

## Psalm 37 – Happiness

### Psalm 37:1-7

PW Emerson – 08/18/2019 – Ten:27 Ministries

We're doing a summer series on Psalms.

Today we're looking at Psalm 37 – it tells a lot about being happy

People regularly ask me ...

- How do I get better connected to God?
- How can I be a better Christian?

David writes this piece, which really takes us from being BITTER to BETTER

### Psalm 37:1-7

- <sup>1</sup>Do not fret because of those who are evil  
or be envious of those who do wrong;  
<sup>2</sup>for like the grass they will soon wither,  
like green plants they will soon die away.  
<sup>3</sup>Trust in the LORD and do good;  
dwell in the land and enjoy safe pasture.  
<sup>4</sup>Take delight in the LORD,  
and he will give you the desires of your heart.  
<sup>5</sup>Commit your way to the LORD;  
trust in him and he will do this:  
<sup>6</sup>He will make your righteous reward shine like the dawn,  
your vindication like the noonday sun.  
<sup>7</sup>Be still before the LORD  
and wait patiently for him;  
do not fret when people succeed in their ways,  
when they carry out their wicked schemes.

This is written by David, of David & Goliath fame.  
It tells a lot about what we need to do for happiness

Verses 1-2

- <sup>1</sup>Do not fret because of those who are evil  
or be envious of those who do wrong;
- <sup>2</sup>for like the grass they will soon wither,  
like green plants they will soon die away.

That's not easy for us.

Rarely when someone has messed with us and been successful is our first thought to

- Turn the other cheek
- Or at least, not fret

I've

- Worked for a company and thanks in large part to my efforts, it grew well.
- But other areas didn't grow and I was laid-off
- I wanted to be bitter, and I was for a while

But what I found is

- That left a bitter taste in my mouth
- It didn't help me or the organization

When I really let it go ...

- It didn't eat at me
- I was happier
- I was able to be a better representative of Christ

The people who wronged me weren't going to learn their lesson by me being salty and holding a grudge.

If they're going to turn from their evil, it will be because they experience love and forgiveness and see the value in that.

Thus I

- Forgive                      and
- Turn the other cheek

And I don't fret about the success of those who would do evil and benefit from their actions

David was an obedient soldier, serving

- King
- Country
- God

And when the king tried to kill him, MANY TIMES, he modeled

- Godly attitude
- Godly behavior

And continued doing what he could to reach out to the king in love and kindness

And it was noticed by MANY PEOPLE!

Verse 3

- ³Trust in the LORD and do good;  
    dwell in the land and enjoy safe pasture.

We're going to come back to the part about Trust in the Lord – it appears another time in a couple verses .....

But instead let's focus on the phrase "DO GOOD"

I have found this to be a great key to happiness.

If you want to experience

- Godly joy
- Godly happiness
- Godly peace

It is critical to DO GOOD

In John 21, 3 times Jesus says to Peter, if you love me, love my sheep

Remember, love, in the original language, is not a feeling.

Rather it represents action.

DO GOOD

And Jesus says that if we love him, we should love EVERYONE ELSE

We **MUST DO GOOD!**

The apostle Paul wrote in Ephesians 2:10

For we are God's handiwork, created in Christ Jesus to do good works

One of my favorite public speakers is Rev/Dr John Maxwell

He also says that EVERYDAY, you should make an intentional effort to add value to someone.

- He starts his day, looking at his schedule, asking himself who he can add value to and how
- He ends his day with a review, a post-game to review who he added value to

And he does that every day!

In my experience, the best ministers are not those who

- Are great speakers
- Are wonderful marketeers
- Are incredible bible scholars

Rather are ministers who really care about people and intentionally PUT THAT INTO ACTION!

ALL THE TIME!

DOING GOOD, DAILY, intentionally, is the most important words from this message!

Luke 6:35

But love your enemies, do good to them, and lend to them without expecting to get anything back. Then your reward will be great

Although it is only two words in English, DO GOOD, I would say they are the most important 2 words in the entire Psalm

We talk about LOVE YOUR NEIGHBOR AS YOURSELF; David sums it up saying  
DO GOOD

I would say, DO GOOD in the Name of CHRIST

Verse 5

<sup>5</sup>Commit your way to the LORD;

Commit to God

Intentionally adding value to someone ....

- Do it once and you will likely miss the point
- Do it day after day after day after day ...

And you will see the reward spoken about in Luke 6:35

We have to commit

A pig and the chicken woke up one morning and had a discussion about what they would eat for breakfast. The chicken said I know: LET'S HAVE EGGS AND BACON...

The pig said: That is dedication for you, but that is total commitment for me.

