



DO NOT FRET

by Carl McMurray

The thirty-seventh Psalm is an alphabetical “acrostic.” It is also more than just a fancy Hebrew poem. It is written by David, as an old man. Not the giant-killing David, running into battle. Not the shepherd boy alone, facing lions and bears in the night. Not even the warrior-leader running with 600 mercenaries just ahead of the pursuing Israelite army of King Saul. It is not the father who has seen his sons turn to evil nor the man who faced his own lust and pride in sorrow. The David who writes Psalm 37 is the David who has passed through all the above...and much more. He has been betrayed and mocked. He has wept at the grave of his children. He has thrown himself upon God’s mercy when there was no other place to turn. The old man David now has something to say and a wise person will listen closely. He says...

Do not fret... (v. 1), i.e. don’t worry! Three times he repeats that in this song. David has seen it all and he explains the way of life that a true servant of God should be perfecting in his own mind and heart.

Trust in the Lord and do good (v. 3). The Lord is the one who knows the end from the beginning and He has never, I repeat, NEVER abandoned His people (vv. 25-26). Instead of worrying, trust God to care for what you cannot and concern yourself with doing the good things you can.

Delight yourself in the Lord (v. 4). Develop in yourself an attitude of seeking after God and desiring His will. David says He will give you your desires if you do. Contentment is only going to be found in God.

Commit your way to the Lord (v. 5). Trust in Him and follow His guidance. But even more, “commit” your way to Him. Make Him a promise and while you’re at it, make one to yourself. Promise Him that you WILL follow, you WILL grow, you WILL obey. The flip side of that promise is that the Psalmist says God WILL bring forth YOUR righteousness. You’ll not come out on the short end of that stick!

Be still in the Lord, and wait...(v. 7). We want action! God says be patient. The Lord says not to worry about the one who seems to prosper. Don’t fret about the evil doer. Let the Lord do as He is planning and be ready to glorify Him for His wisdom. The evil-doer will be cut off and the wicked will be no more, but the wise man, David, teaches that the righteous will inherit.

Much, much more is stated in this Psalm that should comfort and strengthen the faithful servant of God, but these verses should be enough to illustrate our point. There is never a good reason to fret. Anxiety belongs to the worldly who have no heavenly Father watching and listening for them. Do not worry about what others seem to have, we often don’t know the whole situation with them. And even if the Godless DO seem to profit and have an easier time of it, we know there is coming a time when the balances will be set straight, the playing field leveled, and the faithful glorified beyond measure. Do not fret.

