

## Title: COUNSEL FOR TROUBLED CHRISTIANS

### Text: Psalms 37:1-9

**Intro:** People who are discouraged in life have always asked the familiar question, *“Why do bad things happen to good people? Why do the righteous suffer? Why are they being deprived of good things in life while the wicked prosper?”* When sad and terrible things happen to the Christian, what should he do? Rather than rebel or wallow in self-pity and enviously looking at others, he must look upon God and follow His counsel. Psalm 37 has wise biblical counsel for the discouraged believer.

1. **FRET NOT** (vv. 1-2). To fret means to complain and murmur endlessly. This is exemplified in **Psa. 73:3**. Be content and peaceful with what you have for now. Count your many blessings in Christ. Abstain from self-pity and drifting away from God. Brethren, think of what you have now and are going to have in the future because of Christ. Don't focus too much on what you don't have in the present evil world! (**I Cor. 1:26**)

2. **TRUST** (v. 3). Observe that to be merely content or act indifferently in a tough situation is never enough. It does not help at all. We should also trust in the Lord and do good. This means that we must ask God to help us think clearly of the best ways and means; then ask His blessings on it. Never give in to shortcuts and quick fixes which only complicate things. It's never an excuse to do wrong in order to be able to do right! (**Jas. 4:17**)

3. **DELIGHT** (v. 4). To delight in God is to meditate upon His blessings – past, present and future – and rejoice because of His presence in your life. When we focus on the things God does in our life – on His power, goodness, mercy, love, and grace – we become at peace and confident to face tomorrow. We cannot

delight in God unless we are convinced that He truly cares and loves us (**Rom. 8:32**). What a blessed way!

4. **COMMIT** (vv. 5-6). Where there is real trust and delight in the Lord, there will surely be a total entrusting of ourselves – all our ways, all our purposes, all our goals, and all our wishes – unto our loving God. A life that is wholly committed unto the mighty hand of our Father will be free of worry (**I Pet. 5:6-7**).

5. **REST** (v. 7). To rest means to relax in quietness and confidence in God. It is a positive sense of security that is brought about by a whole-hearted entrusting unto the Lord. It is a perfect peace of mind and heart (**Isa. 26:3**). It is rest for the weary soul (**Matt. 11:28-30**). Rest in the Lord for the battle belongs to Him!

6. **CEASE** (v. 8). If your trust is in the Lord, cease from hoping in other people or yourself. Put an end to murmuring, anger or revenge for that is bad for your health. Such will only add more misery and aggravate your situation. Don't let the flesh take over but let the Spirit of God have His perfect way (**Jas. 1:19-20**).

7. **WAIT** (v. 9). Wait upon the Lord patiently (v.7). This is important because after having committed all to God and ceased from selfish and human solutions, there is always the constant danger and possibility of fainting and growing weary (**Gal. 6:9; Heb. 10:36**). God assures us that they that patiently wait upon Him shall be strengthened with heavenly power (**Isa. 40:31**).

**Conclusion:** Friend, in every problem or crisis in life there is always a right way and a wrong way of solving them. Make no mistake about it. The next time you are faced with hardships and troubles, don't look on others and be envious. Moreover, never look down on yourself. Instead, look up and come to the Lord Jesus Christ!