



Wednesday, September 16, 2026

WOW – Word on Wednesday
The Blueprint for Powerful Practical Living!
Psalm 37:1-11

Intro: It is easy to look at the world around us and feel a rising sense of frustration. We watch dishonest people get ahead, corrupt systems succeed, and the innocent suffer. In those moments, our natural human response is to “fret” – to burn with a toxic mix of anger, anxiety, and envy. In Psalm 37:1-11, King David speaks to this exact frustration. Writing from the wisdom of his old age, David give us a reality check of divine wisdom on how to anchor our hearts from drifting away from God’s Divine promises.

1. The Temptation to Fretting (vs 1, 7-8)

- David explicitly commands the reader three separate times to “do not fret”.
- Fretting is the natural human reaction to watching dishonest people win. Proverbs 24:19
- When we become obsessed with unfairness, it creates a toxic inner fire that eventually drives you to do wrong. Proverbs 14:30
 - 1. Core concept: Guarding your heart against jealousy and explosive anger when you see injustice.
 - 2. Principle: Don’t let the success of wicked people make you angry or jealous.
- What to avoid: The folly of fretting
 - 1. Hebrew word for fret (“charah”) means to burn, glow, or become deeply healed.
- David warns that getting consumed by anger, anxiety, and frustration over injustice “leads only to evil”.

2. The Command to Faithfulness (vs 3-5)

- This section switches from negative warnings to positive, actionable verbs: Trust, Do, Dwell, Delight, and Commit.
- God does not just want you to stop being angry; He wants you to redirect that emotional energy. Proverbs 3:5-6
- David teaches us that true faith requires rolling your heavy burdens onto God’s shoulders.
 - 1. Core concept: replacing your anxiety with active trust, delight and full surrender to God. What to practice: 5 core actions – James 1:10-11
 - Trust in the Lord
 - Delight yourself in the Lord
 - Commit your way to the Lord
 - Be still before the Lord
 - Wait patiently
 - 2. Principle: evil success is temporary and will quickly fade.

3. The Guarantee of True Vindication (vs 6, 9, 11)

- God’s promise of a future inheritance (inherit the land and public restoration).

- Here David gives us a long-term perspective.
- While the wicked seem to own everything right now, God promises that the humble, gentle, and the meek are these who will receive lasting peace and permanent security.

Matthew 5:5

1. *Core concept*: Counting on God to ultimately reward the humble and to reveal the truth openly.
2. *The Ultimate Outcome*: The wicked will be cut off and completely removed. The meek will inherit the land and enjoy peace and prosperity.

4. **The Transience of Evildoers: (vs 2, 10)**

- Both verses use the metaphors of sudden disappearance (withering grass, searching for someone who is completely gone).
- This point provides the cosmic reality check: the wicked and their prosperity looks impressive today, but it lacks deep roots and will quickly dry up.
 1. *Core concept*: Realizing that the success of corrupt people is short-lived and will completely vanish.
- The reign of evil is incredibly brief from an eternal perspective.

James 4:14

Job 20:28-29