We need to make a total commitment to God.

This was written by David.

Remember when he faced Goliath?

I Samuel 17:48

<sup>48</sup>As the Philistine moved closer to attack him, David ran quickly toward the battle line to meet him.

David ran toward Goliath. There was no turning back.

David left no room for people to wonder

- Which way he was going
- What was he doing
- What steps he was taking

He was committed to what he was doing, serving God.

That reminds me of the Karate Kid ...

When the master starts to teach Danielson, the master asks Danielson if he is ready.

Danielson say, "Yes, I guess so" and says it in a very unconvincing way

So Mr Miede say

- Walk on road left side, safe
- Walk on road right side, safe
- Walk in the middle, squish, like grape
- Karate the same – either do or do not. You karate do "guess so," squish

In following God, best to commit.

Proverbs 16:3

Commit to the LORD whatever you do,  
and he will establish your plans.

I'll admit, I struggle with people that say they are Christians but are NOT totally committed to him.

A few weeks ago, I was frustrated and spoke with a friend that I was considering closing the church because people didn't seem to be committed to it.

Thankfully, I was reminded that people need to be totally committed to God, not necessarily this or any other church, though it would certainly be nice.

Also in Verse 5 ...

trust in him

Earlier I said we would come back to the first part of

Verse 3 ...

³Trust in the LORD

It's easier to commit to God when you trust God.

David trusted God ... with

- His life
- His friends

- His family
- His soldiers

Reuters reported a 63 year old man in London, England needed bladder surgery.

He did not trust the doctors nor the hospital staff. He had heard many horror stories in the medical field.

So the man studied medical books, and when the pain got so bad, the man decided to DO HIS OWN BLADDER SURGERY.

He did.

In a few days the man was dead, he died of a massive infection.

The coroner's office report stated the a very minor surgery would have corrected his problems.

SEEMED THE MAN TRUSTED HIMSELF INSTEAD OF PUTTING HIS TRUST IN THE MEDICAL PROFESSIONALS.

Today, way too many people invest trust in everything but a MIGHTY GOD that is all powerful and all knowing... QUIT TRUSTING YOUR OWN EFFORTS. TRUST GOD'S PLANS.

Verse 7

<sup>7</sup>Be still before the LORD

FYI – it's a lot easier to be still before the Lord when you trust him!

Even when David was being hunted by the king who wanted to kill him, he was still and trusting God.

He would live

- In a cave
- In a field
- In a valley

He was still before the Lord.

A friend of mine who owns a company came to me.

- He says it's very hard to sleep
- He can't seem to turn off his head
- When he tried to go to sleep, he's thinking about many things that need to be done at the office
- He wakes up thinking about all the things at work

I gently pointed out that he's not being still before the Lord.

Luke 10:38-42

<sup>38</sup>As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. <sup>39</sup>She had a sister called Mary, who sat at the Lord's feet listening to what he said.<sup>40</sup>But Martha was distracted by all the preparations that had to be made. She came to him and asked, "Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!"

<sup>41</sup>"Martha, Martha," the Lord answered, "you are worried and upset about many things, <sup>42</sup>but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her."

Mary knew how to “Be still before the LORD.”

She found what is really important.

Psalm 46:10

Be still, and know that I am God

## CONCLUSION

David gives us all we need to go from BITTER to BETTER

Do you want to be a better person? A better Christian?

6 weeks before he died, a reporter asked Elvis Presley, "Elvis, when you first started playing music, you said you wanted to be rich, famous and happy. Are you happy?"

"I'm lonely as hell" he replied.

Source Unknown

A fascinating study on the principle of the Golden Rule was conducted by Bernard Rimland, director of the Institute for Child Behavior Research. Rimland found that "The happiest people are those who help others." Each person involved in the study was asked to list ten people he knew best and to label them as happy or not happy. Then they

were to go through the list again and label each one as selfish or unselfish, using the following definition of selfishness: a stable tendency to devote one's time and resources to one's own interests and welfare--an unwillingness to inconvenience one's self for others." (Rimland, 'The Altruism Paradox,' Psychological Reports 51 [1982]: 521) In categorizing the results, Rimland found that all of the people labeled happy were also labeled unselfish. He wrote that those "whose activities are devoted to bringing themselves happiness...are far less likely to be happy than those whose efforts are devoted to making others happy" Rimland concluded: "Do unto others as you would have them do unto you." (Ibid, p. 522)

Martin & Diedre Bobgan, How To Counsel From Scripture, Moody Press, 1985, p. 123.

Luke 6:31

<sup>31</sup>Do to others as you would have them do to you.

I didn't need a study to tell me the value of the Golden Rule.

God already did that!