

Don't Worry, Trust In The Lord

Psalm 37

## MEMORY VERSE

PSALM 37:4

“Delight yourself also in the LORD, and He shall give you the desires of your heart.”

## WHAT YOU WILL NEED:

A piece of butcher paper 3' x 3', masking tape, pink and green construction paper, and scissors.

A red or pink sheet of construction paper for each child, a hole punch, yarn or string, scissors, and markers.

## ATTENTION GETTER!

### Silence is Golden

(also known as “Muk”)

In our lesson, today, we are going to learn about not worrying about things and trusting in the Lord. Psalm 37:7 talks about how we need to rest in the Lord and wait patiently for Him. This game will help us to remember that there are times when we need to remain silent and be still. Eskimo children traditionally play this game. “Muk” (pronounced MOOK) means silence. The goal of this game is for you to remain silent no matter what happens.

Have the children sit in a circle. Choose one person to be in the center of the circle. This person will point to someone, and the chosen person must say “muk” and then sit totally still without smiling while the person in the center does whatever he or she can to get the person to laugh. If the person doesn't respond to the antics, the person in the center may choose another child from the circle. This person must respond by saying, “Muk, muk” without laughing and then remain silent. The center person can try to make either of the children laugh.

If no one is laughing, the person in the center may choose a third child who will respond by saying, “Muk, muk, muk” and then fall into a similar silence. Chances are that by this time, one of the three will be laughing without much effort from the person in the center. Whoever laughs first replaces the person in the center and play begins again. Play until everyone has had a chance to be in the center or has been “muk.”

## LESSON TIME!

Psalm 37, much like the book of Proverbs that follow the book of Psalms, is full of valuable exhortations. (Exhortation is the giving of earnest advice or encouragement.) As we study this psalm, David exhorts us to trust the Lord, not to worry, and to consider the blessings of choosing to follow the ways of the Lord. **Trust the Lord at all times, and remember the blessings He gives to those who follow His ways!**

### PSALM 37:1-11

Do not fret because of evildoers, nor be envious of the workers of iniquity.

For they shall soon be cut down like the grass, and wither as the green herb.

Trust in the LORD, and do good; dwell in the land, and feed on His faithfulness.

Delight yourself also in the LORD, and He shall give you the desires of your heart.

Commit your way to the LORD, trust also in Him, and He shall bring it to pass.

He shall bring forth your righteousness as the light, and your justice as the noonday.

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.

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

For evildoers shall be cut off; but those who wait on the LORD, they shall inherit the earth.

For yet a little while and the wicked shall be no more; indeed, you will look carefully for his place, but it shall be no more.

But the meek shall inherit the earth, and shall delight themselves in the abundance of peace.

These verses are full of what we call action words—things that you “do.” A good exercise might be to create a “Truster to Do” list on the chalkboard. (You will create two other lists as we work through the lesson.) Find all the action words. Verses 3, 4, 5, 7, 8, & 9 all have action words in them; trust; dwell, feed, enjoy, delight, commit, be still, wait patiently, refrain, turn, and hope. Would your day change, or would the way you think about things change if this “To Do” list was posted in your home somewhere? What if you shared these things with your parents who always seem to have a lot to worry about? All of these action words remind us to look up “from whence comes our help.” God is always there, waiting for us to stop worrying and trust in Him.

Let's start another list called a “No Worries” list. Look at verses 3, 4, 6, 9, and 11. What does the Lord want to do for us, or give to us, as we trust Him in spite of difficult things we find going on around us? He gives us safe pasture (a roof over our heads and food to eat); He gives us the desires of our hearts; He will make us stronger, kinder people (we will grow in the fruit of the Holy Spirit); He will

hear us when we cry out for justice. We will inherit the land and enjoy great peace. **Trust the Lord at all times, and remember the blessings He gives to those who follow His ways!**

There's one more list: "The Truster vs. the Wicked" list. The wicked are those who refuse to trust God. They want to do things their own way. On the "truster" side of the list, we learn that we will enjoy safe pasture, have the desires of our heart, and inherit the land, and enjoy great peace. What do the "wicked" get? They will soon wither and die away; they will be cut off; they will be no more; and they will not be found. How sad for them. They're lost; they're unhappy. They do not know about heaven and eternal life, safe pasture, and great peace.

