

When the Upright Get Uptight (part 2)

Psalm 37:1-10

David deals with a perennial problem—How do we account for the fact that the wicked are often prosperous while the godly often face the greatest hardships.

Job dealt with this same issue. He revealed there are factors in God's government which are unseen by men and things come out right in the end.

But the end is sometimes so long in coming. Someone has noted, "All things turn out right in the end... So if things are not right in your life right now, it means you're not at the end yet."

We are commanded, "*Fret not thyself.*" That is the same as saying "Don't worry." It's like the doctor saying, "I don't want you to worry." If a doctor says to me, "I don't want you to worry," that causes me to worry!

How do you keep from fretting? This morning we dealt with the **sources** of fretting. Tonight we will see the **solution** to fretting.

➡ The Bible not only tells us what to do, but also tells us how to do it.

Behind God's commandments are God's promises. When He gives us a command, it also carries a promise of His enablement to fulfill it..

1. Jesus stood before the tomb of Lazarus and said, "*Lazarus, come forth.*" That's an impossible command. Lazarus was dead. But Lazarus came forth. How? When Jesus gave the command, He also empowered Lazarus to obey His command.
2. He commanded a man who was crippled for 38 years to take up his bed and walk. That is asking a lot of a crippled man. But he did.
3. He commanded a man with the withered arm, "*Stretch forth thy hand.*" If your arm is paralyzed, how are you supposed stretch for your hand? But he did.

David gives us **four fret busters** in verses 3, 4, 5, and 7:

I. TRUST IN THE LORD (v. 3).

- ➡ The summary solution of the whole problem: When David says instead of fretting just trust in the Lord, he has said it all.

Trust is like a “nut.” You crack it open and inside you find **delighting, committing and resting**. This is what you do when you are trusting God.

A. Trust is RELIANCE. As Proverbs 3:5 says, “*Trust in the LORD with all thine heart; and lean not unto thine own understanding.*” Like we sing— *Learning to Lean!*

- There are just some things you can’t do anything about and you’re going to have to leave to Him. God has a way to teach us how to trust Him:

1. **You only learn to trust God by *trusting God*.**

- You don’t learn to trust God by reading books on it or hearing sermons about it.
- You don’t learn to swim by reading books on swimming. You don’t learn to drive a car by reading a book on cars. You learn to do those things by doing them.

2. Most of us **won’t trust God until we are forced to trust Him.**

- ➡ As long as I have one more trick up my sleeve... as long as I have one more dollar in the bank... as long as there is still food in the cupboard... I don’t need to trust God.

3. **God puts us in a place where we have to trust him.**

- ➡ If the only way we learn to trust God is by trusting Him, and we won’t trust Him unless we have to, then God will maneuver us into situations where the only way out is up.

ILLUS: Israel at the Red Sea. God had delivered Israel out of the land of Egypt. God lead them to the Red Sea. The Red Sea was in front of them... the mountains are on either side... and Pharaoh’s army in hot pursuit behind them. That’s when you find out these people were Baptists, because they immediately began blaming their pastor—Moses. “Well, Moses, here is another fine mess you’ve gotten us into.” Moses began to pray.

➡ God said two things.

1. ***“Stand still and see the salvation of the Lord.”*** — “Moses, don’t worry about Pharaoh’s army. I’ll deal with them. I saved you to go in and possess the land. Now do what I’ve saved you to do, and let Me take care of the Egyptians.

2. ***“Go forward.”***

“Uh, God... Do You realize, the Red Sea in front of us? If You will just hold back the Egyptians long enough for us to build some boats, we’ll sail across.” But God said, “Just go forward!” Do you know what they did? They obeyed God, trusted God, and went forward and walked across on dry land. What a mighty demonstration of faith!

- But, I believe they never would have taken one step forward if there had not been an Egyptian army behind them. They were forced to move.

B. Trust is NOT PASSIVE—***“Trust in the Lord and DO GOOD.”*** Doing good is just as much a command as trusting in the Lord.

