

# “Love Lifted Me Recovery Ministries”

## Favorite Psalms Bible Study - Part 1

### Psalm 37:8-19

### Lesson #12

\*\*INSTRUCTIONS: Read the entire section of Scripture in Psalms before starting to look up the other Scripture verses and filling in the blanks. Pray and ask the Holy Spirit to give you understanding as you read God's word. Most Scriptures are from the New King James Version.

8-11 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 diligently 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.

● **Matthew 25:34-40** “Then the King (Jesus) will say to those on his right hand, ‘Come, you \_\_\_\_\_ of My Father, \_\_\_\_\_ the \_\_\_\_\_ prepared for you from the foundation of the world; for I was \_\_\_\_\_ and you gave Me \_\_\_\_\_; I was thirsty and you gave Me \_\_\_\_\_; I was a stranger and you took Me in; I was \_\_\_\_\_ and you \_\_\_\_\_ me; I was sick and you visited Me; I was in prison and you came to Me.’ Then the righteous will answer Him, saying, ‘Lord, when did we see You \_\_\_\_\_ and \_\_\_\_\_ You, or thirsty and give You drink? When did we see You a stranger and take You in, or \_\_\_\_\_ and \_\_\_\_\_ You? Or when did we see You sick, or in prison, and come to You?’ And the \_\_\_\_\_ will answer and say to them, ‘Assuredly, I say to you, inasmuch as you did it to one of the least of these My \_\_\_\_\_, you did it to \_\_\_\_\_.’”

● **Psalm 37:34** “\_\_\_\_\_ on the \_\_\_\_\_, and keep His way, and He shall exalt you to \_\_\_\_\_ the \_\_\_\_\_....”

● **Ephesians 4:31** “Let all \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, clamor, and all \_\_\_\_\_ speaking be put \_\_\_\_\_ from you, with all malice.”

**Definition: “FORSAKE WRATH; do NOT FRET – it only CAUSES HARM” – To ‘FORSAKE’ means to get rid of something.** We are to get rid of all anger and worry. **“Wrath” is extreme anger, to “FRET” means to WORRY.** ANGER that is not dealt with will eventually turn into BITTERNESS and RESENTMENT. **When it says, “It only CAUSES HARM”** it is because anger and bitterness hurt MANY MORE people than just the one who is angry and bitter. Many family dysfunctions and generational sins begin as a ROOT of BITTERNESS in someone’s life, which then passes down to their families in the form of more DYSFUNCTIONS, ADDICTIONS, and other problems.

● **Ephesians 4:26-27** “Be \_\_\_\_\_ and do \_\_\_\_\_ sin; do not let the sun go down on your \_\_\_\_\_, nor give \_\_\_\_\_ to the \_\_\_\_\_.”

● **James 1:19-20** “Therefore, my beloved brethren, let every man be swift to \_\_\_\_\_, slow to \_\_\_\_\_, slow to \_\_\_\_\_; for the \_\_\_\_\_ of man does \_\_\_\_\_ produce the \_\_\_\_\_ of God.”

● **Mark 11:25** “And whenever you stand praying, if you have \_\_\_\_\_ against anyone, \_\_\_\_\_ him, that your Father in heaven may also \_\_\_\_\_ you your trespasses.”

● **Mark 3:5** “So when He (Jesus) had looked around them with \_\_\_\_\_, being grieved by the \_\_\_\_\_ of their \_\_\_\_\_, He said to the man, ‘Stretch out your hand.’ And he stretched it out, and his hand was restored as whole as the other.”

● **Colossians 3: 8-9** “But now you also must \_\_\_\_\_ all these: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, blasphemy,

\_\_\_\_\_ out of your mouth. Do not \_\_\_\_\_ to one another, since you have \_\_\_\_\_ the \_\_\_\_\_ with his deeds.”

• **Hebrews 12:14-15** “Pursue \_\_\_\_\_ with \_\_\_\_\_ men, and holiness, without which no one will see the Lord; looking diligently lest anyone fall short of the grace of God; lest any \_\_\_\_\_ of \_\_\_\_\_ springing up cause \_\_\_\_\_, and by this \_\_\_\_\_ become \_\_\_\_\_.”

