



Songs in the Night Psalm 37

Do You Ever Find Waiting Helpful?

Recently my daughter told me that she does not want to go to amusement parks anymore because she can't stand waiting in line. I think I agree with her. It may be universally irritating. The only exception perhaps is if you are waiting with someone whose company you really enjoy. Time seems to fade into the background when you are in love with the person waiting with you. It might be that you want the wait to last even longer. It is like that with vacations and concerts. It just depends on what we see as the main point of our time or should I say, what we would like it to be. A lecture may feel like it lasts forever but a back massage seems to fly by too quickly. A wait is of course simply the crossing of time, the steady progression of seconds and minutes. What we make of that part of the string in eternity determines how we think of it, how we feel about it. What may seem to be a waste of time could in fact turn out to be the most important or best part of your life. During your waiting, you come to a conclusion that puts everything together for you, meet someone who gives your life a new purpose, make an important discovery. The song we will look at today has inspired millions in the past and it makes a case for the importance and value of waiting.

Psalm 37 is chock full of valuable insight. Here is a portion of it. **Do not fret because of evil men or be envious of those who do wrong; for like the grass they will soon wither, like green plants they will soon die away. Trust in the Lord and do good; dwell in the land and enjoy safe pasture. Delight yourself in the Lord and he will give you the desires of your heart. Commit your way to the Lord; trust in him and he will do this: He will make your righteousness shine like the dawn, the justice of your cause like the noonday sun. Be still before the Lord and wait patiently for him; do not fret when men succeed in their ways, when they carry out their wicked schemes. Refrain from anger and turn from wrath; do not fret — it leads only to evil.** (Psalm 37:1-8 NIV) There are five instructions found in this part of the song, all of which are of great benefit to you. The linchpin for the five, what puts them all together and gives them clarity, is found in verse 7. **Be still before the Lord and wait patiently for him...** When you hear that short directive, you might think of it as a passive response to becoming religious. It is far more than that as you shall see. The song writer explains clearly what waiting patiently for the Lord means. Contrary to popular belief, Christianity is practical for those who choose God as Savior. Any of us who have trouble sitting still, waiting for the Lord may sound agonizing to try and implement. Perhaps you are like me, constantly needing to do something to be sure not to "waste time". It is torturous to contemplate, sitting still with nothing to do but wait for God. Yet, this song tells us exactly what it means to be still before the Lord and wait patiently for Him. It is astounding when you see it spelled out like it will be today how reasonable and valuable these components to waiting on the Lord are. Here are the five aspects of waiting before the Lord.

1. Do not fret because of evil men or be envious of those who do wrong... (v. 1) If you are waiting for the Lord, you quit giving thought to how bad people succeed or get away with evil. That doesn't mean you don't vote evil leaders out of office or if it is possible stop them from doing wrong. The song makes it clear you are not to worry about them, not to let it eat you up when they seem to be successful. Stop focusing on what others are doing wrong and get your mind back on God. Let it go and trust God to deal with their cruelty. They will get what they deserve. The Lord will take care of it. **2. Trust in the Lord and do good;** (v. 3) Rather than getting upset with your circumstances or fretting about your finances, keep doing the right thing,

being kind, generous and loving. God knows what you need. He will see you through your trial. If you take your mind off your issues and put it on what you can do for others, your joy will grow each day.

3. Delight yourself in the Lord (v. 4) If you are waiting on the Lord, you delight yourself in Him. Find your happiness in Him. Sing praise songs, raise your hands in worship, smile and laugh heartily as you see God at work in your life. Pay attention to the beauty He has put around you. Enjoy being with God. **4. Commit your way to the Lord...** (v. 5) Decide you will do what He tells you, that His way is the good road to take. Let the Bible direct your life. Give God credit for knowing what is best for you. When I have lived in rebellion to God in certain areas, it has been a total waste of time. God knows what He is doing so don't make a mess of things by ignoring Him. **5. Refrain from anger...** (v.8) This is pretty self-explanatory. When you find your blood pressure rising and your eyes dilating, dial it back and trust God to work out what is bothering you. Give others a break, be kind and forgiving. It is always good theater to see a baseball manager raging at an umpire and kicking dirt in a fit of fury but don't be that person. Be the one who says, "That's ok! We all make mistakes!" Waiting upon God means that you are good with how things go and confident the people that are in your life He put there for a reason.

I sometimes smile inside when someone who hears this message about waiting on the Lord thinks it means you don't do anything. Quite the opposite is the case. When the Lord led Moses and the people of Israel to the edge of the Red Sea, it got precarious. The Egyptian army with its modern weaponry was barreling in on Israel and it seemed hopeless to many. And yet the Lord had them all wait there at the shore. All night as the people waited, the wind of God blew and of course parted the Red Sea. It was then, with a path created by God and dry ground before them that Israel did something. They walked across to safety. Before that, Abraham and Sarah tried for years to have children without success. The Lord kept telling Abraham and later Sarah that they would have kids, but it got so it seemed impossible. Sarah in fact lost hope. Abraham though kept up his faith in God and at the ages of 99 and 89 respectively, the Lord doubled down on His promise and insisted that the two together would have a son within a year. Sarah laughed at the prospect; Abraham quietly accepted the promise. For both, it had been an awfully long wait. The couple had sexual relations and they conceived. They waited and they acted. The Lord told Noah when he was a mere child of five hundred years the earth would be flooded. For one hundred years Noah worked on the ark...and waited. When it was time for the flood, Noah got in the boat with his family and all the animals and together they waited on the Lord for the flooding to subside.

When you wait on the Lord, it is never an empty time, a void. It is always filled with "Godness", with the life of God in you. You can wait for a thousand things: a package, a meal to be cooked, someone to love you in return, a promotion or even a job. But only one form of waiting has a supernatural effect upon you and is full of life; waiting upon the Lord. Christ fills you with peace when you wait on Him, gives you a joy you cannot explain and hope that brings health. Recently the adult daughter of Jordan Peterson, whose book [12 Rules for Life](#) has impacted millions, put her faith in Christ for salvation. Mikhaila said she was facing four very difficult and painful problems all at once. A friend suggested she go to Christ for help and that night in bed she cried out to God. The next day, each of these issues were miraculously resolved. She also felt peace like she never had before. Later the next week she was certain God spoke to her in a dream. Since then she has been reading the Bible and praying...and waiting upon the Lord.

Isaiah the prophet as translated by the King James Version Bible says this about waiting on the Lord. **But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.** (Isaiah 40:31 KJV) As you look to God and trust Him to work out your problems and difficulties, you will find this promise coming to pass. A supernatural effect will impact you, something you cannot explain as just coincidence or natural circumstance. You will grow strong, peace in you will build and the power to overcome will develop. God may direct you to stop doing something or start something but even in what He has you change, you will wait upon the Lord and something like a whisper or a nudge will come and provide just what you need to rise in power and strength.