



Discussion Guide - July 13th, 2025

Gospel-Centered Families

Singleness Part 2: Gospel-Centered Searching

Psalm 37:1-9

How to Prepare

Begin preparing by reading the full passage a few times. Then answer the questions for yourself. Then think about how your Small Group might answer them. Try re-wording the questions to fit you and your Small Group. Don't feel tied down to the discussion guide, just be sure to discuss the main point of the text in your conversations.

Resources-

<https://www.desiringgod.org/articles/single-but-not-lonely>

<https://www.gotquestions.org/delight-yourself-in-the-Lord.html>

<https://learn.ligonier.org/devotionals/knowing-gods-will>

Sermon Outline:

Psalm 37:1-9

1. Prioritize the Lord in Your Wants. V. 4
2. Prioritize the Lord in Your Ways. Vv. 3, 5-6
3. Prioritize the Lord in Your Waiting. Vv. 1-2, 7-9

Psalm 37:1-9

Security of Those Who Trust in the Lord, and Insecurity of the Wicked.

A Psalm of David.

1 Do not fret because of evildoers,
Be not envious toward
wrongdoers.

2 For they will wither quickly like
the grass And fade like the
green herb.

3 Trust in the Lord and do good;
Dwell in the land and cultivate
faithfulness.

4 Delight yourself in the Lord;
And He will give you the
desires of your heart.

5 Commit your way to the Lord,
Trust also in Him, and He will
do it.

6 He will bring forth your
righteousness as the light
And your judgment 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 carries out wicked
schemes.

8 Cease from anger and forsake
wrath; Do not fret; it
leads only to evildoing.

9 For evildoers will be cut off,
But those who wait for
the Lord, they will inherit the
land.

Discussion Questions

Ask a volunteer to read Psalm 37:1-9.

INTRODUCTION

Here is a question or two to help introduce the topic and jump-start discussion.

1. What is something that stood out to you in this text or sermon? Why might people be tempted to believe that finding something or someone will bring ultimate satisfaction apart from Christ?

UNDERSTANDING AND APPLICATION

These questions should help your Small Group dig deeper into the text and then apply it to your lives today.

I. Prioritize the Lord in Your Wants. V. 4

2. What is the relationship between delighting in the Lord and receiving the desires of your heart? Does this mean that God will give us whatever we want if we love Him, or does it mean something deeper?

3. What are some common "wants" that people often prioritize in their search for satisfaction in relationships? How can we discern if these wants are aligned with God's will for our lives?

4. How can we practically cultivate delight in the Lord, even when our desires feel strong or unfulfilled?

II. Prioritize the Lord in Your Ways. Vv. 3, 5-6

5. How is the instruction to "trust in the Lord and do good" different from a worldly approach to seeking a relationship or pursuing certain goals in life?

6. How do we know God's will and way? Why is obedience to God's will such an important part of our faith if we are not saved by works?

7. What does "committing your way to the Lord" entail in the practical steps you take in life? How does prioritizing the Lord in your "ways" help protect you from unhealthy patterns or choices while seeking a relationship or pursuing certain goals in life?

III. Prioritize the Lord in Your Waiting. Vv. 1-2, 7-9

8. Why might we be tempted to fret or be angry (i.e. be anxious or jealous) when it seems worldly people are prospering in their way? What are some reasons why it is foolish to be anxious or jealous of worldly people in their supposed prosperity?

9. What are some of the biggest challenges you face when it comes to waiting on the Lord, especially for something you deeply desire? What does it say about our trust in the Lord when we are impatient or fretting?

10. How does prioritizing the Lord in our waiting prepare us for potential disappointment or loss? What specific practices or spiritual disciplines can help us prioritize the Lord in our waiting and find peace in the process?

Commentary (from ESV Study Bible)

Psalm 37. This can be called a wisdom psalm because it is a hymn that reflects on themes normally dealt with in the Wisdom Literature. In particular, it addresses the problem caused when godless people prosper; it helps the faithful to see that it really is better to stay loyal to the Lord—a loyalty expressed in contentment, honest dealing, generosity, and just speech. The Lord will make the distinction between the two groups clear in his own time, and the faithful must wait patiently. This psalm has many parallel texts in Proverbs. As the ESV footnote explains, it follows an acrostic pattern, although it is slightly different from that of Psalms 25 and 34; here each grouping of (usually) two verses begins with the next successive letter of the Hebrew alphabet. True to form for Davidic acrostics, this one is imperfect: the s grouping includes Ps. 37:27–29, and there is no `ayin grouping after it (v. 30 begins with p).

Ps. 37:1–11 Do Not Be Envious of Evildoers. The opening stanza sets forth the overall theme: “fret not yourself because of evildoers” (esp. when it seems that they are prospering), “trust in the LORD, and do good.” The reason not to fret is the assurance that justice will come in the end: the evildoers “will soon fade like the grass” (v. 2) and “shall be cut off” (v. 9), while the faithful—those who “wait for the LORD”—“shall inherit the land” (v. 9; i.e., they will remain after the Lord purges the wicked from the land; cf. Prov. 2:21–22). Those who “befriend faithfulness” (Ps. 37:3) will “delight” themselves “in the LORD” (v. 4), “commit” their “way” to him (v. 5), “be still before” him (v. 7), and “wait patiently for him” (v. 7); thus they will be able to “refrain from anger” (v. 8; i.e., from the resentment they would naturally feel toward the godless who prosper).

Ps. 37:1 This verse is almost identical to Prov. 24:19; cf. also Prov. 23:17–18.

Ps. 37:4 the desires of your heart. Some take “the desires” as referring to the feeling of desire, i.e., “God will shape your heart so that it desires the right things”; but the sense is rather, “he will give you what your heart desires.” It is safe to say this to those who embrace the advice of this psalm, because as they delight themselves in the LORD, their hearts will desire the right things (cf. vv. 16, 31).

Ps. 37:9 The contrast between the two outcomes, those who shall be cut off and those who shall inherit the land, recurs throughout the psalm: vv. 11, 22, 28–29, 34. “Cut off” generally refers to divine judgment, which removes a person from the people of God (e.g., Gen. 17:14; Lev. 7:20); in this psalm, it looks forward to the “future of the wicked” (Ps. 37:38), which likely refers to his afterlife (since it contrasts with one’s “hope” in Prov. 23:18; 24:14). Wisdom Literature recognizes that God may wait until the afterlife to fully display his distinction between the faithful and the godless (cf. notes on Psalms 49 and 73).