When a non-Christian has problems, and they refuse to turn to God, they have nowhere to turn except themselves. However, the Christian is blessed. For when problems come, God is our strength and defender; through Him, we can handle anything that comes our way. **Trust the Lord at all times, and remember the blessings He gives to those who follow His ways!**

### PSALM 37:23-31

The steps of a good man are ordered by the LORD, and He delights in his way.

Though he fall, he shall not be utterly cast down; for the LORD upholds him with His hand.

I have been young, and now am old; yet I have not seen the righteous forsaken, nor his descendants begging bread.

He is ever merciful, and lends; and his descendants are blessed.

Depart from evil, and do good; and dwell forevermore.

For the LORD loves justice, and does not forsake His saints; they are preserved forever, but the descendants of the wicked shall be cut off.

The righteous shall inherit the land, and dwell in it forever.

The mouth of the righteous speaks wisdom, and his tongue talks of justice.

The law of his God is in his heart; none of his steps shall slide.

Let's look at our three lists again and add to them. What should go on the "Truster to Do" list? Look at verses 27 and 30, "Turn from evil and do good." What great advice this is for us when we are out playing with our friends or brothers and sisters. "The mouth of the righteous speaks wisdom, and his tongue talks of justice." Maybe we all need a little more practice with that one!

How about our "No Worries" list? Verses 23 through 31 are full! Can we find 10 more things to add? Let's share these things with our family and see how many times our parents will smile!

One more list: "The Truster vs. the Wicked." Go back through verses 24 through 31. We might stumble, but we will not fall, unable to rise—God will uphold us. We will never be forsaken; we are protected forever. We will inherit the land. The law of God is in our hearts, and as a result, none of our steps shall slide. Though the enemy will set traps and try to tempt us, God will hold us steady!

What about the wicked? “Their offspring will be cut off.” God’s blessings cannot rest upon those who do not follow Him. Yet, God’s desire that all men will come to repentance remains.

## God’s Law in Our Hearts

Psalm 37:31 says, “The law of his God is in his heart, none of his steps shall slide.” The children will make a heart with “The Ten Commandments” written on it to wear as a necklace. You will need to gather a red or pink sheet of construction paper for each child, a hole punch, yarn or string, scissors, and markers.

Give one sheet of construction paper to each child. Have them fold it in half from top to bottom. Next, cut out a heart shape. With a marker, write (or assist the younger children with writing) the Ten Commandments. Write 5 on each side of the heart and simplify as needed. If there is room, you may write: “God’s law is in my heart.” Psalm 37:31. Allow the children to color or decorate as they would like. With the hole punch, punch two holes at the top of the heart and tie a piece of yarn or string long enough for the heart to be worn as a necklace.

### PSALM 37:34-40

Wait on the LORD, and keep His way, and He shall exalt you to inherit the land; when the wicked are cut off, you shall see it.

I have seen the wicked in great power, and spreading himself like a native green tree.

Yet he passed away, and behold, he was no more; indeed I sought him, but he could not be found.

Mark the blameless man, and observe the upright; for the future of that man is peace.

But the transgressors shall be destroyed together;  
the future of the wicked shall be cut off.

But the salvation of the righteous is from the LORD;  
he is their strength in the time of trouble.

And the LORD shall help them and deliver them; He  
shall deliver them from the wicked, and save them,  
because they trust in Him.

This Psalm is certainly filled with good advice! Let's look at our "Truster to Do" list one more time. Wait for the Lord; keep His way; consider the future for a person who trusts; observe the upright; and take refuge in Him. How beautiful! What hope for us who may be going through a difficult time in our lives right now!

Why do we not have to worry? Let's add to our "No Worries" list. Because, He has told us He is with us and will help us when we have need. There is a future of peace for us. God is our stronghold in times of trouble. He helps us, delivers us from the wicked, and saves us. What joy and peace these verses can bring to our hearts and minds! **Trust the Lord at all times, and remember the blessings He gives to those who follow His ways!**

## Tic-Tac-Toe Review

Use this game to review today's lesson with the children. You will need a piece of butcher paper 3' x 3', masking tape, pink and green construction paper, and scissors. Before class, cut out 5 pink circles and 5 green X's about 10 inches in size. On the piece of butcher paper, make a tic-tac-toe grid using masking tape. Make the squares approximately 1' x 1'. Put the tic-tac-toe grid on the floor or on the wall. Also, prior to class come up with several review questions from Psalm 37.



