



GPS for the week of January 31: Psalm 37:1-11, 23-24, 34, 39-40

“Do not fret because of those who are evil or be envious of those who do wrong; 2 for like the grass they will soon wither, like green plants they will soon die away. 3 Trust in the Lord and do good; dwell in the land and enjoy safe pasture. 4 Take delight in the Lord, and he will give you the desires of your heart. 5 Commit your way to the Lord; trust in him and he will do this: 6 He will make your righteous reward shine like the dawn, your vindication like the noonday sun. 7 Be still before the Lord and wait patiently for him; do not fret when people succeed in their ways, when they carry out their wicked schemes. 8 Refrain from anger and turn from wrath; do not fret—it leads only to evil. 9 For those who are evil will be destroyed, but those who hope in the Lord will inherit the land. 10 A little while, and the wicked will be no more; though you look for them, they will not be found. 11 But the meek will inherit the land and enjoy peace and prosperity.

23 The Lord makes firm the steps of the one who delights in him; 24 though he may stumble, he will not fall, for the Lord upholds him with his hand.

34 Hope in the Lord and keep his way. He will exalt you to inherit the land; when the wicked are destroyed, you will see it.

39 The salvation of the righteous comes from the Lord; he is their stronghold in time of trouble. 40 The Lord helps them and delivers them; he delivers them from the wicked and saves them, because they take refuge in him.”

Sunday, January 31:

Scripture: Read above Scripture slowly (even if it is very familiar to you).

Questions to Ponder: What stood out for you as you read this Scripture? What do you hope to be reminded of as you focus on this Scripture this week? Will you look at yourself this week and see how often you fret about the things around you? Are you willing to take steps to give these concerns to the Lord?

Prayer: Lord God, sometimes I fret over things that I have no control over. Help me this week to remember that I should give these to You. Remind me that You will deal with the evil in this world and I should trust that You are my stronghold in times of trouble.

Monday, February 1:

Scripture: Read Psalm 37:1-3: “Do not fret because of those who are evil or be envious of those who do wrong; 2 for like the grass they will soon wither, like green plants they will soon die away. 3 Trust in the Lord and do good; dwell in the land and enjoy safe pasture.”

Questions to Ponder: Do you fret or are you discontent over the success of evildoers? Can you trust that God will take care of them and that we don’t need to be worried about them? Do you believe that you will be well provided for when you trust in the Lord?

Prayer: Lord, I don’t want to be a person who frets or becomes discontented over the success of others. I want to trust You, knowing that You have things in control and will deal with those evildoers the way You deem necessary.

Tuesday, February 2:

Scripture: Read Psalm 37:4-6: “4 Take delight in the Lord, and he will give you the desires of your heart. 5 Commit your way to the Lord; trust in him and he will do this: 6 He will make your righteous reward shine like the dawn, your vindication like the noonday sun.”

Questions to Ponder: How do you delight in the Lord? Have you seen Him give you the desires of your heart? Do you commit your way to the Lord and trust that He will give you the desires of your heart? Do you believe that God will in His time take away the burdens you are under and lifts you up into His care?

Prayer: God, You are great and I know in my head that You are able to take care of my worries, to take care of my enemies and leave me in a state of peace. Help me to feel Your peace and love daily so that the desires I have can match up with the desires that You have for me.

Wednesday, February 3:

Scripture: Read Psalm 37:7-8: “7 Be still before the Lord and wait patiently for him; do not fret when people succeed in their ways, when they carry out their wicked schemes. 8 Refrain from anger and turn from wrath; do not fret—it leads only to evil.”

Questions to Ponder: How often are you still before the Lord? Do you struggle with waiting patiently for Him? How well do you do with anger? Do you see that it leads to evil? Is there anything that needs to change in your dealing with anger and wrath?

Prayer: Lord, I am sorry that I do not sit still before You or wait patiently for You regularly. I know that when I do, I will feel better and can sense Your peace and love. Help me to be more regular in sitting before You so that I will more easily refrain from anger.

Thursday, February 4:

Scripture: Read Psalm 37:9-11: “9 For those who are evil will be destroyed, but those who hope in the Lord will inherit the land. 10 A little while, and the wicked will be no more; though you look for them, they will not be found. 11 But the meek will inherit the land and enjoy peace and prosperity.”

Questions to Ponder: Do you trust that God will take care of evil rather than you trying to handle it yourself? How does it make you feel knowing that God will destroy evil? Do you hope in the Lord? Do you consider yourself to be meek? Do you see what happens to the meek?

Prayer: God, thank You that You will take care of the evil in this world and will also handle my enemies. Keep me from the temptation of trying to get even. Open my eyes to get a glimpse of what You are doing so that I can trust You more.

Friday, February 5:

Scripture: Read Psalm 37:23-24, 34: “23 The Lord makes firm the steps of the one who delights in him; 24 though he may stumble, he will not fall, for the Lord upholds him with his hand. 34 Hope in the Lord and keep his way. He will exalt you to inherit the land; when the wicked are destroyed, you will see it.”

Questions to Ponder: Do you see that if we delight in the Lord He will make firm our steps? Also do you see that He will uphold us with His hand? How does that make you feel? Do you see that we are to hope in the Lord and to keep His way? How difficult do you find this? Are you willing to try?

Prayer: Lord, help me to take delight in You. I want you to make firm my steps and to hold me up when I stumble or fall. Thank You for the reminder that You are always there for me. Help me to see and sense Your presence.

Saturday, February 6:

Scripture: Read Psalm 37:39-40: “39 The salvation of the righteous comes from the Lord; he is their stronghold in time of trouble. 40 The Lord helps them and delivers them; he delivers them from the wicked and saves them, because they take refuge in him.”

Questions to Ponder: Do you trust that God is your stronghold in times of trouble? Will you find a way to make this be a truth that you will stand on daily? Do you trust that God will deliver you from the wicked and save you? Do you see that all we need do is take refuge in Him? What would this look like?

Prayer: Father God, thank You that You are my stronghold in times of trouble. I don't always trust this promise or clearly forget about it. But I want to constantly be reminded of it. I also want to be reminded that You will deliver me from the wicked and I can take refuge in You. Show me what that looks like so that I can apply it to my life.