

## DAILY BIBLE VERSES AND PRAYER THOUGHTS

**MONDAY** - VERSES: Psalm 27:10-14 PRAYER THOUGHT:

Thank God for being good to you and ask for courage to wait on Him.

**TUESDAY** - VERSES: Psalm 37:32-36 PRAYER THOUGHT: Ask God to continue to protect His children and to remove the wicked from positions of power.

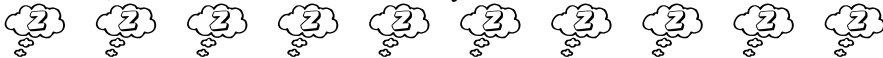
**WEDNESDAY** - VERSES: Psalm 130:3-8 PRAYER THOUGHT: Pray for God's forgiveness and thank Him for forgiving you.

**THURSDAY** - VERSES: Isaiah 40:27-31 PRAYER THOUGHT: Pray for renewed strength to wait on the Lord longer.

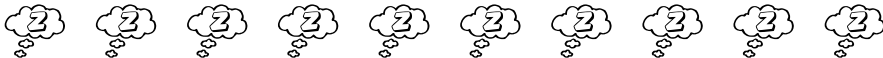
**FRIDAY** - VERSES: Revelation 6:9-11; Hebrews 10:30-31

PRAYER THOUGHT: Pray for courage to be faithful even to death and to be able to rest in Him knowing that He will avenge.

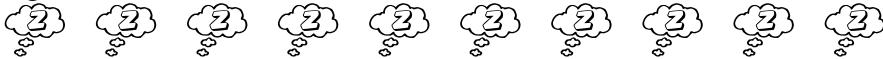
**SATURDAY** - VERSES: Psalm 69:1-7 PRAYER THOUGHT: Ask for strength to faithfully wait on God. Pray that you never cause others to be lost, nor allow others to cause you to stumble.



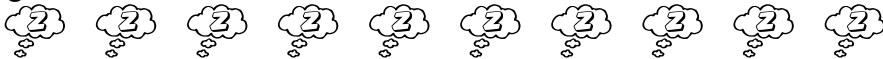
The most complete revenge is not to imitate the aggressor. —Marcus Aurelius



Blowing out the other fellow's candle won't make yours shine any brighter. — P.K. Sideliner



With the Start of a New Year, I decided I had to get my spiritual life straight, but I didn't know what to do first -- pray, read my Bible, evangelize, or repent -- and the more I thought about it, the more tired I got. So I decided to rest in the Lord instead!



### ASSIGNMENTS

1. At least once a day read over this material and read or sing the song.
2. Place the scripture where you will see it each day.
3. Think of how you have "rested" in the Lord in the past.
4. Write down the ways you have "rested" in the Lord.
5. Tell the class about a time you waited on the Lord, or a time that you tried to take matters in your own hands.

## SPIRITUAL HEALTH REGIMEN - WEEK 41

### RESTFULNESS - 4-28-13 to 5-4-13

**SCRIPTURE** - Psalm 37:7 Rest in the Lord, and wait patiently for him: fret not thyself because of him who prospereth in his way, because of the man who bringeth wicked devices to pass.

**COMMENT** – Christians are to contentedly rest in the Lord, rely on him, and not worry about those wicked people who are not Christians and yet are prospering in their wickedness.

### SONG – FARTHER ALONG

1. Tempted and tried we're oft made to wonder Why it should be thus all the day long, While there are others living about us, Never molested though in the wrong.
2. Faithful till death said our loving Master, A few more days to labor and wait; Toils of the road will then seem as nothing, As we sweep through the beautiful gate.
3. When we see Jesus coming in glory, When He comes from His home in the sky; Then we shall meet Him in that bright mansion, We'll understand it all by and by.

REFRAIN: Farther along we'll know all about it, Farther a long we'll understand why; Cheer up, my brother live in the sunshine, We'll understand it all by and by.

