



How to Rest in the Lord this Christmas

Psalm 37



Psalm 31:1-11

1 Do not fret because of evil men or be envious of those who do wrong;

2 for like the grass they will soon wither, like green plants they will soon die away.

3 Trust in the LORD and do good; dwell in the land and enjoy safe pasture.



4 Delight yourself in the LORD and he will give you the desires of your heart.

5 Commit your way to the LORD; trust in him and he will do this:

6 He will make your righteousness shine like the dawn, the justice of your cause like the noonday sun.



7 Be still before the LORD and wait patiently for him; do not fret when men succeed in their ways, when they carry out their wicked schemes.

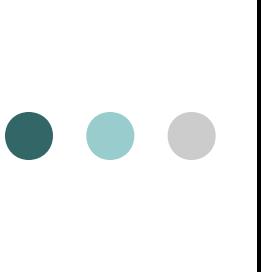
8 Refrain from anger and turn from wrath; do not fret-- it leads only to evil.

9 For evil men will be cut off, but those who hope in the LORD will inherit the land.



10 A little while, and the wicked will be no more; though you look for them, they will not be found.

11 But the meek will inherit the land and enjoy great peace.



1) We must still our emotions vs. 8

A)Refrain from anger and turn from wrath.

Outward rage. Inward Anger
Bitterness.

B) Worrying. Fretting.

Outward impulsive behavior.
Inward. Frozen with terror. Indecision
Kills.



Psalm 31:23-24

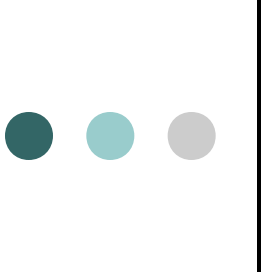
23 Love the LORD, all his saints! The LORD preserves the faithful, **but the proud he pays back in full.**

24 Be strong and take heart, all you who hope in the LORD.



James 4:6

6 But he gives us more grace. That is why Scripture says: "**God opposes the proud but gives grace to the humble.**"



2) Our will must be flexible in the hands of the Lord vs. 4

- **The word “Delight”.**

`anag (aw-nag');

a primitive root; to be soft or pliable, i.e. (figuratively) effeminate or luxurious:

- **The word “Desires”.**

4862 mish'alah (mish-aw-law');

from 7592; a request:

KJV-- desire, petition.



3) Resting on the timing of God. vs. 7

- Wait Patiently

chuwl (khool);

or chiyl (kheel); a primitive root; properly, to twist or whirl (in a circular or spiral manner), i.e. (specifically) to dance, to writhe in pain (**especially of parturition**) or fear; figuratively, to wait,



Proverbs 3:1-7

1 My son, do not forget my teaching,
but keep my commands in your heart,

2 for they will prolong your life many
years and bring you prosperity.

3 Let love and faithfulness never
leave you; bind them around your
neck, write them on the tablet of your
heart.



4 Then you will win favor and a good name in the sight of God and man.

5 Trust in the LORD with all your heart and lean not on your own understanding;

6 in all your ways acknowledge him, and he will make your paths straight.

7 Do not be wise in your own eyes; fear the LORD and shun evil.



Conclusion: How to rest in the Lord this Christmas

- **1) Still your emotions.**
- **2) Give your will to God.**
- **3) Wait on His timing.**