

Suffering Part 3

Meditation From Psalm 37

“A Psalm of David. 1 Fret not thyself because of evildoers, neither be thou envious against the workers of iniquity. 2 For they shall soon be cut down like the grass, and wither as the green herb. 3 Trust in the LORD, and do good; so shalt thou dwell in the land, and verily thou shalt be fed. 4 Delight thyself also in the LORD; and he shall give thee the desires of thine heart. 5 Commit thy way unto the LORD; trust also in him; and he shall bring it to pass. 6 And he shall bring forth thy righteousness as the light, and thy judgment as the noonday. 7 Rest in the LORD, and wait patiently for him: fret not thyself because of him who prospereth in his way, because of the man who bringeth wicked devices to pass. 8 Cease from anger, and forsake wrath: fret not thyself in any wise to do evil. 9 For evildoers shall be cut off: but those that wait upon the LORD, they shall inherit the earth. 10 For yet a little while, and the wicked shall not be: yea, thou shalt diligently consider his place, and it shall not be. 11 But the meek shall inherit the earth; and shall delight themselves in the abundance of peace. 12 The wicked plotteth against the just, and gnasheth upon him with his teeth. 13 The LORD shall laugh at him: for he seeth that his day is coming. 14 The wicked have drawn out the sword, and have bent their bow, to cast down the poor and needy, and to slay such as be of upright conversation. 15 Their sword shall enter into their own heart, and their bows shall be broken. 16 A little that a righteous man hath is better than the riches of many wicked. 17 For the arms of the wicked shall be broken: but the LORD upholdeth the righteous. 18 The LORD knoweth the days of the upright: and their inheritance shall be for ever. 19 They shall not be ashamed in the evil time: and in the days of famine they shall be satisfied. 20 But the wicked shall perish, and the enemies of the LORD shall be as the fat of lambs: they shall consume; into smoke shall they consume away. 21 The wicked borroweth, and payeth not again: but the righteous sheweth mercy, and giveth. 22 For such as be blessed of him shall inherit the earth; and they that be cursed of him shall be cut off. 23 The steps of a good man are ordered by the LORD: and he delighteth in his way. 24 Though he fall, he shall not be utterly cast down: for the LORD upholdeth him with his hand. 25 I have been young, and now am old; yet have I not seen the righteous forsaken, nor his seed begging bread. 26 He is ever merciful, and lendeth; and his seed is blessed. 27 Depart from evil, and do good; and dwell for evermore. 28 For the LORD loveth judgment, and forsaketh not his saints; they are preserved for ever: but the seed of the wicked shall be cut off. 29 The righteous shall inherit the land, and dwell therein for ever. 30 The mouth of the righteous speaketh wisdom, and his tongue talketh of judgment. 31 The law of his God is in his heart; none of his steps shall slide. 32 The wicked watcheth the righteous, and seeketh to slay him. 33 The LORD will not leave him in his hand, nor condemn him when he is judged. 34 Wait on the LORD, and keep his way, and he shall exalt thee to inherit the land: when the wicked are cut off, thou shalt see it. 35 I have seen the wicked in great power, and spreading himself like a green bay tree. 36 Yet he passed away, and, lo, he was not: yea, I sought him, but he could not be found. 37 Mark the perfect man, and behold the upright: for the end of that man is peace. 38 But the transgressors shall be destroyed together: the end of the wicked shall be cut off. 39 But the salvation of the righteous is of the LORD: he is their strength in the time of trouble. 40 And the LORD shall help them, and deliver them: he shall deliver them from the wicked, and save them, because they trust in him.” (Psalm 37:1-40 KJV)

From *Psalm 37* that David wrote we can grasp the suffering that he was passing through, and the suffering that 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 and such will cause you suffering: *“32 The wicked watcheth the righteous, and seeketh to slay him.” (Psalm 37:32 KJV)*

2. You will suffer from the evil attack of people who will 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 we read here: *“12 The wicked plotteth against the just, and gnasheth upon him with his teeth. 13 The LORD shall laugh at him: for he seeth that his day is coming. 14 The wicked have drawn out the sword, and have bent their bow, to cast down the poor and needy, and to slay such as be of upright conversation.” (Psalm 37:12-14 KJV)*

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. Therefore you will have the same fate of the wicked if you will not refrain from the following:

