“The Cure For A Troubled Heart”

Psalm 37:1-7

Pastor John Honold

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I. The Eyes that See [Matthew 9:35-36]

1. He Knows My Name [Isaiah 43:1]
2. He Sees My Heart [1 Samuel 16:7]
3. God is Moved by My Troubled Heart [Ps 139:1-6]

II. The Cure for a Troubled Heart [Psalm 37:1-7][[1]](#footnote-2)

1. (37:1-2) **Do Not Fret** [Psalm 31:9-12,13-15,19]

*“moving from a focus on present, painful circumstances toward a focus on the Person, Promises, and Provision of God”*

1. (37:3a) **Trust in the Lord** [Psalm 34:8; Proverbs 3:5-6]

*“placing myself COMPLETELY in HIS Hands”*

1. (37:3b) **Feed on His Faithfulness**

[Psalm 84:11-12; Psalm 91; Isaiah 9:6; Romans 8:31-37; James 1:17]

*“when we speak of the faithfulness of God, we’re talking about the firmness, security, and stability of His Character – of all He is”*

1. (37:4) **Delight Yourself in the Lord** [Psalm 21:1-2; Zechariah 4:6]

*“delight means ‘to not be strong for yourself.’ In other words, let God do this”*

1. (37:5-6) **Commit Your Way to the Lord** [Joshua 3:3-4; Romans 8:32; Proverbs 16:3]

*“the literal Hebrew rendering is ‘roll your way upon the Lord.’ It’s the idea of getting rid of a heavy burden, of rolling it right off your shoulders. In other words, give God the itinerary of your life’*

1. (37:7a) **Rest in the Lord** [Psalm 46:10; Isaiah 46:3-4; Mark 6:31; 2 Timothy1:12]

“*rest literally means ‘to be mute,” like an individual incapable of speech. In a broader sense, it implies both ‘quiet submission’ and ‘patient waiting.’”*

1. (37:7a, 34) **Wait on the Lord** [Psalm 130:5-6; Isaiah 40:31; Psalm 40:1-3]

*“this is about Hope. It is looking and longing with eager expectation. We are to eagerly wait for God to deliver and reward the righteous and dispense judgment to the wicked. And we can expect it soon!”*

* *Lee’s birthday and conversations of hope*
1. Mehl, R The Cure For A Troubled Heart [Multnomah Books Sisters, Oregon 1996] [↑](#footnote-ref-2)