• **James 4:11** “Do not \_\_\_\_\_ of one another, brethren. He who \_\_\_\_\_ of a brother and judges his brother, \_\_\_\_\_ of the law and judges the law [of God]. But if you judge the law, you are not a doer of the law but a judge.”

**Definition:** “Do NOT let the SUN go DOWN on your WRATH” — This means to LET GO of all anger, and FORGIVE before the end of the day, or as soon as possible. If your anger is **not** against a PERSON, but rather against CIRCUMSTANCES, the Lord COMMANDS us in His word to “REJOICE always and give THANKS in everything, in all circumstances” (1 Thessalonians 5:16-18).

**Definition:** “GIVE PLACE TO THE DEVIL” — This means DON’T give the devil an **opportunity** to cause trouble in your life. Holding onto anger and letting it turn into BITTERNESS and UNFORGIVENESS is a sure way to ALLOW Satan to MESS UP your life.

• **I Peter 5:8-9** “Be \_\_\_\_\_, be vigilant; because your adversary (enemy) the \_\_\_\_\_ walks about like a roaring lion, seeking whom (looking for someone) he may devour. \_\_\_\_\_ him, steadfast in the faith...”

• **James 4:7** “Therefore \_\_\_\_\_ to God. \_\_\_\_\_ the evil and he will \_\_\_\_\_ from you.”

• **II Corinthians 2:10-11** “Now whom you \_\_\_\_\_ anything, I also \_\_\_\_\_. For if indeed I have \_\_\_\_\_ anything, I have \_\_\_\_\_ that one for your sakes in the presence of Christ, lest \_\_\_\_\_ should take advantage of us; for we are not ignorant of his \_\_\_\_\_ (tricks).”

• **Luke 22:31-32** “And the Lord said, ‘Simon, Simon! Indeed, \_\_\_\_\_ has asked for you, that he may sift you as wheat. But I have \_\_\_\_\_ for you, that your \_\_\_\_\_ should not fail; and when you have \_\_\_\_\_ to Me, strengthen your brethren.’”

**Definition:** “The MEEK shall INHERIT the EARTH” - First of all, WHO are “the meek”? The meek or humble people are those who have **SURRENDERED their LIVES to Jesus Christ and believed in Him as their Savior. In other words, those who are SAVED.** Meekness, which is similar to humility, actually means “strength under control”, is one of the fruits of the Holy Spirit. Only those who belong to Jesus and are allowing the Holy Spirit to control their lives and produce His fruit in their lives will actually be “the meek”. **All the FRUIT of the Spirit: love, joy, peace, patience, kindness, goodness (meekness), faithfulness, gentleness, and self-control** will be abundant in your life as you allow the Holy Spirit to control your heart, mind, and actions. This is what Jesus meant by our lives producing fruit that will glorify God the Father. “By this My Father is glorified, that you bear much fruit” (John 15:8). As for inheriting the earth, **this refers to the NEW EARTH that God will create after Jesus returns.** The earth we live in now is corrupt, polluted and ruined by sinful man, but God will create a new, perfect earth, bring down to the earth the New Jerusalem from heaven, and we, the believers in Jesus Christ will live in that holy city on the new earth forever. When it says, “**the wicked shall be no more; indeed, you will look diligently for his place, but it shall be no more**”, this is referring to the fact that the unbelievers, “the wicked”, will have NO PLACE whatsoever in God’s new earth and holy city, they will have been cast

into hell for all eternity.

• **Matthew 5:5** “\_\_\_\_\_ are the \_\_\_\_\_, for they shall \_\_\_\_\_ the \_\_\_\_\_.”

• **Galatians 5:22-23** “But the \_\_\_\_\_ (evidence, outworking) of the \_\_\_\_\_ is love, joy, peace, longsuffering (patience), kindness, \_\_\_\_\_ (meekness, humility), faithfulness, gentleness, self-control....”

