

BIBLE BAPTIST CHURCH OF ERIE

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“How to Stay Up in a Down Time or Too Blessed to be Stressed”

Psalm 37:1-9

Anybody who's been paying any attention to what's going on in our world today has plenty of reasons to fret. And even if you aren't fretful about what's going on in the world, -- you can fret about your family, your friends, your job, your checkbook, or your health. Now everybody gets fretful at times. But God wants us to stay up in the down times. And in this Psalm, He shows us how.

The Bible commands us not to fret **V-1**. Remember that the Lord Jesus warns us about fretting and worrying in **Matthew 6:25-34** and He tells us that it is **USELESS**. But it is so **HARMFUL**. Worry will do the same thing to you that sand will do to machinery. But not only does fretting harm you; **IT HARMS OTHERS**. I mean, they, there are people who just go around spreading gloom.

Now here in this **37th Psalm** we have a recipe and the power on: **How To Stay Up In A Down Time**. There are four commands found right here in this Psalm that we need to pay particular attention to and I want you to write them upon your heart this morning.

I. TRUST IN THE LORD WHEN RESOURCES VANISH V-3

Now this word “**trust**” is an interesting word, it's a Hebrew word that literally has in its root idea the idea of being face down on the ground with no visible means of support. The apostle Paul learned about trusting the Lord. For he writes in **Philippians 4:11, 12 and 13**. There are times when God's way is difficult to figure out. During those times when you cannot **trace** God Hand, learn to **trust** His Heart anyway. Remember, “*The just shall live by faith*”, **Rom. 1:17**. Notice also in the middle of **V-3** He says: “Trust in the Lord, **AND DO GOOD...**” This is God's simple and sure command for us, with the wonderful result that our doing good can lift our spirits when when we are down.

If you want to stay up in a down time, **TRUST** and rush to the Lord for refuge. But secondly...

II. DELIGHT IN THE LORD WHEN DREAMS DISSOLVE V-4

“*Delight yourself also in the Lord!*” That word ‘**delight**’ literally means ‘to take pleasure in.’ Nothing or no one should give you more

pleasure than God Himself.

Let me give you a principle never to forget: **When you want what God wants, God will always give you more than you want.**

So many, people misread this **4th verse**. They get the idea, you know, if I love God, I can have whatever I want. No! If you love God, you've got what you want.

To stay up in a down time, **TRUST IN THE LORD, DELIGHT YOURSELF ALSO IN** the Lord and thirdly....

III. COMMIT YOUR WAYS TO THE LORD EVEN WHEN YOUR LIFESTYLE IS THREATENED Vs 5-6

“**Commit**” your way unto the Lord. This word means to “*roll onto*”. The idea here is that we are “roll” the burdens of life over onto the Lord. The Lord has not asked His children to carry the burdens of life alone. He tells us that bring them to Him, **Matt. 11:28; 1 Pet. 5:7**. In **V-5** when he says “**commit your way**” that means lifestyle. It has the idea of a well-traveled path. That's the way we're used to living, your lifestyle, your way of life, your reputation, your career.

To stay up in a down time, **TRUST IN THE LORD, DELIGHT YOURSELF ALSO IN** the Lord, **COMMIT YOUR WAY TO THE LORD** and lastly....

IV. REST IN THE LORD - WHEN GOD SEEMS SLOW TO ACT Vs 7-9

Now, friend, you can't rest until you're trusting, until you're delighted, and until you are committed. Once you trust in the Lord, once you delight yourself in the Lord, I mean He is the chief desire of your heart, you delight in the Lord, and then once you just roll everything on the Lord, then he can say, and only then, rest in the Lord and wait patiently for Him.

And this word “**rest**”, also actually means “**be Still**” (NIV) it literally has the idea of being **silent** before the Lord. It means don't murmur. Rest in the Lord, don't complain, don't murmur. You see beloved the **reason I am an optimist is because I serve a God who is in control**.

Louisa Stead was a faithful missionary to Africa from about 1880 to 1915. In response to tragedy in her life, Louisa wrote the words to this song number # 542 “**Tis So Sweet to Trust in Jesus.**” **Look at those precious words!**

He begins with the negative command to stop worrying **Vs. 1-2** - Don't Fret – Don't Worry. Then he tells us five positive things we can do to **STAY UP in a DOWN TIME**.

1. Trust in the Lord V-3
2. Delight yourself in the Lord V-4
3. Commit your way to the Lord V-5
4. Rest/be Still in the Lord V-7
5. Cease from Anger, don't get bitter at life V-8