Divide the class into two teams. Appoint a spokesperson for each team to decide any ties or disagreements on where to place a marker. When it is time to start the game, choose one of the teams to go first. Ask that team a question. Give them about 30 seconds to confer and then have an answer. If they are right, then allow them to place a marker anywhere on the grid. If they are wrong, then allow the other team to answer. If the other team is right, allow them to place one of their markers on the grid. If they are wrong, go on to another question and allow the first team to try to answer.

Continue playing until one team gets tic-tac-toe. Play additional games as time allows and/or questions do not run out.

## **PRAYER**

Lead the children in a prayer of commitment to trust in the Lord in the Lord at all times, not to worry, and to remember the blessings given to those who follow His ways. If there are any children who have not yet responded to the Gospel, give them opportunity.

# DON'T WORRY! TRUST THE LORD!

## (Psalm 37)

### MEMORY VERSE:

"Delight yourself also in the LORD, and He shall give you the desires of your heart."  
PSALM 37:4

### TRUE OR FALSE:

1. Fret because of evildoers, and be envious of the workers of iniquity. **PSALM 37:1**  
**TRUE OR FALSE**
2. "For they shall soon be cut down like the grass, and wither as the green herb." **PSALM 37:2**

**TRUE OR FALSE**

3. "Trust in the LORD, and do good; dwell in the land, and feed on His faithfulness."  
**PSALM 37:3**

**TRUE OR FALSE**

### CIRCLE THE CORRECT WORDS:

4. "Delight yourself also in the (**HOBBIES, LORD**), and He shall give you the (**DESIRES, FEAR**) of your heart." **PSALM 37:4**
5. "Commit your (**WAY, DAY**) to the LORD, trust also in Him, and He shall bring it to pass."  
**PSALM 37:5**
6. "**(WORRY, REST)** in the LORD, and wait patiently for Him; do not (**FRET, LAUGH**) because of him who prospers in his way, because of the man who brings wicked schemes to pass."  
**PSALM 37:7**

### TRUE OR FALSE:

7. "Cease from anger, and forsake wrath; do not fret-it only causes harm." **PSALM 37:8**  
**TRUE OR FALSE**
8. For evildoers shall be rebuked; but those who wait on the LORD, they shall inherit the debt.  
**PSALM 37:9**

**TRUE OR FALSE**

### CIRCLE THE CORRECT WORDS:

9. "The (**THOUGHTS, STEPS**) of a good man are ordered by the LORD, and He (**STOPS, DELIGHTS**) in his way." **PSALM 37:23**
10. "Though he fall, he shall not be utterly (**CALM, CAST**) down; for the LORD (**UPHOLDS, HINDERS**) him with His hand." **PSALM 37:24**

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## FILL IN THE BLANKS:

