***Psalm 37:1-8 Do not fret because of evildoers, Nor be envious of the workers of iniquity. 2For they shall soon be cut down like the grass, And wither as the green herb. 3Trust in the Lord, and do good; Dwell in the land, and feed on His faithfulness. 4Delight yourself also in the Lord, and He shall give you the desires of your heart. 5Commit your way to the Lord, Trust also in Him, And He shall bring it to pass. 6He shall bring forth your righteousness as the light, And your justice as the noonday. 7Rest in the Lord, and wait patiently for Him; Do not fret because of him who prospers in his way, Because of the man who brings wicked schemes to pass. 8Cease from anger, and forsake wrath; Do not fret—it only causes harm.***

Do not fret because of evildoers – God has a plan. We’re either invested in His plan or failing in our own. Repeatedly the Bible tells us – do not complain, do not grumble, do not murmur, do not fret. It’s easy to fall into this habit, but I can assure you that this is a pathway of darkness and never leads into light. It’s sin, as sure as those sins we so readily point out in others.

Verses 1 & 2 *Do not fret because of evildoers, Nor be envious of the workers of iniquity. 2For they shall soon be cut down like the grass, And wither as the green herb.* Do not burn with anger, seethe with resentment, meditate on evil. Every moment we spend thinking about, focused on, talking about evil is a lost opportunity for good. Complaining only brings misery to the heart. It never brings glory and praise to God.

We heard the Do Not – now we hear the Do’s – Do Trust, Do Delight, Do Commit, Do Rest. Verse 3 - *Trust in the Lord, and do good; Dwell in the land, and feed on His faithfulness.* God is Faithful and worthy to be Trusted. Trust doesn’t come in the form of magic fairy dust – there’s no Trust Dust in the air we breathe. It’s a choice – Choose to Trust and Dwell in that Trust, knowing that God is Faithful. Psalm 91 *He who dwells in the secret place of the Most High Shall abide under the shadow of the Almighty. I will say of the Lord, “He is my refuge and my fortress; My God, in Him I will trust.* The world is focused on eroding Trust. Satan attacked Eve with deceit, questioning God and His Trustworthiness. Satan still does that today.

Verse 4 - *Delight yourself also in the Lord, and He shall give you the desires of your heart.* Let God be your first, highest, and best Valentine. Give Him your heart and not just a cardboard card. Don’t send Him a Hallmark – that’s not your very best! Love God and everything else will follow. Too many are saying, “God fix this world that I love!” Say instead, “God, fix my eyes on You whom I love, the world will only wither and die.” When we love God, His desires become our desires. The world ceases to be anything except a brief stopping place on our way to heaven. It’s a Motel 6 on our way to the finest Mansion. He gives us our desires because His desires have become our desires.

Verse 5 & 6 *Commit your way to the Lord, Trust also in Him, And He shall bring it to pass. 6He shall bring forth your righteousness as the light, And your justice as the noonday.* Commit – here’s that choice again. Trust. His desires have become our desires, we delight in Him. Commitment is foundationed on Trust. Marriages crumble when Trust is gone. Want a relationship to fail? Violate Trust. Commit our way to the One we will spend eternity with! He will bring forth your righteousness as light and your justice as noonday – when? When we choose to Trust, seek to Dwell, Find Delight, Receive His desires for us, and Commit in Trust to follow Him. Worship or worry – we can only do one at any given time.

Verse 7 we get a Do and a Do Not - *Rest in the Lord, and wait patiently for Him; Do not fret because of him who prospers in his way, Because of the man who brings wicked schemes to pass.* Rest is such a beautiful word. We Rest and Wait, because we have Committed, Delighted, and Trusted. I found it interesting that this verse has the idea of quieting and ceasing twisting, twirling, and writhing in distress. Jesus is our rest. Matthew 11:28 *Come to Me, all you who labor and are heavy laden, and I will give you rest.* Do not fret – Do not grieve yourself over wickedness. Too many are twisting and twirling at every evil word heard.

Verse 8 – we get another Do and a Do Not - *Cease from anger, and forsake wrath.* This verse instructs us to stop being passionate about anger! Anger can become consuming and slip quickly from righteousness to sin. I’ve heard terrible evil spoken from a place of righteous indignation… and instantly, it becomes sin. Ephesians 4:31 *Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice.* Verse 8 finishes - *Do not fret. It only causes harm.* What good comes from fretting? None. Trust God and do good. Fretting, complaining, murmuring, clamoring, twisting only causes harm.

This week, let’s give God a Valentine’s Day gift – a grateful heart, a trusting spirit, delighted in Him, committed to His leading, Trusting in His provision, Resting in His promises. How can the Spirit speak when our mind is never quiet? How can we hear God’s still, small voice when our fretting is hogging the stage? How can we Delight when anger and wrath block the way? Satan loves the fretting, because he knows he has our focus. Focus instead on God. Choose Him as your Delight. Matt 6 *But seek first the kingdom of God and His righteousness, and all these things shall be added to you.* Satan paves a path with fretting. Christ paves His path with Peace. We choose each moment which we pavement to follow.