

IV. **REST** IN THE LORD (37:7-11)

- A. Your action: Rest means to be silent. (vs 7-8)

“But now, O LORD, You are our Father; We are the clay, and You our potter; And all we are the work of Your hand.”
Isaiah 64:8

*“28 Come to Me, all you who labor and are heavy laden, and I will give you rest.
29 Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls.”*
Matthew 11:28-29

- B. God’s promise: He will **bless** you. (vs 9-11)

“And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart.”
Galatians 6:9

“Blessed are the meek, For they shall inherit the earth.”
Matthew 5:5

ASK GOD TO USE THIS PSALM TO TURN YOUR SOUR EMOTIONS INTO SWEET EMOTIONS

“Is anyone among you suffering? Let him pray. Is anyone cheerful? Let him sing psalms.”
James 5:13

SWEET EMOTIONS

Finding Peace When You Feel Worried

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INTRODUCTION

- A. Emotions are both sour and sweet. The Bible shows you how to turn your sour emotions into sweet emotions.

*“3 as His divine power has given to us all things that pertain to life and godliness, through the knowledge of Him who called us by glory and virtue,
4 by which have been given to us exceedingly great and precious promises, that through these you may be partakers of the divine nature, having escaped the corruption that is in the world through lust.”*
II Peter 1:3-4

- B. How you feel will directly impact your quality of life. In this series, you will learn how to deal with how you feel.

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| May 12 | Finding Strength When You Feel Overwhelmed |
| TODAY | Finding Peace When You Feel Worried |
| May 26 | Finding Connection When You Feel Alone |
| June 2 | Finding Hope When You Feel Depressed |
| June 9 | Finding Confidence When You Feel Afraid |
| June 16 | Finding Control When You Feel Angry |
| June 23 | Finding Forgiveness When You Feel Revenge |

This series is based on the book of Psalms.

- C. **Text:** Psalm 37:1-11 (Pew Bible/Pg 538/Old Testament)

The command “do not fret” is given three times in this passage (vs 1a, 7a, 8b). The word “fret” means to worry excessively. The command is given to not worry, therefore worry is sin.

HOW TO FIND PEACE WHEN YOU ARE WORRIED

The solution to worry is to be *“in the Lord”*.

“13 But now in Christ Jesus you who once were far off have been brought near by the blood of Christ.

14 For He Himself is our peace,...” Ephesians 2:13-14a

I. **TRUST** IN THE LORD (37:1-3)

A. Your action: Trust means to lean on. (vs 1-3a)

*“6 Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time,
7 casting all your care upon Him, for He cares for you.”* I Peter 5:6-7

“Thus also faith by itself, if it does not have works, is dead.” James 2:17

B. God’s promise: He will **strengthen** you. (v3b)

*“3 You will keep him in perfect peace, Whose mind is stayed on You, Because he trusts in You.
4 Trust in the LORD forever, For in YAH, the LORD, is everlasting strength.”* Isaiah 26:3-4

II. **DELIGHT** IN THE LORD (37:4)

A. Your action: Delight means to take pleasure in. (v4a)

“Listen to this, O Job; Stand still and consider the wondrous works of God.” Job 37:14

B. God’s promise: He will **guide** you. (v4b)

“for it is God who works in you both to will and to do for His good pleasure.” Philipians 2:13

III. **COMMIT** TO THE LORD (37:5-6)

A. Your action: Commit means to give control. (v5a)

“Commit your works to the LORD, And your thoughts will be established.” Proverbs 16:3

“24 Therefore whoever hears these sayings of Mine, and does them, I will liken him to a wise man who built his house on the rock:

25 and the rain descended, the floods came, and the winds blew and beat on that house; and it did not fall, for it was founded on the rock.

26 “But everyone who hears these sayings of Mine, and does not do them, will be like a foolish man who built his house on the sand:

27 and the rain descended, the floods came, and the winds blew and beat on that house; and it fell. And great was its fall.” Matthew 7:24-27

B. God’s promise: He will **use** you. (vs 5b-6)

“For the eyes of the LORD run to and fro throughout the whole earth, to show Himself strong on behalf of those whose heart is loyal to Him. In this you have done foolishly; therefore from now on you shall have wars.” II Chronicles 16:9

“14 You are the light of the world. A city that is set on a hill cannot be hidden.

15 Nor do they light a lamp and put it under a basket, but on a lampstand, and it gives light to all who are in the house.

16 Let your light so shine before men, that they may see your good works and glorify your Father in heaven.” Matthew 5:14-16