### THOUGHTS

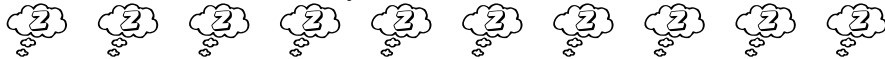
He who injured you was either stronger or weaker. If he was weaker, spare him; if he was stronger, spare yourself. — Seneca



According to tradition, when the apostle John was a bishop in Ephesus, his hobby was raising pigeons. On one occasion an Ephesian elder passed his house as he returned from hunting. When he saw John playing with one of his birds, he gently chided the old bishop for spending his time so frivolously. John looked at his critic's bow and remarked that the string was loosened. "Yes," said the huntsman, "I always loosen the string of my bow when it's not in use. If it always stayed tight, it would lose its rebounding quality and fail me in the hunt." "And I," said John, "am now relaxing the bow of my mind so that I may be better able to shoot the arrows of divine truth."

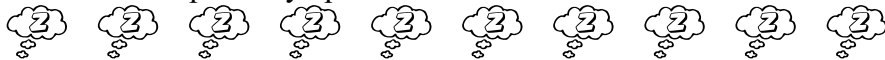
## Fighting For God

For over twenty years, I have watched ACLU lawyers readily come to the aid (and often for minimal or no legal fees) of anyone who has a conflict with morality, human rights, civil disobedience, or anything else that further chips away the foundation stones of biblical morality upon which this country was founded. Frequently I have asked: Where are the Christian attorneys who tire of ACLU lawyers getting the courts so fouled up that, by the time a police officer finishes the paper work on a thief or murderer, he is out on the street? Where were they when the courts were prevailed on by humanist attorneys to put prayer and Bible reading out of our formerly God-conscious public schools? Only in recent years have Christian attorneys banded together to form Christian legal defense leagues or defend Christian schools. -- Dr. Tim LaHaye



## Wait On The Lord

In his book *The Uttermost Star*, F.W. Boreham told about attending a farewell service for a minister who was leaving a church where he had been for 20 years. Several preachers attended, and each eloquently extolled the minister's virtues. Boreham commented that he had forgotten everything said that day except for a simple statement made by a man who was not even scheduled to speak. The man had asked permission to say a word, and in a single sentence had paid his minister this compliment, "I have seen him nearly every day of my life for 20 years, and I've never seen him in a hurry!" After the service, the minister said he considered that tribute to be the most gratifying. He took it as an indication that over the years he had truly learned to wait patiently upon the Lord.



## Waiting On The Lord..NOT

I heard a story the other night about a truck driver who dropped in at an all-night restaurant in Broken Bow, Nebraska. The waitress had just served him when three swaggering, leather-jacketed motorcyclists -- of the Hell's Angels type -- entered and rushed up to him, apparently spoiling for a fight. One grabbed the hamburger off his plate; another took a handful of his French fries; and the third picked up his coffee

and began to drink it.

The trucker did not respond as one might expect. Instead, he calmly rose, picked up his check, walked to the front of the room, put the check and his money on the cash register, and went out the door. The waitress followed him to put the money in the till and stood watching out the door as the big truck drove away into the night.

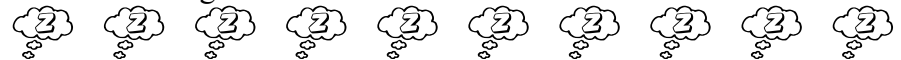
When she returned, one of the cyclists said to her, "Well, he's not much of a man, is he?"

She replied, "I can't answer as to that, but he's not much of a truck driver. He just ran over three motorcycles out in the parking lot."



Joseph R. Sizoo, one-time preacher of the New York Avenue Presbyterian Church in Washington which Abraham Lincoln often attended, says he will never forget the day he held in his hands for the first time the Bible of Abraham Lincoln. It was the Bible from which Lincoln's mother had read to him as a child. She had taught him to commit to memory many of its passages. It was the only possession Lincoln carried from Pigeon Creek to the Sangamon River. And book in my hand, I wondered where it would fall open. It opened to a page which was thumb marked and which he must have read many times. It was the thirty-seventh Psalm, "Fret not thyself because of evildoers.... Rest in the Lord, and wait patiently for him" (Psalm 37:1, 7).

