you: “33 but the LORD will not leave them in their power or let them be condemned when brought to trial.”

12- Salvation and protection you will receive from the Lord: “39 The salvation of the righteous comes from the LORD; he is their stronghold in time of trouble.”

13- Help and deliverance comes from the Lord: “40 The LORD helps them and delivers them; he delivers them from the wicked and saves them, because they take refuge in him.”

There are more precious things you can learn and follow in order to live a righteous life for Christ and in order for you to follow Him wholeheartedly:

A- Trust in the Lord: “3 Trust in the LORD and do good; dwell in the land and enjoy safe pasture.” You express your trust in God when you decide to obey His word and follow His ways.

B- Delight in the Lord: “4 Delight yourself in the LORD and he will give you the desires of your heart.” First delight in God and if what you desire is godly and according to His will and timing then you will receive it. But if your desire is not according to His will then God will change your will and desire to be one of His own.

C- Commit your life fully to God without reservation: “5 Commit your way to the LORD; trust in him and he will do this.” Commit your way to God without reservation and you will have the following: “6 He will make your righteousness shine like the dawn, the justice of your cause like the noonday sun.”

D- Wait patiently for Him to work it for you: “7 Be still before the LORD and wait patiently for him; do not fret when men succeed in their ways, when they carry out their wicked schemes.” Certain times you should not do it by yourself. But the Lord should do it Himself for you.

E- While waiting for Him keep His way: “34 Wait for the LORD and keep his way. He will exalt you to inherit the land; when the wicked are cut off, you will see it.”

F- Consider, take heed and follow the good example: “37 Consider the blameless, observe the upright; there is a future for the man of peace.”

In Psalm 37 around ten times the word righteous and righteousness repeated. God wants you to walk closer and closer to Him, abiding in His word and following carefully His instruction so you can enjoy all the blessings that we had read in Psalm 37. Remember also that the prayer of a righteous man is powerful and effective as you can read in *James 5:16* “Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous man is powerful and effective.”

My dear and beloved: Isaiah 26:3 “You will keep in perfect peace him whose mind is steadfast, because he trusts in you.” God promised perfect peace for those who keep His way and fully trusting in Him. In *John 14:27 “Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.”* Jesus promised peace to give and leave with you. He also said that he is not going to give you as the world around you gives. Therefore as you refrain from all evil and keep all the instruction that you learn from Psalm 37 then peace will be yours as you agree to pray. *My Prayer: Father God I come before you in the name of Jesus who died on the Cross for my sins and rose from the dead to give me eternal life. Lord I thank you for all your blessings to me and thank you for your word that shows me clearly my life and how you want me to live it for you. Lord gives me self-control and perseverance to walk in the way that you ordained for me. This all I ask and pray in Jesus name, Amen.*

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