• **Revelation 21:1-3** “And I saw a new \_\_\_\_\_ and a new \_\_\_\_\_, for the first \_\_\_\_\_ and the first \_\_\_\_\_ had passed away. Also there was no more sea. Then, I, John, saw the holy \_\_\_\_\_, New Jerusalem, coming \_\_\_\_\_ out of \_\_\_\_\_ from \_\_\_\_\_, prepared as a bride adorned for her husband. And I heard a loud voice from heaven saying, ‘Behold, the \_\_\_\_\_ of \_\_\_\_\_ is with \_\_\_\_\_, and He will dwell with them, and they shall be His \_\_\_\_\_, and God Himself will be with them and be their \_\_\_\_\_.’”

• **Revelation 21:7** “He who overcomes shall \_\_\_\_\_ all things, and I will be his \_\_\_\_\_ and he shall be My \_\_\_\_\_.”

• **Revelation 21:23-27** “And the \_\_\_\_\_ had no need of the sun or of the moon to shine in it, for the glory of \_\_\_\_\_ illuminated it, and the \_\_\_\_\_ is its \_\_\_\_\_. And the \_\_\_\_\_ of those who are \_\_\_\_\_ shall walk in its light, and the \_\_\_\_\_ of the \_\_\_\_\_ bring their glory and honor into it. Its gates shall not be shut at all by day (there shall be no night there). And they shall bring the glory and honor of the \_\_\_\_\_ into it. But there shall by \_\_\_\_\_ means \_\_\_\_\_ it anything that \_\_\_\_\_, or causes an abomination (something horrible) or a \_\_\_\_\_, but only \_\_\_\_\_ who are \_\_\_\_\_ in the Lamb’s (Jesus’s) \_\_\_\_\_ of \_\_\_\_\_.”

12-15 **The wicked PLOTS AGAINST the JUST, and GNASHES at him with his TEETH. The LORD LAUGHS at him, for He SEES that HIS DAY is COMING.** The wicked have drawn the sword and have bent their bow, to cast down the poor and needy, to slay those who are of upright conduct. Their sword shall enter their own heart, and their bows shall be broken.

• **Psalm 35:15-17** “But in my adversity (troubles) they rejoiced and gathered together; \_\_\_\_\_ gathered \_\_\_\_\_ me, and I did not know it; they tore at me and did not cease; with ungodly mockers at feasts they \_\_\_\_\_ at me with their \_\_\_\_\_. Lord, how long will You look on? \_\_\_\_\_ me from their \_\_\_\_\_, my precious \_\_\_\_\_ from the lions.”

• **Psalm 2:1-4** “Why do the nations \_\_\_\_\_, and the people \_\_\_\_\_ a vain thing? The kings of the earth set themselves, and the rulers take \_\_\_\_\_ together, \_\_\_\_\_ His Anointed, saying, ‘Let us break their bonds in pieces, and cast away their cords from us.’ He who \_\_\_\_\_ in the \_\_\_\_\_ shall \_\_\_\_\_; the \_\_\_\_\_ shall hold them in derision.”

**Definition:** “The wicked PLOTS AGAINST the JUST, and GNASHES at him with his TEETH” – To gnash your teeth means to **grind your teeth in extreme anger** (or sometimes in pain). The wicked (those who are against God and His people) **become SO ANGRY at the righteous** (also called “the JUST”) that they even grind their teeth, but God has promised to deliver us from these enemies. **They hate us, because they hate God** and have rebelled against the Lord and His word.

• **Psalm 5:8-10** “Lead me, O Lord, in Your righteousness because of my \_\_\_\_\_; make Your way straight before my face. For there is no faithfulness in their mouth; their inward part is destruction; their throat is an open tomb; they flatter with their tongue. Pronounce them

\_\_\_\_\_, O God! Let them \_\_\_\_\_ by their own counsels; cast them out in the multitude of their transgressions, for they have \_\_\_\_\_ against You.”

