

34 "Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.

[7] [Cease](#) (Fleeing) From Anger: [Vv. 8-11](#)

Ps 37:8 Cease from anger, and forsake wrath; Do not fret--it only causes harm.

Pr 14:17 A quick-tempered man acts foolishly, And a man of wicked intentions is hated.

Pr 16:32 He who is slow to anger is better than the mighty, And he who rules his spirit than he who takes a city.

Pr 19:11 The discretion of a man makes him slow to anger, And his glory is to overlook a transgression.

Pr 22:24 Make no friendship with an angry man, And with a furious man do not go,

Pr 27:4 Wrath is cruel and anger a torrent, But who is able to stand before jealousy?

Ec 7:9 Do not hasten in your spirit to be angry, For anger rests in the bosom of fools.

Mt 5:22 "But I say to you that whoever is angry with his brother without a cause shall be in danger of the judgment. And whoever says to his brother, 'Raca!' shall be in danger of the council. But whoever says, 'You fool!' shall be in danger of hell fire.

Col 3:8 But now you yourselves are to put off all these: anger, wrath, malice, blasphemy, filthy language out of your mouth.

Tit 1:7 For a bishop must be blameless, as a steward of God, not self-willed, not quick-tempered, not given to wine, not violent, not greedy for money,

Jas 1:19 So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath;

Studies

BOOK

of

Psalms

Psalm 31

Pastor John Snoderly

LEARNING TO TRUST IN THE LORD

Psalms 37:1-11

Introduction:

A recent scientific study was done in a major medical institute in Chicago. This study was quite significant in that it was determined through extensive sleep research that a human being can survive on as little as three hours of sleep per twenty four hour period. It was determined that what was important in the sleep equation was not so much the amount, but rather the quality of the rest. Those studied who were able to go into an immediate alpha sleep (deepest type of sleep) were found to need the least amount of rest.

It is important to learn some spiritual lessons from those which the world has discovered through research. When it comes to spiritual rest the quality far outweighs the quantity. We must be able at any point in time to rest in the power of God's Spirit. We need that constant reliance on the sufficiency of the Word. And just as important is the abiding presence of Christ in all circumstances in life.

Illustration:

Will The Lord Just Let Me Rest?

"An aged mother, who had known little else than toil and care in this life, was about to slip into eternity. Her pastor spoke comforting and assuring words to her. He spoke glowingly of heaven with its mansions, its harps, crowns, and choirs. A twinge of disappointment clouded her face as she asked, "Pastor, do you think the Lord will let me just rest for a while?"

6 Since therefore it remains that some must enter it, and those to whom it was first preached did not enter because of disobedience,

[6] [Do Not Fret](#) (Worrieless) Because Of Him: [v.7](#)

Matt 6:25-34

25 "Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing?

26 "Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they?

27 "Which of you by worrying can add one cubit to his stature?

28 "So why do you worry about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin;

29 "and yet I say to you that even Solomon in all his glory was not arrayed like one of these.

30 "Now if God so clothes the grass of the field, which today is, and tomorrow is thrown into the oven, will He not much more clothe you, O you of little faith?

31 "Therefore do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?'

32 "For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things.

33 "But seek first the kingdom of God and His righteousness, and all these things shall be added to you.

2 And the things that you have heard from me among many witnesses, commit these to faithful men who will be able to teach others also.

3 You therefore must endure hardship as a good soldier of Jesus Christ.

4 No one engaged in warfare entangles himself with the affairs of this life, that he may please him who enlisted him as a soldier.

5 And also if anyone competes in athletics, he is not crowned unless he competes according to the rules.

6 The hard-working farmer must be first to partake of the crops.

7 Consider what I say, and may the Lord give you understanding in all things.

[5] [Rest](#) (Release) In The Lord: [v.7](#)

Heb 4:1-6

1 Therefore, since a promise remains of entering His rest, let us fear lest any of you seem to have come short of it.

2 For indeed the gospel was preached to us as well as to them; but the word which they heard did not profit them, not being mixed with faith in those who heard it.

3 For we who have believed do enter that rest, as He has said: "So I swore in My wrath, they shall not enter My rest," although the works were finished from the foundation of the world.

4 For He has spoken in a certain place of the seventh day in this way: "And God rested on the seventh day from all His works";

5 and again in this place: "They shall not enter My rest."

With the busy schedule that most people find themselves trying to maintain, it is comforting to know that the Lord is concerned that we take time for the proper spiritual rest we all need.

Psalm 116:

7 [Return to your rest, O my soul, For the LORD has dealt bountifully with you.](#)

8 For You have delivered my soul from death, My eyes from tears, And my feet from falling.

9 I will walk before the LORD In the land of the living.

10 I believed, therefore I spoke, "I am greatly afflicted."

11 I said in my haste, "All men are liars."

12 What shall I render to the LORD For all His benefits toward me?

13 I will take up the cup of salvation, And call upon the name of the LORD.

14 I will pay my vows to the LORD Now in the presence of all His people.

15 Precious in the sight of the LORD Is the death of His saints.

16 O LORD, truly I am Your servant; I am Your servant, the son of Your maidservant; You have loosed my bonds.

2Corinthians 12:

7 And lest I should be exalted above measure by the abundance of the revelations, a thorn in the flesh was given to me, a messenger of Satan to buffet me, lest I be exalted above measure.

8 Concerning this thing I pleaded with the Lord three times that it might depart from me.

9 And He said to me, ["My grace is sufficient for you, for My strength is made perfect in weakness."](#)

Therefore most gladly I will rather boast in my infirmities, that the power of Christ may rest upon me.

10 Therefore I take pleasure in infirmities, in reproaches, in needs, in persecutions, in distresses, for Christ's sake. For when I am weak, then I am strong.

“Seven Characteristics Of Relying On God”

[1] [Trust](#) (Faith) In The Lord: v.3

2 Cor 3:4-8

4 And we have such trust through Christ toward God.

5 Not that we are sufficient of ourselves to think of anything as being from ourselves, but our sufficiency is from God,

6 who also made us sufficient as ministers of the new covenant, not of the letter but of the Spirit; for the letter kills, but the Spirit gives life.

7 But if the ministry of death, written and engraved on stones, was glorious, so that the children of Israel could not look steadily at the face of Moses because of the glory of his countenance, which glory was passing away,

8 how will the ministry of the Spirit not be more glorious?

[2] [Dwell](#) (Position) In His Faithfulness: v.3

Col 3:16-17

16 Let the word of Christ dwell in you richly in all wisdom, teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord.

17 And whatever you do in word or deed, do all in the name of the Lord Jesus, giving thanks to God the Father through Him.

[3] [Delight](#) (Practice) In The Lord: v.4

Rom 7:18-25

18 For I know that in me (that is, in my flesh) nothing good dwells; for to will is present with me, but how to perform what is good I do not find.

19 For the good that I will to do, I do not do; but the evil I will not to do, that I practice.

20 Now if I do what I will not to do, it is no longer I who do it, but sin that dwells in me.

21 I find then a law, that evil is present with me, the one who wills to do good.

22 For I delight in the law of God according to the inward man.

23 But I see another law in my members, warring against the law of my mind, and bringing me into captivity to the law of sin which is in my members.

24 O wretched man that I am! Who will deliver me from this body of death?

25 I thank God-- through Jesus Christ our Lord! So then, with the mind I myself serve the law of God, but with the flesh the law of sin.

[4] [Commit](#) (Devote) Your Way To The Lord: Vv.5,6

2 Tim 2:1-7

1 You therefore, my son, be strong in the grace that is in Christ Jesus.