**7 Secrets For a Peaceful Heart**

**In a Difficult World**

**Ps 37:3-8**

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**Psalm 37:3-8**

3 *Trust in the LORD, and do good;*

*Dwell in the land, and feed on His faithfulness*.

4 *Delight yourself also in the LORD,*

*And He shall give you the desires of your heart.*

5 *Commit your way to the LORD, Trust also in Him,*

*And He shall bring it to pass.*

6 *He shall bring forth your righteousness as the light,*

*And your justice as the noonday.*

7 *Rest in the LORD, and wait patiently for Him;*

*Do not fret because of him who prospers in his way,*

*Because of the man who brings wicked schemes to pass.*

8 *Cease from anger, and forsake wrath; Do not fret—it only causes harm.*

Sometimes we see evil and injustice flourish around us and are powerless to change anything. Here are seven things that will give you peace in your heart during difficult days:

**1. V3 Trust in the Lord** - no matter what happens, keep your eyes on the Lord – “dwell in the land” means to stay put where God has you and keep trusting that He has everything under control

**2. V3 Keep on doing good** - don't grow weary of doing good (Gal. 6:9). Don't withdraw - keep being kind and gracious to others

**3. V3 Feed on His faithfulness** - actively remind yourself of God's ways and His faithfulness - meditate on these things and "chew" on them in your heart. Remember what He has done and praise Him for His greatness

**4. V4 Delight yourself in the Lord** - keep your heart focused on worshiping the Lord. Find out how delightful He really is. The Message Bible says: *"Keep company with God"*

**5. V5 Commit your way to the Lord** - let God in on all your plans and dreams. Turn everything over to Him  - trust Him

**6. V7 Quietly rest in the Lord** and wait for Him to bring you through, show you the next step; for His plans to come to pass

**7. V8 Cease from anger.** Don’t become envious or angry at those who walk with injustice and evil things in their hearts. God will surely prevail in the end, and He will give you the desires of your heart

**From the whole Psalm - He gives us:**

v3 His provision is connected to His faithfulness – His faithfulness is our food

v4 He give us the desires of our heart – His desires become our desires and then He happily grants our desires

v5 He will *bring it to pass -*  the desires of our hearts will come to pass

v6 He will make your righteousness known, and He will display your just deeds as clearly as the light of the noonday sun

v7 He will surely come because He has asked us to wait for Him

v9, 11 says we will inherit the earth if we wait for Him and trust in Him

v11 says we will inherit peace`

v13 He will bring justice and judgment to the wicked

v17 the Lord will take care of the Godly

v18 the Lord will take care of the innocent day by day – their reward will last forever

v19 God’s people will survive through hard times – even through famines they will have more than enough

v22 God’s people will inherit the land vs 27, 29, 34

v23 God will direct the steps of His people – He delights in their lives

v24 God will hold us up when we fall – He holds us with His hand

v28 the Lord will never abandon godly people – He will keep them safe forever

v33 The Lord will not allow His people to be condemned

v39 the Lord will be a fortress for his people

v40 the Lord will save His people and become a shelter from the wicked

**Psalm 37 (NLT)**

**1** A psalm of David. Don't worry about the wicked. Don't envy those who do wrong.

**2** For like grass, they soon fade away. Like springtime flowers, they soon wither.

**3** Trust in the LORD and do good. Then you will live safely in the land and prosper.

**4** Take delight in the LORD, and he will give you your heart's desires.

**5** Commit everything you do to the LORD. Trust him, and he will help you.

**6** He will make your innocence as clear as the dawn, and the justice of your cause will shine like the noonday sun.

**7** Be still in the presence of the LORD, and wait patiently for him to act. Don't worry about evil people who prosper or fret about their wicked schemes.

**8** Stop your anger! Turn from your rage! Do not envy others -- it only leads to harm.

**9** For the wicked will be destroyed, but those who trust in the LORD will possess the land.

**10** In a little while, the wicked will disappear. Though you look for them, they will be gone.

**11** Those who are gentle and lowly will possess the land; they will live in prosperous security.

**12** The wicked plot against the godly; they snarl at them in defiance.

**13** But the Lord just laughs, for he sees their day of judgment coming.

**14** The wicked draw their swords and string their bows to kill the poor and the oppressed, to slaughter those who do right.

**15** But they will be stabbed through the heart with their own swords, and their bows will be broken.

**16** It is better to be godly and have little than to be evil and possess much.

**17** For the strength of the wicked will be shattered, but the LORD takes care of the godly.

**18** Day by day the LORD takes care of the innocent, and they will receive a reward that lasts forever.

**19** They will survive through hard times; even in famine they will have more than enough.

**20** But the wicked will perish. The LORD's enemies are like flowers in a field -- they will disappear like smoke.

**21** The wicked borrow and never repay, but the godly are generous givers.

**22** Those blessed by the LORD will inherit the land, but those cursed by him will die.

**23** The steps of the godly are directed by the LORD. He delights in every detail of their lives.

**24** Though they stumble, they will not fall, for the LORD holds them by the hand.

**25** Once I was young, and now I am old. Yet I have never seen the godly forsaken, nor seen their children begging for bread.

