

PSALM

37

he salvation of the righteous is from the Lord; he is their stronghold in the time of trouble.

(PSALM 37:39)

## STRUCTURE

**v. 1-9** Trust in the Lord is the key for those who are "righteous by faith." We are called to commit our lives to the Lord in holiness, trusting in Him and knowing that He will work everything out for good.

**v. 10-22** Demise will be the end of the wicked. They may be wealthy, popular and even violent now, but the unbelievers will be as temporary as smoke.

**v. 23-40** Instructions on righteous living, which is the fruit of repentance and faith in our Savior.

## AT A GLANCE

### INWARDLY DIGEST

David teaches us about faithfulness in the midst of wicked unbelievers.

### "JUSTICE"

(v. 6, 28, 30) means to give to people what is owed them: to God, faithfulness; to the poor, alms; to every neighbor, patience and love.

### "RIGHTEOUS-NESS"

is our standing before God on account of the person and work of Christ.



## CHRIST IS HERE

Christ is in the final two verses, which teach us that our salvation is from the Lord, who alone delivers us. The name Jesus means "God is salvation." Christ Jesus came to save us from our sins by His cross (MATTHEW 1:21).



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**David writes this psalm** to warn us against being discouraged by the unrighteous and to instruct us on how to live a righteous life. The singular ingredient of righteousness, David says, is faith: trusting in the Lord and doing good (v.3). We are called to trust in the Lord and let that faith bring forth fruits of repentance (LUKE 3:8). David mentions fruits of faith such as justice (v.3), patience (v.7), courage and goodness (v.8), contentment (v.16) and charity (v.27). These are the ways David teaches us to live out our life of faith in Christ as we “turn away from evil and do good” (v.27). All of this comes from trust in Jesus Christ and meditation upon Scripture (v.31). This psalm also teaches us not to be discouraged by the wicked and especially not to imitate their ways. David concludes by reminding us that no matter what may come as we strive to be faithful, we who trust in the Lord have an eternal future in God’s promises.



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## USE IN THE CHURCH

**Antiphon:** v. 5a

**In the Daily Office:** Mondays at Matins

**At the Divine Service:**

Historic introit for Confessors (ant: v. 30–31a) and Martyrs (ant: v. 19a, 24b, 26, 28b)

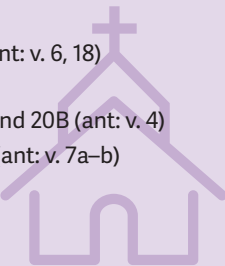
**One-Year:**

Introit for Epiphany 5 (ant: v. 6, 18)

**Three-Year:**

Introit for Propers 17A and 20B (ant: v. 4)

Introit for Epiphany 7C (ant: v. 7a–b)



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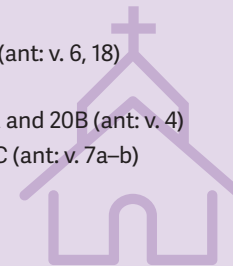
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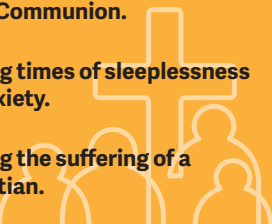
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## SPIRITUAL CARE

- For encouragement in the faith.
- For the Church.
- In times of spiritual attack.
- In preparation for Confirmation or First Communion.
- During times of sleeplessness or anxiety.
- During the suffering of a Christian.



## PSALM PRAYER

O Lord God, just as the wicked plot against the righteous, frustrate all their plans. Do not let us perish in our weakness, since You saved us by laying down Your life on the wood of the cross; for You live and reign with the Father and the Holy Spirit, one God, now and forever. **Amen.**

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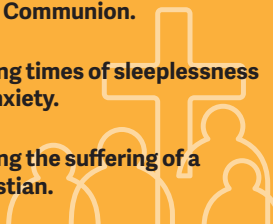
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