

Meditation 19, Psalms 37 & 38:
“Give It Up To The LORD And He Will Deliver You”

“Leave it all to the LORD; trust in Him; He will do it...Give up anger, abandon fury, do not be vexed; it can only do harm...the steps of a man are made firm when He delights in that man’s way.” 37:5, 8, 23.

“My iniquities have overwhelmed me; they are like a heavy burden...I am all bent and bowed; I walk around in gloom all day long... I am all benumbed and crushed...Do not abandon me, O LORD; my God, be not far from me; hasten to my aid, O Lord, my deliverance.” 38:5-7, 9, 19, 22

In Psalm 37 the writer reveals great frustration at the way some people are acting. His frustration wells up into anger and fury. He wants to do something to those abusers, strike out to punish them. But he lets go of his anger when he hears the Spirit of God say to his spirit “your anger can only make things worse. Let go of your anger and let Me take care of it. I will deliver.”

In Psalm 38 it is the writer himself who has done wrong. It is King David’s lament over his own sin. David lusted after the beautiful wife of one of his officers, a foreigner fighting at the front line. David sent for the woman and slept with her. She became pregnant. Fearful of what might happen when the husband found out, David ordered the man abandoned on the field of battle. The officer and his men were killed by the enemy. The death of the woman’s husband did not provide David with a way of escape from his sin; he agonized over what he had done and God’s prophet Nathan publicly confronted the king with what he had done. God punished David’s sin but David bore his punishment in patience and humility. He did not question God or lose his desire to walk with God.

Prayer: “Lord, when I am angry and frustrated with others – calm me down so I can walk rightly with you. Remind me that I also am a sinner and help me trust your promise that when I turn from my sin you forgive and cleanse me from all unrighteousness.” 1st John 1:9