

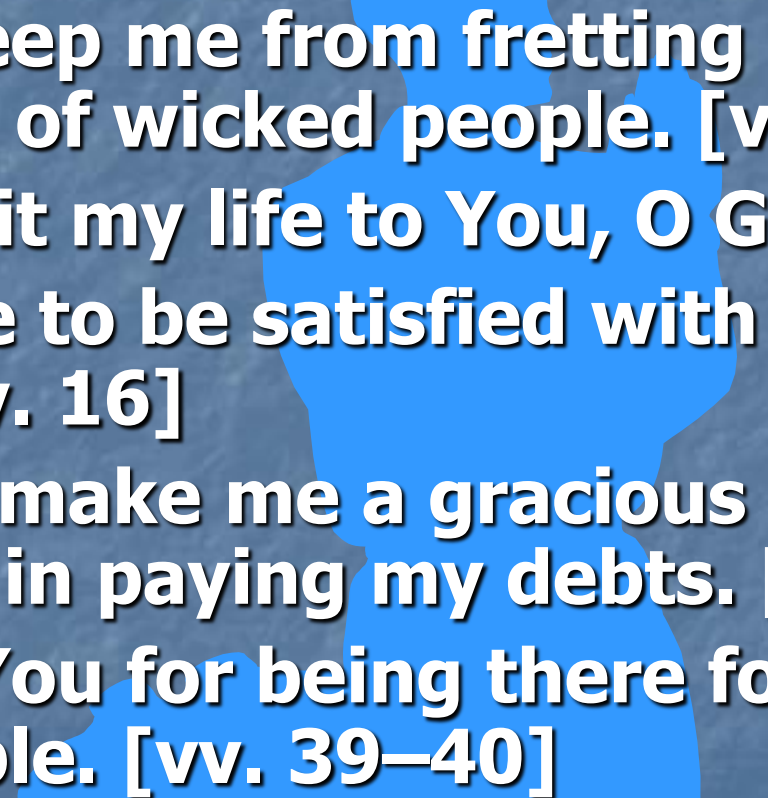
Psalm 37

Don't Fret

Introducing Psalm 37

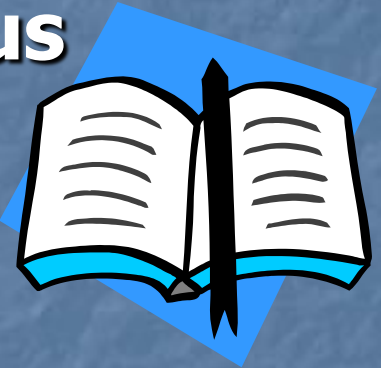
- **Relationships between Psalms 35–37.**
- **Psalm 37:11 and the 3rd Beatitude.**
- **An acrostic psalm.**
- **Written by David in his old age (v. 25).**
- **A fitting sequel to Psalm 36.**

Praying Psalm 37

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- Lord, keep me from fretting over the success of wicked people. [v. 1]
 - I commit my life to You, O God. [v. 5]
 - Help me to be satisfied with what little I have. [v. 16]
 - Father, make me a gracious giver and faithful in paying my debts. [v. 21]
 - Thank You for being there for me in times of trouble. [vv. 39–40]

Understanding Psalm 37

- I.** Precepts for the Righteous (vv. 1–11)
- II.** Punishment for the Unrighteous (vv. 12–22)
- III.** Preservation of the Righteous (vv. 23–29)
- IV.** Promise for the Righteous (vv. 30–34)
- V.** Perpetuation of the Righteous (vv. 35–40)



Understanding Psalm 37

Parallels in the Book of Proverbs (Notes)

- **v. 1** – “Do not fret”: **Não te indignes**
 - Literally, “do not get heated.”
 - “Don’t get all worked up.” or “Stay cool.”
 - Proverbs 24:19 –
Do not fret because of evildoers
Or be envious of the wicked;

Psalm 37:1

“Rather than destroying themselves with negative emotions, the godly must keep things in perspective ...

Anger, resentment, and jealousy destroy ‘faith’ in God’s goodness and justice and affect one’s inner attitude toward everything”

— Willem A. VanGemeren

Understanding Psalm 37

vv. 1–8 – Fifteen Imperatives (Notes)

- **v. 5 – “Commit your way to the LORD”:**
Entrega o teu caminho ao SENHOR
 - Literally, “roll” (on Yahweh).
 - “Way” = one’s entire life and how he/she lives it.
 - See Psalm 1:6 –
For the LORD knows the **way** of the
righteous,
But the **way** of the wicked will perish.

Understanding Psalm 37

vv. 9–38 – Eight Contrasts (Notes)

- **vv. 11, 37** – “prosperity [**paz**] . . . peace [**paz**]”
 - *Shalom*
 - Soundness, completion, well-being, security, wholeness, and prosperity.
- **v. 15** – “Their sword will enter their own heart”: **Porém a sua espada lhes entrará no coração**
 - “Boomerang Principle”

Psalm 7:15–16

15 He has dug a pit and hollowed it out,

And has fallen into the hole which he made.

16 His mischief will return upon his own head,

And his violence will descend upon his own pate.

Understanding Psalm 37

v. 25 – “I have not seen”: **mas nunca vi**

- Personal observations characteristic of wisdom literature in OT.

Understanding Psalm 37

- v. 25** – “I have not seen”: **mas nunca vi**
- **Personal observations characteristic of wisdom literature in OT.**
 - **Was David’s observation accurate?**

Understanding Psalm 37

v. 25 – “I have not seen”: **mas nunca vi**

- **Personal observations characteristic of wisdom literature in OT.**
- **Was David’s observation accurate?**
- **Is it a normative principle that we can expect to be true today?**

Understanding Psalm 37

v. 28 – “His godly ones”: **os seus santos**

- *ḥasid*, as in Hasidic (Jews)
- Related to *ḥesed*.
- “Faithful ones” or “loyal ones.”

v. 35 – “like a luxuriant tree”: **como a árvore verde**

- Reverse of Psalm 1:3.
- Highlights the question for which Psalm 37 is the intended answer.

Understanding Psalm 37

vv. 37–38 – “posterity”: o fim

- “Posterity” may be translated “end” or “future.”
- “Future” could include offspring.

Understanding Psalm 37

vv. 39, 40 — “strength [**fortaleza**] . . . helps [**ayudará**] . . . refuge [**confiam**]”

- “The psalm ends with calm objectivity, the answer to the fretful impatience encountered at the start. Note the *from* Him (39) and the *in* Him (40): His initiative in sending, and our response in taking shelter; the help that He gives, and the refuge that He is.”

— Derek Kidner

Preaching/Teaching

Psalm 37

- **As believers, we should not fret over the apparent success of ungodly people.**
- **God is sovereign. He will recompense the wicked for their evil deeds.**
- **Just as God promised faithful Israel a land, so He also promises to give believers the earth as an inheritance.**