

HAVING PEACE IN TROUBLED TIMES  
PSALM 37:1-9

**Introduction**

Paul warned Timothy (in his second letter to him) that in *the last days* some very perilous times would come! In that warning, Paul gave a list of some of the very disturbing characteristics that would accompany those days. When you compare that list to the times we now live in, there can be little doubt that we are living in what he termed as “*the last days*”—referring to the time just prior to the coming of the LORD.

If one chooses to focus upon these perilous times that are around us—that seem to be getting more and more perilous every day—it doesn’t take much to disturb one’s peace and even throw one into an anxiety attack!

I grew up in a time when doors were left unlocked and my two brothers and I could freely roam and play in the neighborhood as long as we were in the earshot of my mom’s voice. And my mom had an extraordinarily powerful voice that could be easily heard up to a half-mile away!

When we went to town back then we could freely roam in the toy section of Kresses while mama did her shopping there!

Make no mistake about it, there were still some evil men back then as there have been in every age. However, they weren’t in abundance as they are today and I remember that we lived a relatively “anxiety free” life!

But evildoers have been with us going all the way back to Cain who killed his brother Abel!

Judging from **verse 25**, it is believed that David was an old man when he wrote this Psalm. He addresses this problem that has plagued the people of God in every age, but especially in our day!

That problem is this: Why do the wicked seem to prosper while the righteous suffer? This problem is also addressed in both Psalms 49 and 73. It is also a prominent theme in what is believed to be the oldest book of the Bible—the Book of Job.

HAVING PEACE IN TROUBLED TIMES  
PSALM 37:1-9

Whether we will admit it or not, it is also a problem with which we also struggle from time to time.

We look at the world that we live in and see how lawless it truly is! We realize that there are many criminals who not only get by with their crimes but some are elevated to positions of high authority in our land by other evil doers! And it leaves us shaking our head and wondering!

If any of us did a fraction of what some of these evildoers have done, we’d be thrown in prison in a heartbeat!

The easiest thing for us to do is get our **focus** in the wrong place and on the wrong people and begin to **fret!**

These are some very troubling times we live in, but there is help for us in the verses we’re going to look at today!

**READ THE TEXT**

**Here we see in verse 1 that we are not to FRET because of evildoers!**

That’s easier said than done in our time for sure. Especially when we are constantly bombarded with evildoers getting by with their wickedness! Who do you think is not only behind the evildoers but also behind trying to get us to get our **FOCUS** in that direction?

*1 Peter 5:8 Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour:*

However, peace could be as easy as hitting the mute button or the power button on you TV!

We have been overloaded with advertising and news and other programming that constantly try to get our **FOCUS** in the wrong place! And all that negativity can cause us to **FRET!**

We need to **FOCUS** on the **LORD** and we do that by **FOCUSING** on His

HAVING PEACE IN TROUBLED TIMES  
PSALM 37:1-9

**WORD!**

Along with **NOT FRET**TING, we see in verse 1-2 that we are also **NOT TO ENVY** the workers of iniquity! Sometimes, it does seem like the wicked prosper while the godly suffer, yet, we always need to remember that our earthly existence is as close to Hell as we are ever going to get and it ain't even close to what Hell is going to be like! Amen!

For the wicked, however, their few days of pleasure are short and they have no future beyond this life! In fact, this world is as close to Heaven as they will ever be! And what they have in this life doesn't even begin to compare with what we have waiting for us in Heaven!

Since we are told not to **FRET** when we see the wicked people prospering, what are we supposed to do as believers when we see the perilous times escalate all around us that would cause us to **FRET**?

Well, in **verses 3-8**, the Psalmist offers us an alternative to fretting and worrying. There are some simple steps offered here, that if followed, will enable us to find peace, even during the most troublesome times of our lives!

Let me give some Steps To Having Peace In Troubled Times:

**I. WE NEED TO CONTROL OUR WALK! (Vs 3)**

The emphasis of this verse is for the believer to live a life that is pleasing to the Lord. When this is accomplished, the result will be the blessing of the Lord even when times are troubled!

**A. We Control Our Walk By Trusting In The LORD!**

That means that we are to **walk by faith and not by sight!**  
We must remember that things are never as they appear to our human vision.

