

**Psalms for Every Season**  
**“When You Are Angry”**  
**Psalm 37:1-11**  
Pastor John Miller

**Introduction:** (v.v. 1-2) One of the hardest things to handle in this life is seeing evildoers prosper while the righteous suffer.

**\* If you struggle with anger, Psalm 37 is for you!**

**\* Psalm 37 is a psalm of David.**

- It was written by David in his old age (v. 25)
- David knew what it was to be the victim of injustice and unfairness.
- However, he understood the lesson of James 1:20- “...for the wrath of man worketh not the righteousness of God.”
- NLT- “Human anger does not produce the righteousness God desires.”

**\* Psalm 37- illustration- Like sitting down with David at a coffee shop.**

- Psalm 37 is a wisdom psalm and an acrostic psalm.
- It is very similar to the proverbs.

**\* David tells us what to do when we are angry.**

**I. What Not to Do** (v.v. 1-2)

- 1) Don't get angry
  - a. (v. 1) “fret not”
  - b. “fret” literally means “to blaze” or “get hot”
  - c. The reasons we get angry:
    - i. (v. 1) Because of evildoers
      1. Illustration- Politics
      - ii. In your marriage, your job, your circumstances, etc.
- 2) Don't get envious
  - a. (v. 1) “don't be envious against the workers of iniquity”
  - b. Don't envy the wicked or others
    - i. Illustration- Psalm 73
    - ii. Illustration- The fatted calf
- 3) Don't get even (v. 8)
  - a. Illustration- Marriage, adultery

- b. David gives us the reason
  - i. (v. 2 & v.v. 9-11)
  - ii. Illustration- Jesus- Matthew 5:5- “But what does a “meek” person look like?
    - 1. They look like Jesus!
    - 2. But also, Psalm 37

## II. What to Do (v.v. 3-7)

\* What is the antidote for anger and envy?

- Look to the Lord and not at the problem!
- How do I look to God?

\* David gives us a recipe for life and it has four ingredients:

- 1) “Trust in the Lord” (v. 3)
  - a. David says “rather than dwell on the injustice and let your anger burn, you need to redirect your attention toward God.”
  - b. “Trust” is “faith.” If I am fretting, I am not trusting. I am walking by sight!
  - c. It’s the essence of the Christian life.
  - d. Song- *Trust and Obey*
  - e. (v. 3) “...do good...”
  - f. Don’t seek vengeance
- 2) “Delight in the Lord” (v. 4)
  - a. The danger of misinterpreting this verse!
  - b. What does it mean to “delight?”
  - c. It means “to take pleasure in”
  - d. Is God your greatest pleasure?
    - i. God loves and “delights” in you!
    - ii. Its loving God with all your heart, soul, mind and strength, then God puts His desires in your heart!
    - iii. Also- how to find and know God’s will for your life!
- 3) “Commit your way into the Lord” (v.v. 5-6)
  - a. “Commit” means “to roll”
  - b. Illustration- 1 Peter 5:7- “Cast all...”
  - c. Illustration- Story of the guy who hired someone to worry for him.
  - d. It’s surrendering everything in your life to the Lord.
    - i. Let God guide your steps (marriage, children, single)
    - ii. Let God choose your sorrows and joys
    - iii. Let God vindicate your name
    - iv. Let God bless your work
    - v. Note the promise (v.v. 5-6) “trust in Him, and He will bring it to pass”

1. Illustration- Jesus- Matthew 6:33

4) “Rest in the Lord” (v. 7)

- a. “Trust”
- b. “Delight”
- c. “Commit”
- d. “Rest” and “wait”
  - i. How? Patiently!
  - ii. Martin Luther translated this- “Be silent to God and let Him hold thee and mold thee.”
  - iii. Illustration- Back seat driver
  - iv. God’s timing!

## CONCLUSION

**\* Isaiah 40:31- “They that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run and not be weary, and they shall walk and not faint.”**

**\* Teach me Lord to wait on you!**