4. "Delight yourself also in the \_\_\_\_\_, and He shall give you the \_\_\_\_\_ of your heart." **PSALM 37:4**
5. "Commit your \_\_\_\_\_ to the LORD, trust also in Him, and He shall bring it to pass."  
**PSALM 37:5**
6. "\_\_\_\_\_ in the LORD, and wait patiently for Him; do not \_\_\_\_\_ because of him who prospers in his way, because of the man who brings wicked schemes to pass."  
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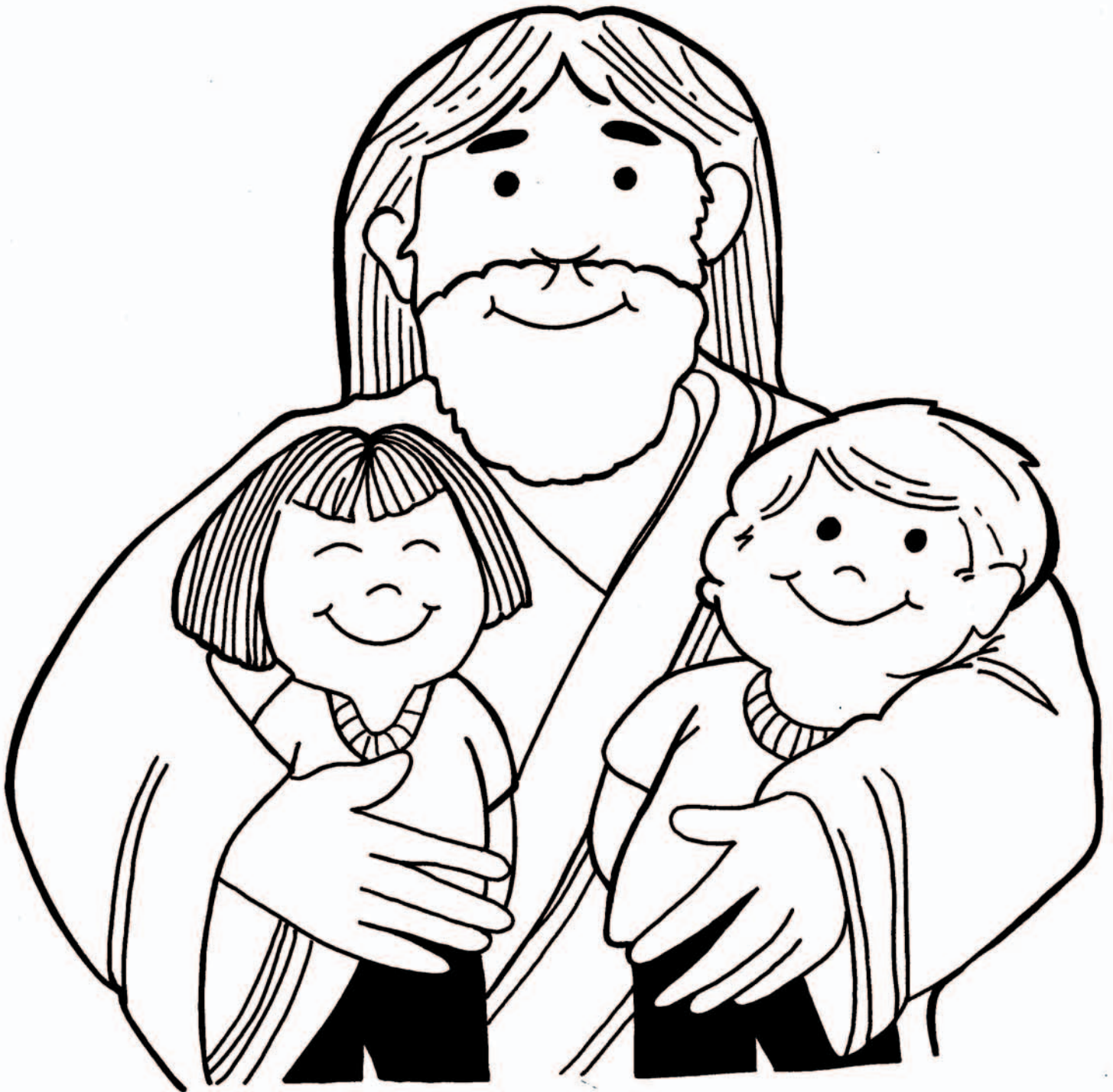
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**PSALM 37:4**

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(PSALM 37)

F E E T G D T S F S  
N A S I I H U R U P  
Z O M L G A T E T E  
W Z I I T W W V U T  
K R L T N R N I R S  
Q E J B A E A L E W  
D A E R B V Y E B O  
T R U S T G L D H R  
C O M M I T E A K R  
H T S E R V V N S Y

BREAD  
COMMIT  
DELIGHT  
DELIVER  
FAMINE  
FUTURE  
HEART



REST  
SALVATION  
STEPS  
TRUST  
WAIT  
WORRY

# DON'T WORRY! TRUST THE LORD!

(PSALM 37)

O F H W Q S W V T O J P V M M D X G O A  
Z D W L T Y T R I P C Y Q S C E S Q B I  
G X R E L G F E Y E Q Q N O B S K V X M  
K B P P R Y D P O T S U R T C T R M Y O  
O S M H U N S L V W G C M R E S P K X X  
F I F U T U R E V I S U A H Y N E T K L  
C Y D R M T Z N Y T K B F E J R R J G W  
M Y R N G X M F Y S P S B A J G R Y R B  
M E F X X H Z P E U A R B R F Q V O Y A  
C T V Y G B M E V L K I M T E K W N W N  
Y I T V D Q N J V K N V O I H A N V V W  
U M N R C I T A G W Q N M Z Y G D S U T  
X M F G M I T S R E V I L E D K I M H S  
W O I A A I U N U V P F K V C J F L A E  
Z C F W O N U P Q Z K W R K N P V K E R  
Q D S N M P C I E X E M T G E O Q J M D  
N E C C O Y P N S Z E O M T M H R D I T  
N F O A C R S A V L A Q N Z T S W J O R  
B E N B N X V R Q H Q M P V X H O C Z R  
X R T D J E Y A U V G I G I H P I T N Y

BREAD  
COMMIT  
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HEART



REST  
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