—James Hastings



## IN THE LORD

INTRODUCTION - PSALM 37:1-13

I. \_\_\_\_\_ IN THE LORD - v. 7 - PSALM 62:1-2; 4:4; 46:10

II. \_\_\_\_\_ PATIENTLY FOR HIM - v. 7 - (TO ACT AGAINST THE EVILDOER) - HEBREWS 10:30-31; JEREMIAH 51:36; ROMANS 12:17-21

III. DO NOT \_\_\_\_\_ - v. 7 - PROVERBS 24:19-20; PSALM 73:1-9; ISAIAH 35:4; 61:1-3)

IV. WAYS WE \_\_\_\_\_ TO REST IN THE LORD AND WAIT FOR HIM TO AVENGE WRONGS - 1 PETER 3:8-9; EPHESIANS 4:31-32; COLOSSIANS 3:12-13

CONCLUSION

## REST IN THE LORD

SCRIPTURE - (Psa 37:1-13) Do not fret because of evildoers, Nor be envious of the workers of iniquity. {2} For they shall soon be cut down like the grass, And wither as the green herb. {3} Trust in the LORD, and do good; Dwell in the land, and feed on His faithfulness. {4} Delight yourself also in the LORD, And He shall give you the desires of your heart. {5} Commit your way to the LORD, Trust also in Him, And He shall bring it to pass. {6} He shall bring forth your righteousness as the light, And your justice as the noonday. {7} Rest in the LORD, and wait patiently for Him; Do not fret because of him who prospers in his way, Because of the man who brings wicked schemes to pass. {8} Cease from anger, and forsake wrath; Do not fret; it only causes harm. {9} For evildoers shall be cut off; But those who wait on the LORD, They shall inherit the earth. {10} For yet a little while and the wicked shall be no more; Indeed, you will look carefully for his place, But it shall be no more. {11} But the meek shall inherit the earth, And shall delight themselves in the abundance of peace. {12} The wicked plots against the just, And gnashes at him with his teeth. {13} The Lord laughs at him, For He sees that his day is coming.

## INTRODUCTION

A. IS IT DIFFICULT FOR YOU TO BE HURT BY SOMEONE WITHOUT GETTING EVEN? - The most complete revenge is not to imitate the aggressor. —Marcus Aurelius

B. DO YOU WORRY AND FUME AND FRET WHEN SOMEONE TREATS YOU BADLY? - Blowing out the other fellow's candle won't make yours shine any brighter. — P.K. Sideliner

## I. REST IN THE LORD

A. (Psa 62:1-2) Truly my soul silently waits for God; From Him comes my salvation. {2} He only is my rock and my salvation; He is my defense; I shall not be greatly moved.

B. (Psa 4:4) Be angry, and do not sin. Meditate within your heart on your bed, and be still. Selah

C. (Psa 46:10) Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth!

II. WAIT PATIENTLY FOR HIM (TO ACT AGAINST THE EVILDOER)

A. VENGEANCE BELONGS TO GOD - (Heb 10:30-31) For we know Him who said, "Vengeance is Mine, I will repay," says the Lord. And again, "The LORD will judge His people." {31} It is a fearful thing to fall into the hands of the living God.

B. GOD WILL TAKE VENGEANCE FOR US - (Jer 51:36) Therefore thus says the LORD: "Behold, I will plead your case and take vengeance for you. I will dry up her sea and make her springs dry.

C. BEWARE OF TAKING VENGEANCE YOURSELF - (Rom 12:17-21) Repay no one evil for evil. Have regard for good things in the sight of all men. {18} If it is possible, as much as depends on you, live peaceably with all men. {19} Beloved, do not avenge yourselves, but rather give place to wrath; for it is written, "Vengeance is Mine, I will repay," says the Lord. {20} Therefore "If your enemy is hungry, feed him; If he is thirsty, give him a drink; For in so doing you will heap coals of fire on his head." {21} Do not be overcome by evil, but overcome evil with good.

D. BETTER LET GOD HANDLE VENGEANCE A husband and wife were having a quarrel over the breakfast table. The quarrel remained unfinished as it was time to get to work. The wife, having trouble with the zipper on her dress, asked for assistance. In a huff, the husband freed the zipper and then angrily ran it up and down rapidly several times, then left. That afternoon, when the wife returned from work, there was a car in the driveway with a man lying on his back underneath the car, except for his lower half. Remembering the breakfast incident, she went over, grasped the zipper on his fly, and zipped it down and up several times and stomped into the house. There, to her surprise, sat her husband drinking coffee. In great embarrassment she explained to her husband what she had done. He in turn rushed outside to find his neighbor out cold. When the wife had grasped his zipper, he had reflexively tried to sit up and knocked himself out. Only God is wise enough to handle vengeance.