**Definition: “The LORD shall hold them in DERISION” – Derision means CONTEMPT or RIDICULE. In other words, to laugh at someone or something, NOT because it is FUNNY, but because it is ridiculous, insane, and just plain crazy.** God LAUGHS at wicked men who try to PLOT AGAINST Him, as though they could actually do anything to God! It’s ridiculous! As it says in the verses above, the Lord laughs because **“He SEES that HIS DAY is COMING”**, which means God knows what is going to happen to these evil, wicked people who plot against Him and His people - they will be JUDGED and thrown into HELL!

•**Psalm 59:8-10** “But You, O \_\_\_\_\_ shall \_\_\_\_\_ at them; You shall have all the \_\_\_\_\_ in \_\_\_\_\_. O You, his strength, I will wait for You. For \_\_\_\_\_ is my \_\_\_\_\_; my merciful God shall come to meet me; God shall let me see my desire on my \_\_\_\_\_.”

16-19 **A LITTLE that a RIGHTEOUS man HAS is better than the RICHES of many WICKED.** For the arms of the wicked shall be broken, but **the Lord UPHOLDS the RIGHTEOUS.** The Lord knows the days of the upright, and **their INHERITANCE shall be FOREVER.** They shall not be ashamed in the evil time, and **in the days of FAMINE they shall be SATISFIED.**

•**Proverbs 15:16-17** “\_\_\_\_\_ is a \_\_\_\_\_ with the \_\_\_\_\_ of the \_\_\_\_\_, than great treasure with trouble. \_\_\_\_\_ is a dinner of herbs where \_\_\_\_\_ is, than a fatted calf with \_\_\_\_\_.”

•**Proverbs 16:8** “\_\_\_\_\_ is a \_\_\_\_\_ with \_\_\_\_\_, than vast revenues (lots of money) without justice.”

**Definition: “In the days of FAMINE they shall be SATISFIED” – “Famine” means a time where there is little or no food available (sometimes because of drought - lack of rain). God promises to take care of us and feed us, and He will carry out His plans and purposes for His people in miraculous ways,** such as with Elijah. God actually had the ravens bring food to Elijah for a time, both in the morning and in the evening. God’s creation obeys Him when God has a special use for them.

•**I Kings 17:1-6** “And \_\_\_\_\_ the Tishbite, of the inhabitants of Gilead, said to Ahab, ‘As the Lord God of Israel lives, before whom I stand, there shall \_\_\_\_\_ be \_\_\_\_\_ nor \_\_\_\_\_ these years, except at my \_\_\_\_\_. Then the word of the Lord came to him, saying, ‘Get away from here and turn eastward, and hide by the Brook Cherith, which flows into the Jordan. And it will be that you shall \_\_\_\_\_ from the brook, and I have commanded the \_\_\_\_\_ to feed you there.’ So he went and did according to the word of the Lord, for he went and stayed by the Brook Cherith, which flows into the Jordan. The \_\_\_\_\_ brought him \_\_\_\_\_ and \_\_\_\_\_ in the morning, and \_\_\_\_\_ and \_\_\_\_\_ in the evening; and he drank from the brook.”

•**Philippians 4:19** “And my \_\_\_\_\_ shall \_\_\_\_\_ all your \_\_\_\_\_ according to His riches in glory by \_\_\_\_\_.”

•**Psalm 33:18-19** “Behold, the \_\_\_\_\_ of the \_\_\_\_\_ is upon them that \_\_\_\_\_ Him, upon them that \_\_\_\_\_ in His \_\_\_\_\_, to \_\_\_\_\_ their soul from death, and to keep them \_\_\_\_\_ in \_\_\_\_\_.”

**Definition: “Their INHERITANCE shall be FOREVER” – Basically, our INHERITANCE as Believers in Jesus Christ is our ETERNAL LIFE in Him, and ALL the blessings and promises of the New Testament.**

•**Colossians 1:12-14** “Giving thanks unto the \_\_\_\_\_, who has \_\_\_\_\_ to be partakers of the \_\_\_\_\_ of the \_\_\_\_\_ in light; who has delivered us from the power of darkness, and has translated us into the \_\_\_\_\_ of His

dear Son; in whom we have \_\_\_\_\_ through His \_\_\_\_\_, even the  
\_\_\_\_\_ of sins.”