A. Do not be jealous or envious: *“1 Fret not thyself because of evildoers, neither be thou envious against the workers of iniquity.” (Psalm 37:1 KJV)* Jealousy is the first factor that pushes people to do many unnecessary things that might cost them much time, money and efforts. *“4 Again, I considered all travail, and every right work, that for this a man is envied of his neighbour. This is also vanity and vexation of spirit.” (Ecclesiastes 4:4 KJV)* **When you are jealous of certain people then you are enticed to have the things that they have, but that could be the wrong things that you will have and so in such you are harming yourself.**

B. Do not be in hurry and do your own: David says, *“7 Rest in the LORD, and wait patiently for him: fret not thyself because of him who prospereth in his way, because of the man who bringeth wicked devices to pass.” (Psalm 37:7 KJV)* **When you do not wait upon God and do your own, may be your problem will be solved partially but later on it will bounced back and become worse.**

C. Do not give way to anger: *“8 Cease from anger, and forsake wrath: fret not thyself in any wise to do evil.” (Psalm 37:8 KJV)* **Anger will not bring the righteous life that God desire.**

D. Do not do wicked things as others are doing: *“27 Depart from evil, and do good; and dwell for evermore.” (Psalm 37:27 KJV)* **Depart from fighting, telling lies, cheating, stealing, fraud, and the rest of the evil things, and rather do what is good and what is correct.**

4. You might suffer when you chose to go along the ways of God: **When you chose to refrain from all the above evil and decide to follow God you might still suffer because of the opposition of Satan. But you need to understand that you cannot relief yourself with other ways and do as people around you are doing. This type of suffering, choosing to be near to God,**

shall not bring you harms, but instead you will ultimately have more blessings and more privileges as we can read in *Psalm 37*.

1. God will transform you to be a righteous man and a man of justice: “6 And he shall bring forth thy righteousness as the light, and thy judgment as the noonday.” (Psalm 37:6 KJV)

2. God will cut the evil men from around you: “9 For evildoers shall be cut off: but those that wait upon the LORD, they shall inherit the earth. 10 For yet a little while, and the wicked shall not be: yea, thou shalt diligently consider his place, and it shall not be. 12 The wicked plotteth against the just, and gnasheth upon him with his teeth. 13 The LORD shall laugh at him: for he seeth that his day is coming. 14 The wicked have drawn out the sword, and have bent their bow, to cast down the poor and needy, and to slay such as be of upright conversation. 35 I have seen the wicked in great power, and spreading himself like a green bay tree. 36 Yet he passed away, and, lo, he was not: yea, I sought him, but he could not be found. 38 But the transgressors shall be destroyed together: the end of the wicked shall be cut off.” (Psalm 37:9-10, 12-15, 35-36, 38 KJV)

3. God will break the power of the wicked: “17 For the arms of the wicked shall be broken: but the LORD upholdeth the righteous. 20 But the wicked shall perish, and the enemies of the LORD shall be as the fat of lambs: they shall consume; into smoke shall they consume away.” (Psalm 37:17, 20 KJV)

4. God will hand over to you your inheritance and what He had allocated for you: “11 But the meek shall inherit the earth; and shall delight themselves in the abundance of peace. 18 The LORD knoweth the days of the upright: and their inheritance shall be for ever. 22 For such as be blessed of him shall inherit the earth; and they that be cursed of him shall be cut off.” (Psalm 37:11, 18, 22, 29 KJV)

5. God will bless the little that you have: “16 A little that a righteous man hath is better than the riches of many wicked.” (Psalm 37:16 KJV)

6. God shall sustain you in times of troubles: “19 They shall not be ashamed in the evil time: and in the days of famine they shall be satisfied.” (Psalm 37:19 KJV)

7. You will have plenty and you will lend others: “21 The wicked borroweth, and payeth not again: but the righteous sheweth mercy, and giveth. 26 He is ever merciful, and lendeth; and his seed is blessed.” (Psalm 37:21, 26 KJV)

8. God will hold you when you stumble, your foot will not slip, and God will make your steps firm: “23 The steps of a good man are ordered by the LORD: and he delighteth in his way. 24 Though he fall, he shall not be utterly cast down: for the LORD upholdeth him with his hand. 31 The law of his God is in his heart; none of his steps shall slide.” (Psalm 37:23-24, 31 KJV)

9. God will not forsake you and He will keep protecting you: “28 28 For the LORD loveth judgment, and forsaketh not his saints; they are preserved for ever: but the seed of the wicked shall be cut off.” (Psalm 37:28 KJV)