## III. DO NOT FRET

A. KNOWLEDGE OF GOD'S VENGEANCE SHOULD KEEP US FROM FRETTING (WORRYING) - (Prov 24:19-20) Do not fret because of evildoers, Nor be envious of the wicked; {20} For there will be no prospect for the evil man; The lamp of the wicked will be put out.

**B. KNOWLEDGE OF GOD'S VENGEANCE SHOULD KEEP US FROM THE SIN OF ENVY - (Psa 73:1-9)** Truly God is good to Israel, To such as are pure in heart. {2} But as for me, my feet had almost stumbled; My steps had nearly slipped. {3} For I was envious of the boastful, When I saw the prosperity of the wicked. {4} For there are no pangs in their death, But their strength is firm. {5} They are not in trouble as other men, Nor are they plagued like other men. {6} Therefore pride serves as their necklace; Violence covers them like a garment. {7} Their eyes bulge with abundance; They have more than heart could wish. {8} They scoff and speak wickedly concerning oppression; They speak loftily. {9} They set their mouth against the heavens, And their tongue walks through the earth.

**C. KNOWLEDGE OF GOD'S VENGEANCE SHOULD STRENGTHEN US - (Isa 35:4)** Say to those who are fearful-hearted, "Be strong, do not fear! Behold, your God will come with vengeance, With the recompense of God; He will come and save you."

**D. KNOWLEDGE OF GOD'S VENGEANCE SHOULD COMFORT US - (Isa 61:1-3)** "The Spirit of the Lord GOD is upon Me, Because the LORD has anointed Me To preach good tidings to the poor; He has sent Me to heal the brokenhearted, To proclaim liberty to the captives, And the opening of the prison to those who are bound; {2} To proclaim the acceptable year of the LORD, And the day of vengeance of our God; To comfort all who mourn, {3} To console those who mourn in Zion, To give them beauty for ashes, The oil of joy for mourning, The garment of praise for the spirit of heaviness; That they may be called trees of righteousness, The planting of the LORD, that He may be glorified."

**IV. WAYS WE FAIL TO REST IN THE LORD AND WAIT FOR HIM TO AVENGE WRONGS**

**A. BY RETURNING EVIL FOR EVIL - (1 Pet 3:8-9)** Finally, all of you be of one mind, having compassion for one another; love as brothers, be tenderhearted, be courteous; {9} not returning evil for evil or reviling for reviling, but on the contrary blessing, knowing that you were called to this, that you may inherit a blessing.

**B. BY LASHING OUT IN ANGER (ANGER IS VENGEFUL) - (Eph 4:31-32)** Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice. {32} And be

kind to one another, tenderhearted, forgiving one another, just as God in Christ forgave you.

**C. BY REFUSING TO FORGIVE (WE THINK FORGIVENESS WILL LESSEN OUR ENEMY'S SUFFERING, BUT IT REALLY LESSENS OUR SUFFERING)**

1. (Col 3:12-13) Therefore, as the elect of God, holy and beloved, put on tender mercies, kindness, humility, meekness, longsuffering; {13} bearing with one another, and forgiving one another, if anyone has a complaint against another; even as Christ forgave you, so you also must do.

2. He who injured you was either stronger or weaker. If he was weaker, spare him; if he was stronger, spare yourself. — Seneca

**CONCLUSION**

**A. ARE YOU ABLE TO REST IN THE LORD? BE CALM IN THE FACE OF EVIL PROSPERING.**

**B. ARE YOU ABLE TO WAIT ON THE LORD? DO YOU REFUSE TO TAKE VENGEANCE BECAUSE THAT BELONGS TO GOD?**

**C. ARE YOU REAPING THE BENEFITS OF KNOWLEDGE THAT GOD WILL TAKE VENGEANCE ON ALL EVIL DOERS?**

1. FRETLESS
2. LACK OF ENVY
3. STRENGTH
4. COMFORT

**D. DO YOU TAKE VENGEANCE BY**

1. RETURNING EVIL FOR EVIL
2. LASHING OUT IN ANGER
3. REFUSING TO FORGIVE

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