

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 be still in God’s presence. This game will help us to remember that there are times when we need to remain silent and 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!

Today we are going to look at a Psalm that is a wonderful reminder for all of us to trust in the Lord. Many of the Psalms are people expressing praise and speaking to the Lord. But this Psalm is a poem, which is speaking to man, not to God. It contains valuable lessons for all of us, especially when we are worried about something. **God wants us to trust in Him when we are afraid.**

Jesus even quoted from this Psalm when He was giving the Sermon on the Mount in Matthew 5. This Psalm speaks to us in much the same way as the Proverbs speak. This Psalm is about a righteous man's security or place of safety. Let us find out why we do not have to worry about how everything is going to turn out in our lives. What is the difference between a man who trusts in the Lord and one who does not? **God wants us to trust in Him when we are afraid.**

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 could call a “to do” list. “To do” means taking action. Let's find all the action words. Perhaps you could make three lists on the chalkboard, beginning with a “to do” list. Verses 3, 4, 5, 7, 8, & 9 all have action words in them; trust; dwell, 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.” He is always there, waiting for us to stop worrying and trust in Him.

Let's start another list. Let's call this one our “Why we don't have to worry” 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? We will have safe pasture (a roof over our heads and food to eat); He gives us the desires of our heart; 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. **God wants us to trust in Him when we are afraid.**

There's one more list for us to start. This one is "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 don't know about heaven and eternal life and safe pasture and great peace.

When we live our lives trusting in the Lord we will always have a life that is blessed. When problems come into our lives we can handle them because God is our strength and defender. When a non-Christian has problems they have nowhere to turn except themselves. How sad that they won't turn to Jesus! **God wants us to trust in Him when we are afraid.**

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 "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. "Our mouth utters wisdom and our tongue speaks what is wise." Maybe we all need a little more practice with that one, huh? It makes the Lord smile when we do though, does it not?

How about our “Why we don't have to worry” list? Verses 23,24, 25, 27, 28, 29, and 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! What is it? "The Truster vs. the Wicked” verses 24, 25, 28, 29, 30, and 31. We might stumble, but we won't fall; never forsaken; protected forever; inherit the land; the law of God is in our hearts and our feet do not slip. This means we won't get into trouble when we are walking on His paths with our minds and hearts. It is called a word picture. Like when you fall down and skin your knees, you might be sore for a few days and you get a scab while your skin is making new skin. In life, when our mouths or hearts make a wrong choice, and we have sinned against our brother in some way, our hearts might be sore for a few days or even weeks, until we are sorry and make things right between us and the person we hurt.

What about the wicked? “Their offspring will be cut off.” How sad when you see broken families where the mother is mad at the daughter, or the father and son haven't spoken to each other in years. Their relationships are messed up because they haven't learned from the Lord about grace and mercy and forgiveness. We need the Lord to help us with our problems when they arise. God wants to help those who are wicked and don't know Him. All any of us need to do is to turn away from our sin and turn to God and repent. **God wants us to trust in Him when we are afraid.**

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.” This craft will be a heart that can be worn as a necklace that has the Ten Commandments written on it. 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 is a long Psalm with a lot to say to us about trusting in God. Let's look at our "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! **God wants us to trust in Him when we are afraid.**

Why do we not have to worry? 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, what peace these verses can make in our minds and hearts! **God wants us to trust in Him when we are afraid.**

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'. Either 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 don't run out.

PRAYER

Lead the children in a prayer of commitment to trust in the Lord and not to worry. Remind them of Philippians 4:6 which talks about not being anxious for anything but lifting up our needs to the Lord. If there are any children who have not yet responded to the gospel, give them opportunity to do so.