

## Adult Impact Study Sheet – July 7, 2024

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Read **Psalm 37:1-9**; if possible, from several translations.

For additional insight go to [www.studylight.org](http://www.studylight.org) and [www.gotquestions.org](http://www.gotquestions.org).

1. Discuss what it means not to fret because of evil men. Explain situations where we might tend to worry because of evil men. What situations in our world today might cause us to be troubled?
2. What are ways we might be envious of the wicked? What does the Bible say about envy?

What reasons does the psalmist give for not fretting because of or envying evil men?

3. What does it mean to trust the Lord? What other verses exhort us to trust the Lord? From what Scripture teaches about trusting the Lord, what are the results or benefits of trusting Him?
4. Discuss from verse 4 what it means to delight in the Lord. What desires does God give us for delighting in Him and what does that mean?
5. What does it mean to commit your way to the Lord and how is that done practically?

According to verse 5, what is the result when we commit our way to the Lord?

6. What is verse 7 telling us?

Why is it difficult to be still and wait patiently for the Lord?

How do we learn to be still and wait? What have you found to be helpful?

7. How do the attributes found in verses 2-7 help us refrain from anger?
8. From verse 9, discuss what it means to hope in the Lord and the promise associated with it.