

Take 5!

5 Verses, 5 Questions, 5 Minutes!

Your Heart's Desire!



By Mary Kane

www.onlybyprayer.com

Please take a moment to confess any known sin and quiet your heart before God. Ask Him to fill you afresh with His Holy Spirit. Now please read Psalm 37:1-5.

What two things are we commanded not to do according to verse 1?

We are told not to *fret* or be *envious*. What do you think of when you hear the word *fret*? I think of stress or worry. I was surprised to find out that the word used for *fret* in this verse translates "to be hot, furious, to burn, kindle."ⁱ We are not to become envious of the wealth, status or advantages the wicked have gained by sinful means; the rewards for these deeds are only "for a moment."

What is the fate of these evildoers?

They shall be cut down (to hang down, fade or languish) and wither (to be senseless, be foolish) as a green herb. It brings me great encouragement to know that the wicked will one day be powerless to cause further injury or harm to others.

While the wicked are busy working evil, what are believers to do?

We are to keep our eyes on Jesus and continue in the work that God has given us. Instead of feeding off our anger towards the acts of the evildoers, we are to feed off His faithfulness. We are victorious because of the work of the cross, therefore, no matter how bad the circumstances seem, we need to continue doing the work that God has given us. Since Satan is unable to prevail against the church, he'd like nothing better than to distract us from doing the work.

As usual, when God calls us to stop doing something, He will direct us to start doing something else.

Instead of fretting about the wicked we are to (verse4):

We are to delight ourselves in the Lord! To be delighted about something sounds so much better than to burn in anger over something, don't you think? When we delight in the Lord; when He is the passion of our lives; we will love what He loves and our hearts will be deeply satisfied!

Please fill in the missing words from verse 5:

"_____ your way to the Lord, trust also in Him, and He shall bring it to pass.

Please consider the following definition for *commit*: to roll up, to roll, *to roll together (emphasis mine)*. Did the definition for this word bring a smile to your face? Don't you want to be so "rolled up" with God that every part of your life would be enmeshed with Him? This definition brought to mind what happened when I let my kindergarten students play with clay; pretty soon the red clay would be so well blended with the yellow that they ceased to be separate colors! Let that be so in our own lives...that we would be completely rolled together with God.

What shall happen when we commit our lives to God and trust in His leading?

“He shall bring it to pass.” When we trust Him, He shall work His perfect will in our lives; He shall equip us and empower us to do what He has called us to do. And in His perfect will, we shall find our hearts desire.

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ⁱ *Blue Letter Bible CD-ROM* CD. Sowing Circle, 2006.