

A SHIFT IN FOCUS

Sometimes life can feel unfair. Look around. Are there people you believe are “undeserving” who seem to be thriving? Have you noticed “evildoers” getting away with their wrongdoing? Do you ever think, “*God, when will you make this right?*” If you do, you are not alone. The psalmist, David, faced similar struggles. He often grappled with the issue of injustice and wondered why God did not reward His faithful servants or punish His enemies. This concern is highlighted at the beginning of Psalm 37. However, instead of wallowing in frustration, David quickly shifts the focus away from the actions of others to what we, as followers of Christ, should do instead.

Read [Psalm 37:3-4](#).

What is the first thing David tells us to do in verse 3? What does that word mean to you?

The Amplified Bible explains “trust” as *the act of relying on and having confidence in the Lord*. Why is this so important to the second part of the sentence (i.e., doing good)?

What does “doing good” look like for you in your current situation?

There are a variety of different translations for the second part of verse three. Some translations say, “*Live in the land and cultivate faithfulness*” while others say “*Dwell in the land and feed on His faithfulness*.” In other words, we are to bloom where we are planted, being nourished and sustained by God’s faithfulness.

Where are you “living” today? What is nourishing your soul? Where do you need to shift your focus?

In whom does David say we should delight (v.4)? What is the result?

The word “delight” brings to mind feelings of joy and a sense of childlike wonder. *What truly brings contentment to your heart and satisfies your soul?* To delight in the Lord, as David encourages us to, we must shift our focus away from those around us turn to the only One who can bring us the true joy our hearts desire.

Read [Psalm 37:5-6](#).

What two actions reflect our delight in the Lord?

What does God do in response to these two actions?

Do you trust God to act on your behalf and direct the course of your life? David says you can when you shift your focus.

Dear Lord, You are precious to me. Today I place my confidence and trust in You. Fill my heart, Lord, with Your delight! Help me shift my focus away from my circumstances. I desire, Lord, to feed on your faithfulness, knowing You always provide everything I need. In You alone I find contentment and joy. Thank You for the righteousness poured out in my life because of Your Son, Jesus. In His precious name, Amen.