1. While trusting the Lord do good— just take care of business. Trust God, and then carry on—Answer your mail, wash the dishes, fix your hair, go to work/school, and leave the rest with Me!”
2. When I have fully trusted God with a particular situation, I am able go on with my life. But, if I am not able to carry on with my everyday duties, that tells me I have not yet learned to leave this with God.
3. ***“So shalt thou dwell in the land, and verily thou shalt be fed.”*** Stay where God has placed you and fulfill your duty. Your need will be met in that situation.

II. **DELIGHT THYSELF IN THE LORD** (v. 4).

- The word ***“also,”*** connects delighting in the Lord with ***“Trust in the Lord”*** (v. 3).
- This is a wonderful promise, but often misunderstood.

- A. A SATISFIED HEART— David is saying, “*Delight thyself in the Lord*, and He will give you a **heart that has its desires met**—A heart that is satisfied and at rest.
1. One thing that makes me uptight is when something that brings me joy and delights my heart is in jeopardy.
 2. What are the basic things that gives us our joy in life? (1) Family... (2) Health... (3) My vocation—Serving the Lord... (4) My church... (5) Music... (6) My home. (7) Friends.
 3. God have mercy on us if these are the extent of our joy. One phone call can destroy everything I’ve mentioned. Each of these things could be gone in an instant!
- B. A SECURE SOURCE OF JOY— I need a source of joy that’s not so fragile. There’s not anything wrong in finding joy in family... health... ministry/career... church... music... home... friends. God has richly given us all things to enjoy (1 Tim. 6:17).
1. Find your delight in the Lord. Nothing can take Him away from you! He will satisfy your heart’s longing.
 2. ILLUS: Because Paul delighted in the Lord he could say what he did Philippians 4:4, 10-12. Paul had a heart that was at rest no matter what.

When Nelson Rockefeller died, a friend of his wrote an article in the *New York City Times* entitled, “*A Sense of Incompleteness.*” He said that Rockefeller with all his millions, vice-president of the United States, governor of the state of New York, lived all of his life frustrated. He died an incomplete man. What a sad epitaph. You would think if \$700 million couldn’t make you complete, nothing could.

III. COMMIT THY WAY UNTO THE LORD... (v. 5).

- A. The word commit means to roll. To commit your way unto the Lord is to roll your way onto the Lord. It is the picture of a man who is carrying a heavy burden making him stoop. David says, take your burden and roll it onto the Lord.

- B. The thing you are carrying around is one of the reasons you are fretting and anxious. Whatever is making you fret and uptight, you need to roll it onto the Lord and say, “Lord, this is too heavy for me. You handle it.”
- C. “*Trust **also** in him.*” Take your burden to the Lord and LEAVE IT THERE! Consider it settled! ILLUS: **Hannah** (1 Sam. 1:17-18).

IV. **REST IN THE LORD and wait patiently for Him** (v. 7).

- The word rest means to be silent unto the Lord and wait patiently for Him.
- A. THE KEY is to “*wait **patiently**.*” Waiting is not too hard. If God delays, you are going to wait. It is waiting **patiently** that is difficult.
- ➡ Waiting on traffic... Waiting in line... Waiting at the doctors...
- B. When the Bible speaks of waiting patiently, it means **waiting with anticipation**—waiting with expectation. Waiting on the Lord is like waiting for morning (see Psalm 130:5-6).
- ➡ Two things about waiting for the morning—sunrise.
1. You can’t rush it. There is no way you can make it rise more quickly.
 2. It does rise. It always rises. Those who wait upon the Lord are like those who wait for the sunrise. When you wait upon the Lord, you never wait in vain.

SUMMATION. Let’s put it all together—You have a situation that is causing you to fret, and be frustrated.

1. **Don’t fret.**
2. Instead, **trust** in the Lord.
3. **Delight** yourself in the Lord.
4. **Roll** your situation over onto God.
5. Now **relax**, and give God a chance to work.