**26** The godly always give generous loans to others, and their children are a blessing.

**27** Turn from evil and do good, and you will live in the land forever.

**28** For the LORD loves justice, and he will never abandon the godly. He will keep them safe forever, but the children of the wicked will perish.

**29** The godly will inherit the land and will live there forever.

**30** The godly offer good counsel; they know what is right from wrong.

**31** They fill their hearts with God's law, so they will never slip from his path.

**32** Those who are evil spy on the godly, waiting for an excuse to kill them.

**33** But the LORD will not let the wicked succeed or let the godly be condemned when they are brought before the judge.

**34** Don't be impatient for the LORD to act! Travel steadily along his path. He will honor you, giving you the land. You will see the wicked destroyed.

**35** I myself have seen it happen -- proud and evil people thriving like mighty trees.

**36** But when I looked again, they were gone! Though I searched for them, I could not find them!

**37** Look at those who are honest and good, for a wonderful future lies before those who love peace.

**38** But the wicked will be destroyed; they have no future.

**39** The LORD saves the godly; he is their fortress in times of trouble.

**40** The LORD helps them, rescuing them from the wicked. He saves them, and they find shelter in him.

**Psalm 37 (Message)**

1 Don't bother your head with braggarts or wish you could succeed like the wicked.

2 In no time they'll shrivel like grass clippings and wilt like cut flowers in the sun.

3 Get insurance with God and do a good deed, settle down and stick to your last.

4 Keep company with God, get in on the best.

5 Open up before God, keep nothing back; he'll do whatever needs to be done:

6 He'll validate your life in the clear light of day and stamp you with approval at high noon.

7 Quiet down before God, be prayerful before him. Don't bother with those who climb the ladder, who elbow their way to the top.

8 Bridle your anger, trash your wrath, cool your pipes - it only makes things worse.

9 Before long the crooks will be bankrupt; God-investors will soon own the store.

10 Before you know it, the wicked will have had it; you'll stare at his once famous place and - nothing!

11 Down-to-earth people will move in and take over, relishing a huge bonanza.

12 Bad guys have it in for the good guys, obsessed with doing them in.

13 But God isn't losing any sleep; to him they're a joke with no punch line.

14 Bullies brandish their swords, pull back on their bows with a flourish. They're out to beat up on the harmless, or mug that nice man out walking his dog.

15 A banana peel lands them flat on their faces - slapstick figures in a moral circus.

16 Less is more and more is less. One righteous will outclass fifty wicked,

17 For the wicked are moral weaklings but the righteous are God-strong.

18 God keeps track of the decent folk; what they do won't soon be forgotten.

19 In hard times, they'll hold their heads high; when the shelves are bare, they'll be full.

20 God-despisers have had it; God's enemies are finished - Stripped bare like vineyards at harvest time, vanished like smoke in thin air.

21 Wicked borrows and never returns; Righteous gives and gives.

22 Generous gets it all in the end; Stingy is cut off at the pass.

23 Stalwart walks in step with God; his path blazed by God, he's happy.

24 If he stumbles, he's not down for long; God has a grip on his hand.

25 I once was young, now I'm a graybeard - not once have I seen an abandoned believer, or his kids out roaming the streets.

26 Every day he's out giving and lending, his children making him proud.

27 Turn your back on evil, work for the good and don't quit.

28 God loves this kind of thing, never turns away from his friends. Live this way and you've got it made, but bad eggs will be tossed out.

29 The good get planted on good land and put down healthy roots.

30 Righteous chews on wisdom like a dog on a bone, rolls virtue around on his tongue.

31 His heart pumps God's Word like blood through his veins; his feet are as sure as a cat's.

32 Wicked sets a watch for Righteous, he's out for the kill.

33 God, alert, is also on watch - Wicked won't hurt a hair of his head.

34 Wait passionately for God, don't leave the path. He'll give you your place in the sun while you watch the wicked lose it.

35 I saw Wicked bloated like a toad, croaking pretentious nonsense.

36 The next time I looked there was nothing - a punctured bladder, vapid and limp.

37 Keep your eye on the healthy soul, scrutinize the straight life; There's a future in strenuous wholeness.

38 But the willful will soon be discarded; insolent souls are on a dead-end street.

39 The spacious, free life is from God, it's also protected and safe.

40 God-strengthened, we're delivered from evil - when we run to him, he saves us.