

**SUMMER IN THE PSALMS**  
**"Psalm 37"**

**JULY 7, 2019**  
**Tim James**

**NOTES**

**In hindsight**

Psalm 37

**Be still ...**

Psalm 37:7, Psalm 37:23-24, Psalm 46:10-11

\_\_\_\_\_ ?

**Stop being Angry!**

Psalm 37:8, Psalm 37:34

\_\_\_\_\_ ?

**BECAUSE the Lord \_\_\_\_\_ !**

Psalm 37:39-40

**INTERSECT**

**PSALMS TRAIL M.A.P.**

*This summer, we are taking a stroll through the book of Psalms. To help us make the most of our time, we are going to give you a M.A.P. to follow each week. The following study has been broken down into 3 parts: Meditation, Application, and finally Prayer. Our hope is that you would use this M.A.P. as a personal or family devotion each week and that you be encouraged along the way!*

**Meditation - Psalm 46 (especially verse 10)**

1. As you read through this Psalm, what speaks to you, stands out to you?

2. What do you like best?

3. Anything confusing or difficult?

4. How does this Psalm help you understand and know God better?

**Application – Psalm 62:1-8**

1. What are the stressful circumstances Jeduthun (the writer of this Psalm) is dealing with in verses 2-4?

When have you experienced something similar?

2. In verses 5-8, what is he telling himself (AND US!!!) to do when we are faced with similar kinds of difficult circumstances?

3. Can you think of someone else who needs to grasp the truth of what's in this Psalm?

## **Prayer – Psalm 40**

This week, use this Psalm as a guide for prayer.

Read through the whole Psalm a couple of times.

Replace the pronouns with your name and pray this for yourself.

Take some time not just to ASK God to do these things for you but also to ACKNOWLEDGE and THANK him for what he's already done for you.