

Psalm 37:1-40 The Unruffled Heart Falls Ch. 2 parts, Oct. 12 and Oct. 19, 2025

Matthew 6:33 and Psalm 37:4
Matthew 5:5 and Psalm 37:11
Acts 7:54-44 and Psalm 37:12-13
Note author David, and his age, per verse 25.

This Psalm teaches us how to maintain an unruffled heart, by trusting in The LORD during difficult times, knowing that we are never forsaken.

1. Our attitude. (v.1-8)

Matthew 7:17-18
James 1:20
Romans 12:21
Luke 6:27
Proverbs 25:21-22
Matthew 6:33
Acts 16:19-25
Joshua 5:9
Proverbs 16:3
Psalm 22:8
Trinity Hymnal #669, Commit Now All Your Griefs
Proverbs 24:19-20
Isaiah 40:8
1 John 2:17
Trinity Hymnal # 689, Be Still, My Soul, stanza 1, "...bear patiently the cross of grief or pain; leave to your God to order and provide.
In every change He faithful will remain..."

2. Our perspective. (v.9-22)

Exodus 20:12
Dwell in or inherit the land. Ps. 37:3,9,11,22,29,34.
Acts 7:54-55
Romans 8:36, quoting from Psalm 44, then Romans 8:37
Acts 17:31

3. Our wherewithal. (v.23-26)

1 Peter 2:11
Romans 1:28-32
Psalm 22:1
'forsaken' in Psalm 37:8, 25, 28, 33
Isaiah 62:11-12
Matthew 27:46
Hebrews 13:5
2 Corinthians 4:8-9 and 6:10

4. Our comfort. (v.27-40)

Mark 3:2,6
2 Timothy 4:8
Revelation chapter 19, the Hallelujahs.
Romans 1:32
2 Peter 2:9

What would we say to someone who feels forsaken?

What role should our understanding play in our reliance on The LORD? Prov. 3:5-6

From whom are we to learn? How? What will we find for our souls? Mt. 11:28-29

Who was forsaken, and who is never forsaken? Mark 15:34 and Heb. 13:5