Even when things look like they are going totally wrong in our lives, we need to remember that **God is still in control and He is working out His eternal purposes in us!**

**(Romans 8:28 – memorize it! Live by it!)**

*Romans 8:31–“If God be for us, who can be against us?”*

HAVING PEACE IN TROUBLED TIMES  
PSALM 37:1-9

There will be times when God's way is difficult to figure out! God never said we were going to be able to figure it out! (e.g. That was Job's issue...He couldn't figure out what the LORD was doing!)

During the most difficult times when we cannot trace God, **we still need to just learn to trust Him anyway!**

Remember the words of Scripture in Romans 1:17,  
***"The just shall live by faith"***.

Remember the examples of those who have gone before us that just learned to walk by faith! The saints of old mentioned in Hebrews 11 found blessing in walking by faith!

***Hebrews 11:6 But without faith it is impossible to please him (God) "***

Oh my friend, only a life of faith is pleasing to the LORD!

*We Control Our Walk By Trusting In The LORD!*

**B. We Control Our Walk By Doing Good!**

*"Do good"* is a command for us to live right! God rightfully expects His people to live a life that is honoring to His name!

If God's people could ever learn that God is pleased when we live for Him and just do it, we would see Him bless us in great ways!

The formula for success in the Christian life is found in *Matthew 6:33 But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.*

It really is as simple as trusting in the Lord and living for Him!

**C. The Comfort In Trusting The LORD And Doing Good!**

When we do His will, He will take care of us!

## HAVING PEACE IN TROUBLED TIMES

### PSALM 37:1-9

How well David knew this! He was now an old man who had seen the Lord allow him to sit on his enemy's throne. He knew that serving God always paid off! But he also knew the chastening of the LORD when he walked in his own ways!

The whole point here is this: if we will walk with our faith in God and will live our life to please Him, He will commit Himself to taking care of us!

*Philippians 4:19 But my God shall supply all your need according to his riches in glory by Christ Jesus.*

*WE NEED TO CONTROL OUR WALK...*

## II. WE NEED TO CONDITION OUR WILL! (Vs 4)

### A. We Condition Our Will By Delighting In The LORD!

The word translated "*delight*" here gives us a picture of being luxurious or being wrapped in luxury. We might think of it as "*be luxurious*" in the LORD or "take exquisite delight" in the LORD!

When life goes bad, we tend to focus on the problems that arise around us don't we.

When this happens, we become defeated and depressed and can fall into sadness and despair. However, at all times of life, we are challenged to **let the LORD be the focus of our attention!**

**If we can focus on:**

- 1. Who He is to us...(His character and traits and our relationship to Him now as His child!)**
- 2. What He has done for us...(How He purchased our salvation and then drew us to Himself!)**
- 3. Where He is taking us...(The path that we are on is one that will lead us to being like Christ and being with Christ!)**

## HAVING PEACE IN TROUBLED TIMES

### PSALM 37:1-9

### 4. How much He loves us...

*Romans 8:32 He that spared not his own Son, but delivered him up for us all, how shall he not with him also freely give us all things?*

*Ephesians 1:3—"Blessed be the God and Father of our Lord Jesus Christ, who hath blessed us with all spiritual blessings in heavenly places in Christ:"*

**If we can focus on these things...**

Then even the darkest days can be endured because we know something better awaits us at the end of the road of this life!

### B. The Comfort From Delighting In The LORD!

When we are lose ourselves in Him, then our will and our desires will be lost in Him as well. When this happens, He will lift us out of our sadness and fill us with His glory!

By the way, the latter portion of that verse is a promise we can claim! When the Lord is our delight, we will only want the things which bring Him glory and which please Him.

When we arrive at that place, God will open the windows of Heaven and give us every desire of our heart because our desires will be His desire for us!

*WE NEED TO CONTROL OUR WALK...CONDITION OUR WILL...*

## III. WE NEED TO COMMIT OUR WAY! (Vs 5-6)

The word "*commit*" is translated from a word that literally means "*to roll over.*" The idea here is that we are "*roll*" the burdens of life over onto the LORD.

The LORD has not asked us who belong to Him to carry the burdens of this life alone! In fact, He tells us to bring them to Him!