10. God’s protection and blessings will extend to your children: “25 I have been young, and now am old; yet have I not seen the righteous forsaken, nor his seed begging bread. 26 He is ever merciful, and lendeth; and his seed is blessed. 27 Depart from evil, and do good; and dwell for evermore.” (Psalm 37:25-26 KJV)

11. God will anoint your tongue and makes you speak His wisdom: “30 The mouth of the righteous speaketh wisdom, and his tongue talketh of judgment.” (Psalm 37:30 KJV)

12. The Lord shall not leave you to your enemies but will turn the table and vindicate you: “33 The LORD will not leave him in his hand, nor condemn him when he is judged.” (Psalm 37:33 KJV)

13. Salvation and protection you will receive from the Lord: “39 But the salvation of the righteous is of the LORD: he is their strength in the time of trouble.” (Psalm 37:39 KJV)

14. Help and deliverance comes from the Lord: “40 And the LORD shall help them, and deliver them: he shall deliver them from the wicked, and save them, because they trust in him.” (Psalm 37:40 KJV)

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; so shalt thou dwell in the land, and verily thou shalt be fed.” (Psalm 37:3 KJV) You express your trust in God when you decide to obey His Word and follow His ways.

B. Delight in the Lord: “4 Delight thyself also in the LORD: and he shall give thee the desires of thine heart.” (Psalm 37:4 KJV) 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 thy way unto the LORD; trust also in him; and he shall bring it to pass.” (Psalm 37:5 KJV) Commit your ways to God without reservation and you will have the following: “6 And he shall bring forth thy righteousness as the light, and thy judgment as the noonday.” (Psalm 37:6 KJV)

D. Wait patiently for Him to work it out for you: “7 Rest in the LORD, and wait patiently for him: fret not thyself because of him who prospereth in his way, because of the man who bringeth wicked devices to pass.” (Psalm 37:7 KJV) 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 ways: “34 Wait on the LORD, and keep his way, and he shall exalt thee to inherit the land: when the wicked are cut off, thou shalt see it.” (Psalm 37:34 KJV)

F. Consider, take heed and follow the good example: “37 Mark the perfect man, and behold the upright: for the end of that man is peace.” (Psalm 37:37 KJV)

In ***Psalm 37*** several 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***, ***“Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much.”***

My dear and beloved: Isaiah 26:3 says, ***“Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.”*** **God promised perfect peace for those who keep His ways and fully trusting in Him.** In ***John 14:27*** we can read, ***“Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it 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.**

Let us 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 and promises to me. Lord thank you for your Word that showed me clearly my life and how you want me to live it for you. Lord thank you for all the teaching, the rebukes and the corrections we received in this message.*

Repent and renounce all your sins. Renounce your lack of faith and trust in God. Repent of doing your own will and plan and have your own solutions. Repent of envy and jealousy. Repent of your lies, cheating, stealing, fraud, and the rest of the works of the flesh. Repent and renounce your going along the ways of the wicked. Repent of your pride, anger and fights. Renounce your yoke with non believers and wasting your time on the Media. Repent of your worldliness and your love for material things. Repent of your lack of prayer and reading God's Word. Lord I repent, forgive me, I renounce the following sins _____.

Lord gives me self-control and perseverance to walk in the way that you ordained for me. Lord give me more of the fruit of the Holy Spirit, love, joy, peace, gentleness, kindness, faith, humility, perseverance, long-suffering and self-control so people will see Christ in my life. Lord I commit myself to wait upon you to come and solve my problems _____. Lord I commit myself to serve you and to live my life in following your plan to accomplish your purpose for my life, this all I ask and pray in Jesus name, Amen.

Lord thank you for my Brothers and Sisters who repented of their sins and committed their lives and ways to walk in the truth of your Word. Lord bless them and bless their families and children and bless the works of their hands. Lord sustain them in this life, protect them from all evil doers and provide their needs so they will continue to serve you and be good example to others to follow you.

Lord bless us as a church and help us to continue to walk in your ways and take us away from all temptations and protect us from the evil ones. Lord refill us once again with your Holy Spirit, and lead us to evangelize and reach new people and serve them, to make new disciples

and train new workers, planting new Bible studies and congregations for the church. Lord deliver us from our troubles and deal with our enemies. Lord prepare us for your coming to go with you when you come. Lord fulfill the vision of the church, 'Multiplication in peace with implementing the whole will of God', Lord bless us, enlarge our territory, let your hand be with us and free us from harm so we will not feel pain. May the grace of the Lord Jesus, and the love of God and the fellowship of the Holy Spirit be with us all in Jesus name, Amen.

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