

“When You Are Treated Unjustly”

Psalm 37:1-11

It can be very painful to have people say things about you that are untrue. Frustration, anger, and resentment batter on the door of your heart. In the process you may even wonder, “God, why did you let this happen?”

King David knew all about such struggles from first-hand experience. He had suffered plenty at the hands of ungodly, unscrupulous men during his lifetime. Now an old man, he shares some advice in this psalm on how to react when we are treated unjustly—when we become victims of wicked schemes and venomous tongues.

Psalm 37 begins with a statement of its general theme: “*Fret not yourself.*” One version translates this: *Don’t get upset about evil people.* Another: *Do not trouble yourself because of sinful men.* Now, as a command by itself, “fret not” would be of little use. We need a little more to go on. So, David encourages us to not fret by giving us specific steps to take that we can put into three doable commands.

1. Look ahead!

→ In the light of verses 2 and 10, what do we mean by “Look ahead”?

→ If we take the long view of things, what will our attitude be? See verses 7 and 9.

2. Look up!

Few things are harder to take than being the victim of others’ schemes and selfish actions. We can easily become obsessed with such injustices. Yet we soon discover that an obsession with adversaries cannot be simply switched off. Such strong, controlling thoughts can only be ousted by a new focus of attention. And this focus is *the Lord!* That’s why we say, Look up! This involves several key actions.

a. Choose to enjoy the Lord. “*Delight yourself in the LORD...*” (4a).

→ How can you do this?

b. Choose to commit your way to Him. “*Commit your way to the LORD*” (5a).

→ What does this look like practically speaking?

c. Choose to leave your reputation with Him. “*He will bring forth your righteousness as the light, and your justice as the noonday*” (6).

→ Why is this so difficult?

3. Look around!

We’re talking here about being constructive, looking around to see what we can do to bring about peace and reconciliation. As we’ve just seen, it is essential that we focus on the Lord. However, if we’re not careful we can be turned in on ourselves, looking inward only; and that’s never healthy. Hence, we need to *be active.* We trust God, yes, but we also act in a constructive manner.

→ Carefully consider Romans 12:21 and Luke 6:27. How can you be constructive in each case?

→ How can verse 11 of Psalm 37 encourage you?