*Matthew 11:28 Come unto me, all ye that labour and are heavy laden, and I will give you rest.*

## HAVING PEACE IN TROUBLED TIMES

### PSALM 37:1-9

The Apostle Peter put it this way in *1 Peter 5:7 Casting all your care upon him; for he careth for you.*

Let me ask, what are the cares that you brought in here with you today? You don't have to bear the burdens of life all by yourself! We have a God who cares and even commands us to bring our burdens to Him!

In the middle of the storms of this life we need to learn the truth that we are not in the storms alone! We need to commit our "way" to the LORD and trust Him to take care of us!

That was Job's resolve when trouble came his way and it should also be our resolve!

*Job 1:20-21 20 Then Job arose, and rent his mantle, and shaved his head, and fell down upon the ground, and worshipped, 21 And said, Naked came I out of my mother's womb, and naked shall I return thither: the LORD gave, and the LORD hath taken away; blessed be the name of the LORD.*

*Job 13:15 Though he slay me, yet will I trust in him: but I will maintain mine own ways before him.*

*Job 23:10 But he knoweth the way that I take: when he hath tried me, I shall come forth as gold.*

The whole emphasis here in verse 5 is that when we are walking in faith, placing our burdens on the Lord, He will take care of us.

We may not like the way we are called upon to walk, but in the end, the faith of the child of God will be vindicated!

God is never hurried by our worry! He does not get excited when we struggle against the situation we find ourselves in. What He is looking for is our faith in Him, our obedience to Him, and our submission to Him in the midst of the struggles of life. His promise to us is that our faith will never be in vain!

## HAVING PEACE IN TROUBLED TIMES

### PSALM 37:1-9

#### IV. WE NEED TO CONSECRATE OUR WAIT! (Vs. 7)

We are told in this verse to "*rest*" in the LORD and "*wait*" for Him. The word "*rest*" means "*to be dumb or silent*". In other words, we are not to complain! We are to be silent and wait on the LORD!

Then, we are told again not to "*fret*". This word means to "*to blaze, to get hot*". It carries the idea of getting ourselves worked up into a rage over the condition of the world and over the valleys we have to walk through.

Our duty during the difficult days of life is to be patient and silent while the LORD works out His purposes in our lives!

This is not easy, but this kind of attitude was modeled for us by the Lord Jesus Himself!

*1 Peter 2:21-23 21 "For even hereunto were ye called: because Christ also suffered for us, leaving us an example, that ye should follow his steps: 22 Who did no sin, neither was guile found in his mouth: 23 Who, when he was reviled, reviled not again; when he suffered, he threatened not; but committed himself to him that judgeth righteously"*

Therefore, regardless of the burden we are called to bear, we need to learn not to whine, but rather to bear it for the glory of God, waiting patiently on Him to work out His will in our life. This isn't easy, but it is an attitude that God can bless and use for His glory!

#### V. WE NEED TO CONQUER OUR WRATH! (Vs 8)

We are commanded here to refrain from anger. It is easy to get bitter at God, the Church, or others when the problems of life mount up against us.

When we see the wicked live their lives of ease while we walk through the deep, dark valley, there is a tendency to become angry with the LORD. However, we must be careful that we do not abandon righteousness for evil in the day of our affliction!

## HAVING PEACE IN TROUBLED TIMES

### PSALM 37:1-9

God's will for us is that we stay the course! There will be an end to our struggles down the line, but for the moment, we are to abide in the will of the Lord faithfully and allow Him to have His will in us!

Not many will ever suffer like the Apostle Paul did for the glory of God. Yet, when he reached the end of his life, he was able to say in 2 Timothy 4:7 that he had fought a good fight, he had finished his course, he had kept the faith!

Don't you want be able to say the same thing? If so, learn not to be angry with the Lord! Learn that righteousness does pay off in the end, just consider **verses 9-11!**

God is working in each of us believers to develop His image more perfectly, sometimes, this require Him to put pressure on our lives. Never give up! Rather, give in to Him and He will see you through!

### **Conclusion**

So we see here our call to action even in the midst of troubled times!  
Fret not—But rather Trust In The LORD, Delight In The LORD, Commit Your Way To The LORD, Rest In The LORD And Wait Patiently For Him, Cease From Anger And Forsake Wrath!

Listen, God is calling us first to Himself and then to yield ourselves to Him. We may not can control what happens in our life, but we can control how we respond to what happens!

It begins with Salvation—You must TRUST Him for Salvation before you can ever trust Him with the troubles of life!